

# RIDE & TIE

EQUATHON

# NEWSLETTER

APRIL 2018



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*

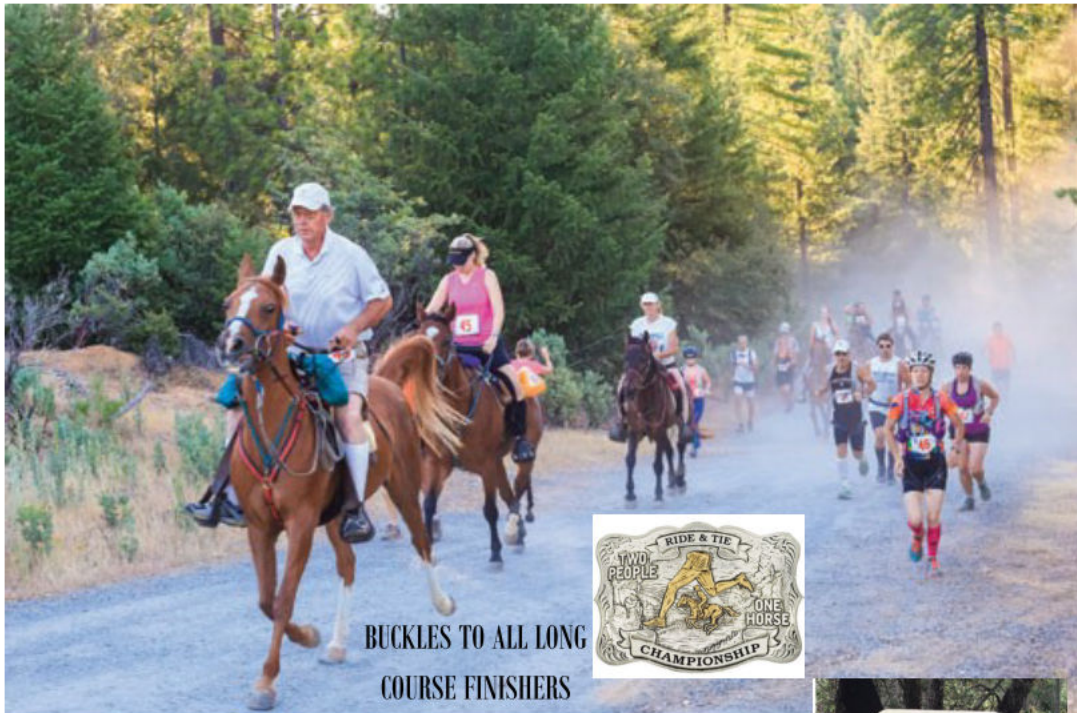


The 48th Annual  
**WORLD CHAMPIONSHIP**  
**RIDE & TIE** and **Equathon**

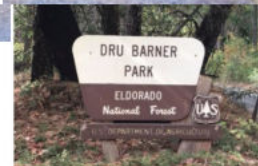
👉 **GEORGETOWN, CALIFORNIA**

**June 30, 2018** 👉

**IN THE HEART OF THE GOLD COUNTRY**



BUCKLES TO ALL LONG  
COURSE FINISHERS



Camping at Dru Barner  
Equestrian Camp grounds.

mini (fun) **RIDE & TIE** ~ 7 mile

LONG & SHORT COURSE **RIDE & TIE** ~ 32 mile & 13 mile

LONG & SHORT COURSE **Equathon** ~ 13 ride/13 run & 7 ride/7 run

**Ride Manager:** Susan Smyth, 916-316-2096

susansmythjackson@gmail.com

**Co-Manager:** Gunilla Pratt, gunillapratt@gmail.com

**Sunday, July 1st ~ 32, 20, 13 and 7 mile  
trail run with the ponies sponsored by  
[www.coolmoontrailraces.com](http://www.coolmoontrailraces.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](http://www.rideandtie.org)

Now on ultra sign up. Register online!  
<https://ultrasignup.com/register.aspx?did=56247>

If you want more fun, join us for the trail run on  
Sunday. "Run with the ponies" by  
[www.coolmoontrailruns.com](http://www.coolmoontrailruns.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 28<sup>th</sup> 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







Meadow Creek Mountain Mingle Ride and Tie

**November 2 and 3, 2018**

Come race in the **THIRD** of the Southeast Triple Crown in the Cherokee National Forest.

**Base Camp:** Meadow Creek Mountain Resort in Parrottsville, TN near the split between Interstates I-40 and I-81. [www.meadowcreekmountain.com](http://www.meadowcreekmountain.com)

**Distances:** 10, 15, and 25 mile races  
4-5 mile short course  
14-15 Mile Equathon (10 ride/4-5 run)

**Race director:** Sara Boelt [lightermountevents@gmail.com](mailto:lightermountevents@gmail.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.



**TRAIL RUNNER**



Alison Zeytoonian on Cruise at the "Take No Prisoners" R&T

All runners are welcome to participate in the Run with the Ponies race the day after the R&T championship

TRAIL RUNS

NEXT STEP ENDURANCE

HIKERS WELCOME

JULY 1, 2018 RUN WITH THE PONIES : 32M,20M,13M & 7M COURSES

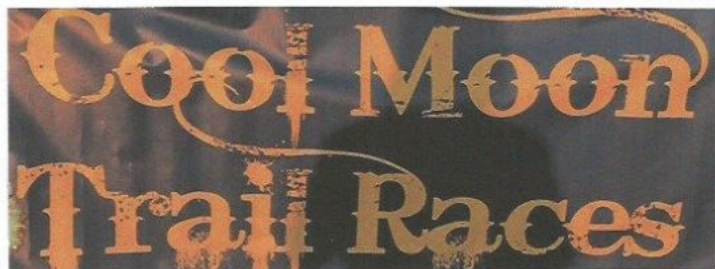
DRU BARNER PARK, GEORGETOWN, CA. EL DORADO NATIONAL FOREST

(COME CAMP OUT FOR A WEEKEND OF FUN)  
(SISTER EVENT JUNE 30, 2018 WORLD CHAMPIONSHIP RIDE & TIE)

AUGUST 11, 2018 COOL MOON: 100M, 100K, 50M & 25M COURSES  
AUGUST 12, 2018 COOL MOON: 13.5M, 11.5M & 5K COURSES  
START

GATE 155, COOL CA. STAGING AREA - CALIFORNIA STATE PARK

MORE INFORMATION: [WWW.COOLMOONTRAILRACES.COM](http://WWW.COOLMOONTRAILRACES.COM)  
REGISTRATION: ULTRA SIGNUP



## Board Members 2018

**President:** Janice Heltibridle [janiceheltibridle@gmail.com](mailto:janiceheltibridle@gmail.com)

**Vice President:** Gunilla Pratt [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com) 858-735-1373

**Secretary:** Liz Perkin [lizperkin@gmail.com](mailto:lizperkin@gmail.com)

**Treasurer:** Steve Anderson [Steve.Anderson1@juno.com](mailto:Steve.Anderson1@juno.com)

**Board Member:** Chris Amaral [trots4long@yahoo.com](mailto:trots4long@yahoo.com) 707-834-2343

**Board Member:** Carrie Baris [carriebaris@hotmail.com](mailto:carriebaris@hotmail.com)

**Board Member:** Lani Newcomb [give2bute@aol.com](mailto:give2bute@aol.com)

**Board Member:** Courtney Krueger [ck@firstcumberland.com](mailto:ck@firstcumberland.com)

**Board Member:** Susan Smyth [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com) 916-316-2096

**Board Member Emeritus:** Steve Shaw [sshaw@pacbell.net](mailto:sshaw@pacbell.net)

**Board Member Emeritus:** Mary Tiscornia [MLT580@aol.com](mailto:MLT580@aol.com)

**Head Veterinarian:** Greg Fellers [gfellers@rideandtie.org](mailto:gfellers@rideandtie.org)

## CONTACTS:

**Administrative:** [ContactUs@rideandtie.org](mailto:ContactUs@rideandtie.org)

**Media Relations:** Ben Volk [bvolk@rideandtie.org](mailto:bvolk@rideandtie.org)

**Seeking or Becoming a Mentor:** Susan Smyth [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)  
916-663-9410

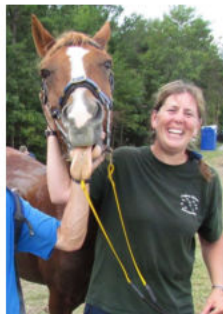
**Ride & Tie Newsletter:** Gunilla Pratt [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)

**Head Vet:** Greg Fellers, DVM [gfellers@rideandtie.org](mailto:gfellers@rideandtie.org)

Elections for the R&T board. Go to:<http://www.rideandtie.net/vote/>



Steve Anderson



Sara Boelt



Lani Newcomb



Rufus Schneider.



Check out our new R&T store. <https://squareup.com/store/ride-and-tie>



### 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: jfgmhorse@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: bjdmathews@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: jfgmhorse@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: Parrottsville, 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 Equestrian Endurance Organization, Inc. mission is to support, host, and sponsor endurance riding in the Commonwealth of Virginia, and to support the sport of endurance riding nationwide. Our three expanded primary goals are: Competition & Training; Education; and Trails 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 place until the day before the event. For pre-paid entries, a full refund less \$25.00 will be given until the horse is presented for the pre-ride vet-in (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 tie.

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

**Dinners:** There will be a POTLUCK dinner Thursday night. Please bring a SIDE DISH to share. Friday night meal is included in your entry fee.

**Ride Camp:** Ride camp will be located at The Old Dominion base camp in Orkney Springs, VA. There may not be readily available water 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 CONFINED 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 top of the ramp onto Mt. Jackson Rd. Go to the T, turn left onto Rte 614 for 1.1 miles, then a right (west) onto Rt 263 (Orkney Grade). Stay on 263 for about 11 miles, taking it slow on winding, downhill grade as you enter Orkney Springs. As the grade levels out, take your first left onto Happy Valley Road. Go ½ mile; turn right at right hand bend in road to reach the entrance of the Base Camp field about 200 yards down on your 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 11 North, continue about 2 miles, then turn left onto Rt 263, following this road about 11 miles. Follow the above directions from that point.

**Vet-in:** Vet-in will be from 2:00 – 5:00 p.m. on Thursday, June 8<sup>th</sup>. **There will be no morning vet-ins.**

**Ride & Tie Briefing:** A meeting will be held at approximately 7:00 p.m. Thursday and Friday for all riders/runners to review up-to-date trail conditions, markings and the locations and logistics of the check points and holds. 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/her own pace as long as the veterinary committee has ensured at the mandatory checks that the horse is recovering to the safe parameters of temperature, pulse and respiration, and that there are no signs of excessive fatigue or lameness which would endanger the horse. **The terrain may have sections that are rocky and challenging. Plan to ride accordingly. Shoes are required and pads are recommended. Hoof boots count as shoes. No smoking on the trail.**

**Questions:** Lani Newcomb, 540-554-2004, [give2bute@aol.com](mailto:give2bute@aol.com)

**Send Entries to:** Susan Trader, P.O. Box 4014, Leesburg, VA 20177 or [SusanTrader@loudounwireless.com](mailto:SusanTrader@loudounwireless.com).

**Sanctioned by the Ride & Tie Association. Ride & Tie rules available on request or at [www.rideandtie.org](http://www.rideandtie.org).**  
For information about the Old Dominion Equestrian Endurance Organization, Inc. and all we do, check out [www.OldDominionRides.org](http://www.OldDominionRides.org).

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

And Equathon!

**OPEN TO ALL EQUINES**

Pony, Horse or Mule

Have had several ponies,

QHs, Apps, Arabians, TWHs,

Mules and Drafts.



**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 best we can)

East Fork Stables near Allardt, TN

**ENTRIES:** \$40-80 per team

Completion awards for all distances

Membership in the Ride and Tie Association is required for insurance purposes. Join online at [www.rideandtie.org](http://www.rideandtie.org) or for NEWBIES ONLY you can get a FREE membership. Contact Joanne.

**TRAILS AND RIDE TIMES:**

You will be riding on dirt/gravel roads and technical woodlands trails. Helmets required for Junior riders while mounted.

**FOOD:**

No food available on site. Bring your own snacks. Civilization is 15 minutes away in Jamestown with restaurants, motels and WalMart.

**CAMPING:**

Camping and stalls are available at East Fork Stables (<http://www.EastForkStables.com>). 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 currently closed for the season but will reopen after March 1, 2018. This event will occur the first full weekend they are open for the 2018 season. Current Negative Coggins test is required.

For more information please go to [www.rideandtie.org](http://www.rideandtie.org) or contact Joanne Mitchell at 423-337-6194 landline, 865-250-1645 Verizon cell, or [ifghorse@gmail.com](mailto:ifghorse@gmail.com)

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.





## 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.



## Mt. Adams Ride & Tie

12 & 30 miles

May 20, 2017

Ride and run on miles of forest trails which weave along the base of Mt. Adams, Washington's 12,276-foot volcano in the Gifford-Pinchot National Forest. This is a great event for everyone from first-time ride & tiers to world champions! Trails are single track or old jeep roads, excellent footing but shoes (and sneakers @) recommended. Ride camp located in the large grassy meadow adjacent to the Mt. Adams Horse Camp.

Head Vet: Mike Vanzwol, DVM  
Treatment Vet: Mike Foss, DVM

USFS requires certified weed-free hay.

USFS requires removal of manure after the ride. You may either take it home or make an on-site donation to Trout Lake's Midnight Riders 4-H Club, and they will scoop the poop for you!

No loose dogs – please leash or contain.

12 mile Ride & Tie – \$50  
30 mile Ride & Tie – \$90

50% discount for junior riders

All riders must be members of Ride & Tie; day membership available.

Register on-site May 19th.

Camping in the main field is complimentary; however, if you camp in the designated horse camp sites, you must pay the USFS nightly fee. No open campfires. There will be a communal fire ring near the vetting area.

### Directions:

From Oregon's I-84 take exit 64, Hood River. Cross the Columbia River via toll bridge. West on Highway 14 (about 1 mi). North on Alt Hwy 141 for 4 miles. Continue north on Hwy 141 for about 20 miles to Trout Lake, WA. In Trout Lake, bear right at the gas station and follow signs toward the Mt. Adams Horse Camp.

From Seattle area, take I-5 south to I-84, then follow the above directions. There is NO access via FS23 from the north.

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

More information about Mt. Adams:  
<https://mtadamsride.wordpress.com>

Ride Managers Steph Irving or Steve King  
PO Box 200, Trout Lake, WA 98650  
[stephirving@gmail.com](mailto:stephirving@gmail.com) or 509.637.0299

## OLD DOMINION RIDE AND TIE WEEKEND

Orkney Springs, Virginia  
July 28 and 29, 2018

**Saturday, July 28:** How-To Clinic at base camp 2-4 p.m.

Everything you've always wanted to know about ride and tie. Learn the basics from seasoned competitors; check out equipment and strategies. Bring some munchies for the "Pot Luck" snack.

**Nighttime 20-, 12-, and 6-mile ride and ties, 6:00 p.m.**

The ultimate in ride and tie fun—keeping track of all three team members in the dark! How many glowsticks will it take? Can you do it?

**Sunday, July 29:** 20-, 12-, and 6-mile ride and ties, 7:30 a.m.

**Courses:** Rides will take place on beautiful trails through woods and shade, on dirt trails, fields, gravel roads, and a little bit of rock

**Base Camp** is located in a spacious hayfield the Old Dominion has leased from Bryce Mountain Resort, located just outside the quaint town of Orkney Springs and nestled among the trees at the foot of Great North Mountain in the Shenandoah Valley. There are no hookups and no running water for human consumption, but food will be available, as well as portable restrooms. Water will be provided for the horses.

### Directions to Base Camp:

**From the North** on I-81 South, take Exit 273 (Mt. Jackson), turn right at the top of the ramp onto Mt. Jackson Rd. Go to the T, turn left onto Rte 614 for 1.1 miles, then a right (west) onto 263 (Orkney Grade). Stay on 263 for about 11 miles, taking it slow on winding, downhill grade as you enter Orkney Springs. As the grade levels out, take your first left onto Happy Valley Road. Go  $\frac{1}{2}$  mile; turn left at right hand bend in road to reach the entrance of the Base Camp field.  
**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 11 North, continue about 2 miles, then turn left onto Rt 263, following this road about 11 miles until you reach Basye. Follow the above directions from that point.

**Fees and Prizes:** Entry fees are to be determined. Prizes will be awarded. All participants must be members of the Ride and Tie Association ([www.rideandtie.org](http://www.rideandtie.org)). Membership is \$25 per person for an entire year and may be included with race registration.

**Questions:** Lani Newcomb, 540-554-2004, [give2bute@aol.com](mailto:give2bute@aol.com).

**Send Entries to:** Susan Trader, P.O. Box 4014, Leesburg, VA 20177 or [SusanTrader@loudounwireless.com](mailto:SusanTrader@loudounwireless.com).



888.420.4327



Riding Warehouse

Vetericyn®







## 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, [bjdmathews@gmail.com](mailto:bjdmathews@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](http://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



**EasyCare Inc.**  
The Ultimate in Hoof Protection



## Cache Creek Ridge Ride 25 MILE RIDE AND TIE Saturday, May 5, 2018

**WHERE:** Cowboy Camp 18 miles west of Williams. Take Highway 20 west from 15 at Williams. Camp is on the right side of the road 1 mile south of the junctions of Highway 20 and Highway 16. This course is on the Beautiful BLM Cache Creek property. The trail varies from single track to fire road, mostly rolling with a few short/medium climbs - from easy to moderate.

**WHEN:** Ride Meeting: 7 pm Friday night (May 4<sup>th</sup>)

Start time: 7:00 am Ride and Tie Saturday (May 5<sup>th</sup>)

Pre vetting: 4-7:00 PM FRIDAY NIGHT OR 6-8:30 AM SATURDAY MORNING required for participants.

**CAMPING:** Overnight camping available

- All juniors must wear helmets.
- All dogs must be leashed
- This ride is property that 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.
- Please be courteous to all riders and event staff. Our staff are volunteering their time.

**ENTRY:** Includes Vet check, lunch, dinner and completion awards. First to finish awards will be awarded to the first team. There will be a Best Condition award decided from top ten finishers. All horses must pass the post ride check to qualify for completion status.

**For specific information:** Call Alyssa Stalley Gonzalez at 530 755 6888 or visit [cachecreekridgeride.com](http://cachecreekridgeride.com)

**For general information on the Ride & Tie:** Facebook: Northern California Ride and Tie, Website: [www.rideandtie.org](http://www.rideandtie.org) Our entry form is also posted there!

### WHAT IS IT?

**RIDE AND TIE:** The sport of Ride&Tie combines trail running, endurance riding, and most of all, strategy. The objective is to get all three team members (two humans and one horse) across a cross-country course by alternating riding and running. One team member starts out running, the other starts on the horse and rides down the trail as far as they think their partner can run (or walk) and still keep up a decent pace. At that strategic point the rider stops, dismounts, ties the horse to a tree or fence post, and continues down the trail on foot. The team member who started on foot gets to the horse, unties it, mounts, and rides to catch their partner up ahead. When they get to their running team member they can either stop and exchange (which is called a "flying tie"), or ride further up the trail and tie the horse and then continue running. When, where, and how a team exchanges is up to them, and this is where the strategy lies. Every trail runner has their strengths and weaknesses, and the same is true for horses. Factor all this, along with weather conditions and the topography of the course, and you can understand why Ride & Tie is as much mental as physical.



Coollest Ride & Tie, Equathon and Fun Ride Fund raiser for the trails!

## COOLEST RIDE & TIE, EQUATHON, FUN RIDE

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: Olmstead Staging area.** 7200 St Florian 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 0800. 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-vetting 5-6:30 pm Friday and 6:45 am Saturday am required for Ride & Tie and Equathon participates participating 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](http://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 NEW memberships. Must pre-register for offer. No membership required for FUN RIDE or Run!
- 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
- ENTRY: Includes Vet check, lunch and participate awards and all that goes into putting on an event. Long Course Ride and tie and Long Equathon eligible for best condition award. No Vet check required for mileage less than 10.

**Equathon: Horse rides 14 or 8 miles, Runner (8 mile) starts when horse pulse meets criteria and can be vetted by crew if iron man participates.**

**Each entry will be provided with award, raffle ticket and lunch.**

**For information:** Susan Smyth 916-316-2096/ Facebook: Coolest ride & tie/ No. California Ride & Tie Website to download entry [www.rideandtie.org](http://www.rideandtie.org) or [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)



Kurt Miller Atkins, with Susan Smyth, reminiscing about the 1971 Ride and Tie, St. Helena.



Ride & Tie Booth at the AERC Convention.  
Jennifer Sanders, Liz Begovich, Susan Smyth,  
Victoria Ordway and Hillary Bates





## 2018 Old Dominion NO FRILLS Ride & Tie

55/30/20 Mile Courses

FRIDAY, APRIL 20, 2018 Star Tannery, VA

SATURDAY, APRIL 21, 2018

The Old Dominion Equestrian Endurance Organization, Inc. mission is to support, host, and sponsor endurance riding in the Commonwealth of Virginia, and to support the sport of endurance riding nationwide. Our three expanded primary goals are: Competition & Training; Education; and Trails Advocacy.

**Entries:** All competitors MUST be members of the Ride and Tie Association. Individual membership: \$25, Family Membership: \$40. Checks payable to The Ride and Tie Association. Membership forms available on website [www.rideandtie.org](http://www.rideandtie.org) or at the ride. A \$25.00 non-refundable deposit will be accepted to hold your place until the day before the event. For pre-paid entries, a full refund less \$25.00 will be given until the horse is presented for the pre-ride vet-in. To receive a refund, you must advise ride management that you will not be riding, before the vet-in. Include a copy of current (within 12 months) Coggins with entry. Please only bring horses that are entered in the ride.

**IMPORTANT: CREWS WILL NOT BE ABLE TO MEET RIDERS AT THE VET CHECK. SEE THE "CREWING" SECTION BELOW FOR MORE INFORMATION.**

**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.

**Dinners:** There will be a POTLUCK dinner both Thursday AND Friday nights. Please bring a SIDE DISH to share. (Remember this is NO FRILLS.) Some kind of warm soup or chili will be served, but all the sides are coming from the riders. Coffee and a light fare will be available ride mornings for riders and volunteers up at the farmhouse.

**Ride Camp:** Ride camp will be located on a private farm in Star Tannery, VA. There will be water available for horses; however, there will NOT be any human water. If possible, please bring water with you to the ride camp for you and your horse. Also, we request that you do not run generators after 10:00 p.m.

**DOGS MUST REMAIN ON LEASH AND/OR CONFINED IN YOUR CAMP SITE AREA!**

**Directions:**

**From I-81:** At Exit 296, turn west onto Hwy 55 for approximately 12 miles. Turn right onto Capon Springs Road and follow signs to the parking area.

**From I-66:** Follow 66 West until it runs into I-81. Take I-81 South 4 miles to Exit 296. At Exit 296, turn west onto Hwy 55 for approximately 12 miles. Turn right onto Capon Springs Road and follow signs to the parking area.

**Vet-in:** Vet-in will be from 3 p.m. until dark on Thursday and Friday nights. **There will be no morning vet-ins.**

**Ride & Tie Briefing:** A meeting will be held at approximately 6:30 p.m. each night for all riders/runners to review up-to-date trail conditions, markings and the locations and logistics of the check points and holds. Questions from participants will be answered at this time.

**Crewing:** Due to restrictions on traffic flow in the George Washington National Forest, the No Frills ride will not allow rider crews at the Vet Checks. Ride Management will transport rider's supplies to the vet check and provide a team of crew personnel to hold horses and assist with crewing activities. Ride management will also provide lunch and snacks at the vet check during the ride. Ride Management may offer some positions on our crewing and hospitality teams that will enable a limited number of rider's crew personnel to staff the vet check (and be available to assist their riders) in addition to other volunteer duties.

**Riding the trail: HELMETS ARE REQUIRED!** Once the event has begun, the rider is free to choose his/her own pace as long as P&R criteria into the Vet Hold Stations are reached before the cut-off times, which will be provided at the ride briefing. The veterinary committee will ensure that the horse is recovering to the safe parameters of temperature, pulse and respiration, and that there are no signs of excessive fatigue or lameness which would endanger the horse. **The terrain is rocky and challenging. Plan to ride accordingly. Shoes are required and pads are recommended. No smoking on the trail.**

**AERC Ride Manager:** This Ride & Tie is being held in conjunction with the Old Dominion No Frills Endurance Ride. Further information about the ride & tie may be obtained from Lani Newcomb at 540-554-2004 or [gives2bute@aol.com](mailto:gives2bute@aol.com). Entries should be sent to Susan Trader, P.O. Box 4014, Leesburg, VA 20177 or [SusanTrader@loudounwireless.com](mailto:SusanTrader@loudounwireless.com).

**Sanctioned by the Ride & Tie Association. Ride & Tie rules available on request or at [www.rideandtie.org](http://www.rideandtie.org).**

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.



George Hall



Irish Mike and Gunilla



## RIDE THE LOUP!

Equine Distance Riding Association Endorsed & PNER Recognized Ride

September 29<sup>th</sup> 2018

Tailing clinic on ski hill Friday 28<sup>th</sup> 2pm

13 and 30 mile Ride & Tie	30 mile Ride	55 mile Ride	75 mile Ride Pending trail permits
13 mile is \$85 30 mile is \$110	\$100	\$110	\$150

**Pre-enter** by Sept 15<sup>th</sup> and **save \$10** off entry fees above!  
**Ride managers** (1 per ride/reciprocating) **1/2 price above.**  
EDRA does not charge nonmember day fees.

**Youth 1/2 price above.**

**PNER members** with membership cards **\$5 off** entry fees.

**CWSF Hay is REQUIRED**

Beautiful grass alfalfa mix hay will be available for sale at the ride. Reserve 75 lb bales @ \$15/bales

**ZERO TRACE Campsite**

A \$25 cleaning deposit required per campsite (two horses). Fee is refunded if you clean your site. OkCo 4-H Club will clean/haul manure if you don't want to for cleaning fee donation. No fires allowed.

**Camping Fee**

\$15 per rig per night camping fee (goes to ski bowl)

**Potluck Saturday night – Fridge available in day lodge – talk to Kathleen**

**Directions / Location:** north summit of Loup Loup pass at the ski bowl. Located on Highway 20 between Okanogan and Twisp in north central Washington. Trails are typical mountain footing with single track and old logging roads.  
From N or S take Highway 97 to the exit for Okanogan/Hwy 20. Turn west, cross the river, turn left (south) on Highway 20. Drive 18 miles on Highway 20 (up Loup Loup Pass), turn right onto North Summit (forest service #4200) then first left onto the ski hill road and follow signs to camp.  
From Twisp drive east on North Cascades Hwy 20 for 2 miles & turn left on WA- 20, drive 11 miles up Loup Loup Pass, turn left onto North Summit (forest service #4200) Road then take first left towards ski hill and follow signs to camp.

**Helmets Required for all riders at all times when mounted!**

**All dogs must be leashed whenever outside of rig or dog pen**

Head Vet: Dr. Dick Root

Treatment Vet: Dr. Jake Lynch

Ride manager: Kathleen Ferguson, [kathleenmarie@charter.net](mailto:kathleenmarie@charter.net) (509)322-5188

Mail/email ride entry to 71 Glover Lane Okanogan, WA 98840 by Sept 15<sup>th</sup> to get the \$10 pre-entered rider discount!

Website at <http://ridetheloup.weebly.com/>





# THE RIDE & TIE ASSOCIATION

2709 Road 64  
Pasco, WA 93301-1961



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