
NEWSLETTER

RIDE & TIE AND EQUATHON



Bud Johns the founder of Ride & Tie has passed away. July 9th 1929- February 15th 2019

Painting by Teri Rose 1995

2019 Race Schedule

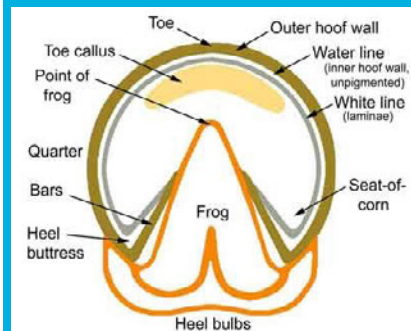
Apr 5-6, 2019, Giddyup and Run: WORLD CHAMPIONSHIP PREVIEW!

- Apr 6, 2019, Foxcatcher
- Apr 19-20, 2019, Old Dominion No Frills
- May 10-11, 2019, Tiger Turnout
- May 17-18, 2019, Yellowhammer R&T **NEW DATE**
- May 25-27, 2019, Outback Station
- May 26, 2019, Klickitat Trek
- Jun 1, 2019, Camp Fire Butte-Paradise Revival Fund Raiser
- Jun 7-8, 2019, Old Dominion
- Jun 15, 2019, Trout Lake
- Jun 22-23, 2019, Virginia Highlands
- Jul 13-14, 2019, WEST COAST CHAMPIONSHIP
- Jul 27-28, 2019, Old Dominion Ride and Tie Weekend
- Aug 3, 2019, Sand Canyon
- Aug 16-18, 2019, 49TH ANNUAL WORLD CHAMPIONSHIP
- Aug 31 - Sep 1, 2019, Crazy Daze
- Sep 6-8, 2019, Big South Fork R&T
- Sep 19-21, 2019, Meadow Creek Mountain Mingle
- Sep 20-22, 2019, Chesapeake Fall Ride and Tie
- Sep 28, 2019, Ride the Loup
- Oct 4, 2019, Coolest Ride and Tie & Equathon
- Oct 18-19, 2019, Fort Valley R&T



Off season Ride and Tie members running to stay fit.
The Frosty 30k and 8k in North Carolina
Sara Boelt, Melissa Hoose, Farzad Faryadi, Carrie Baris, Courtney Krueger, Lea Krueger, Sarah Krueger, Eric Kennedy, Charlesey Charlton-McAllister.

Identify the parts of a horse's hoof



DID YOU KNOW?

Horses are not colored blind?

Horses don't have a gallbladder?

Horses teeth take up more space in it's head than it's brain?

Male horses have 40 teeth and mares have 36?

Horses can see 360 degrees?

Horses produce 10 gallons of saliva a day?

You can tell if a horse is cold by feeling behind their ears. If that area is cold, so is the horse?



For every anyone who participates in a R&T or Equathon you will receive this beautiful hat. Thank you to our generous donors.

While supplies last

CONGRATULATIONS TO JOANNA PROCTOR

THE WINNER OF THE 2019 JIM STEERE MEMORIAL VETERINARY STUDENT SCHOLARSHIP

I am a third year veterinary student at University of California Davis with a particular interest in performance horse medicine. I've participated in endurance riding since 2010 and distance running since 2016. This summer, I competed in the Ride and Tie Championships with Dr. Melinda Newton and Jelly Bean, a miniature horse. While taking Jelly Bean to Ride and Tie Championships wasn't the original plan by any means, after both my and my partner's mare had lameness issues, we went for it. I had an incredible experience running with Jelly Bean, even if I was wishing for a bigger horse on some of the longer hills. I am excited to do my first Ride and Tie on a full size horse as soon as I can. I have attached my essay "Benefits of Sprint Work - for both Horse and Human" for consideration in the Ride and Tie Association Veterinary Student Scholarship.

Sincerely Joanna Proctor
DVM Candidate, UC Davis c/o 2020

Benefits of Sprint Work - for both Horse and Human.

I have a love-hate relationship with sprint work. On horseback I love it. Is there anything better than charging up a hill at a hand gallop? On foot, it's another story. I've gotten better at forcing myself to do intervals, but I am still more of a slow and steady runner than a sprinter. However, sprint work, or if you want to get fancy about it, High Intensity Interval Training (HIIT), isn't just for CrossFit athletes - endurance athletes can also gain many performance benefits from it.

At first, this seems counterintuitive - when you would ever sprint during a long distance race? The answer relates back to the two main states of metabolism, anaerobic and aerobic. Both of these pathways turn glucose from the food we eat into Adenosine Triphosphate (ATP), the form of energy muscles use. Aerobic metabolism is what we use most of the time, when we burn glucose with oxygen present to make ATP. Aerobic metabolism is fairly efficient - you make about 30 molecules of ATP per molecule of glucose. Anaerobic metabolism occurs when you are burning glucose without oxygen present. Anaerobic metabolism is the result of working so hard that your lungs and circulatory system can't keep up with the demand for oxygen to your muscles. While it's advantageous that we can work without enough oxygen for short periods of time, anaerobic metabolism has some metabolic disadvantages for prolonged work. First, it is much less efficient than aerobic metabolism as it only produces 2 molecules of ATP per molecule of glucose. Anaerobic metabolism produces 15 times less ATP than aerobic metabolism from the same amount of glucose. Another drawback is that a byproduct of anaerobic metabolism is lactic acid, which is responsible for that nasty burning feeling in your muscles after a hard workout. As you can guess, for the vast majority of distance events the goal is to stay in the aerobic metabolism zone both because it is highly efficient and does not produce lactic acid.

There are three critical physiological factors that affect distance running performance - VO₂max, lactate threshold and running economy. VO₂max is a measure of the maximum aerobic capacity or the maximum amount of oxygen an individual can take in and use. Essentially, the higher the VO₂max, the faster you (or your horse) can run without becoming anaerobic. The lactate threshold is the point where lactic acid starts to build up faster than it can be removed, contributing to muscle fatigue. Running economy is a bit trickier to measure, but it is essentially how much energy you require to run at certain speed. I think about it as the difference between a very flashy dressage horse trotting and an average horse trotting - the dressage horse has to use more energy to trot the same speed since they move their legs higher than the average horse. The dressage horse may be pretty to look at, but the average horse is more efficient. When looking at these variables and attempting to apply them to performance horse training, VO₂max is not only the easiest to assess, but also the easiest to improve.

In humans, a great deal of research has been done on ways to improve distance performance. These studies have shown that high intensity interval training (HIIT) increases VO₂max. One study compared several exercise programs - long slow distance training for 45 minutes, moderate exercise for 25 minutes, short 15 second intervals and 4x4 intervals - 4 minutes of running at high intensity and 3 minutes of recovery. Over an eight week training period, the 15 second interval group increased their VO₂max by 5.5% and the 4x4 group increased their VO₂max by 7.3%. In comparison, the long slow distance and the moderate exercise group did not increase their VO₂ max.

Studies on endurance horses are a bit harder to come by. Most studies are done on thoroughbred racehorses -- and as we know, their training is a bit different from a horse competing in a ride and tie! Application of these results to endurance horses may be limited because of the differences in exercise type and training regimens between racing Thoroughbreds and endurance horses. However, the data we have suggests that similar improvements in VO₂ max in horses occur as the result of high intensity exercise. One study placed young race horses into one of three training programs - conventional training for 8 months, conventional training for 8 months, with 2 months of once per week high intensity interval training, and a group that only received high intensity training once a week for 8 months. Both of the groups that performed high intensity interval training had greater increases in their VO₂ max compared with the group that did not. A common concern among equestrians is that higher speed training can increase injury risk. The above study initially investigated HIIT as a way to reduce injury risk as it required less time under saddle, but this is where the differences between flat track racing and endurance become clear - our horses will be competing at much longer distances and need to be conditioned for such. While we cannot replace all of our traditional long slow distance work with HIIT, we should consider its place as part of balanced training regime.

All training must be a balance between improving fitness and minimizing injury risk together with the time available to train. HIIT has the definite advantage of requiring less time than other training methods, which can certainly be convenient. However, it can come with a higher injury risk, particularly if it is not done carefully. That said, research suggests that by including some HIIT in our conditioning programs for both horse and human we can improve our overall fitness and our capacity for endurance. For these reasons, HIIT is certainly worth adding into your training routine, whether your distance work is done on two legs or four.

Is Your Brain Shrinking? By Dr. Steven G Pratt

Most people know that with dementia our brains shrink. Did you know that aging, stress, alcoholism, smoking, high blood pressure and having excess belly fat can also cause our brains to shrink. Stress stimulates the release of the hormone cortisol. High levels of cortisol can shrink areas in the brain and chronic severe stress can even kill brain cells.

One of the key brain areas effected most by stress and accompanying cortisol elevation is the hippocampus, which is critical to memory functions.

In addition to reducing your stress, alcohol consumption and reducing belly fat you need to exercise, eat healthy foods and eat foods rich in omega 3's. This can influence brain volume and performance.

Examples of foods and experiences that can help normalize cortisol levels include black tea, fish, seafood-source omega-3 fatty acids, music, massage, meditation, sex, crying, and laughing.

Previous research linked excess belly fat to brain shrinkage — and the results of a recent British study reinforce those concerns. The new findings — based on analysis of data from a prior study — come from two researchers from University College London (Hamer M, Batty GD, 2019).



Dr. Steven G. Pratt is board certified in Ophthalmology, Ophthalmic Plastic and Reconstructive Surgery, Integrative Holistic Medicine and is a fellow of the American Academy of Cosmetic Surgery and The American College of Surgeons. He is currently a senior staff ophthalmologist at Scripps Memorial Hospital in La Jolla, California. Dr. Pratt is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimizing health. He has written 5 books on health and wellness. Two of his 5 published books, "SuperFoods Rx: Fourteen Foods That Will Change Your Life and Superfoods HealthStyle were on the New York Times "top 10" best seller's list. He has appeared on 100's of television and radio shows including the Oprah show. He has lectured world- wide on anti-aging and has written book chapters on how to optimize skin, health and beauty, including prevention of wrinkles, sun damage and skin cancer. He observed decades ago that the best results for facial cosmetic operations are only achieved by also implementing a "program" of topical skin care products combined with eating "SPF foods."



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RIDE & TIE ASSOCIATION CONTACTS

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YELLOWHAMMER RIDE AND TIE

In conjunction with the YELLOWHAMMER ENDURANCE RACE

The Yellowhammer is Alabama's state bird.

Use your best Southern accent: *Alabamer Yellahammer!*



May 17-18, 2019

Warden Station Horse Camp

Talladega National Forest

Fruithurst, Alabama

Friday: 25 Mile Race

Saturday: 25 Mile Race, 12 Mile Race

Courtney Krueger, Ride Manager
ck@firstcumberland.com



tecnu





JEFFERS.COM



Running
Bear
Endurance
and trail

Roy C. (Bud) Johns

July 9, 1929 - February 15, 2019

(Copied from the SF Gate Obituaries)

Roy Clinton "Bud" Johns, Jr. was an American writer, editor, author and publisher who was influential in environmental and progressive causes throughout the second half of the 20th century and early 21st. He is known in the sports world as founder of Ride and Tie.

Raised in a series of small Michigan towns, Johns began his newspaper career as a regional correspondent for the daily Flint Journal. While still in high school he moved to Flint and worked at the Flint Sporting Digest and then the Journal. He enrolled at Albion College, working his way through as a reporter for the Albion Evening Recorder, weekly sports columnist for the Journal and other Michigan newspapers, waiting tables for his meals and officiating at high school ballgames. Albion named him a Distinguished Alumnus in 1999.

After college Johns served in the Marine Corps, 1951-1953, reaching the rank of staff sergeant. During that time he participated in 1952 A-bomb tests. In 1953 Johns was a reporter for the Flint Journal mainly covering politics. He left the Journal for a brief stint with the San Diego Union, joining Fairchild Publications in 1960 and becoming its San Francisco bureau chief the next year. He went to Levi Strauss & Co. as public relations director in 1969, becoming Director of Corporate Communications in 1970 and later being elected Corporate Vice President.

In 1971 Johns founded, with Levi's sponsorship, the sport of Ride and Tie. Johns had been charged with finding "a distinctive sports event" for Levi's to sponsor. He recalled reading about the old custom of two people sharing a single horse on a journey by alternately riding and tying the horse; he transformed it into a sport for runners and riders. Johns directed the championship race its first 14 years and advocated establishment of the event elsewhere. In 1983 there were an estimated 350 R&T races in the U.S. and abroad.

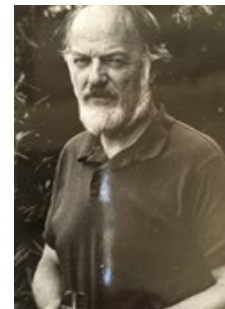
Johns' publishing career began in 1954 when he and Flint Journal colleague William D. Chase co-founded Apple Tree Press. In 1968 Johns founded Synergistic Press which published an eclectic list focusing on non-fiction, primarily biography and art. He was a director and part owner of Applewood Books, New Bedford, MA. He produced and wrote the script for a half-hour TV film on Ride & Tie and was executive producer of "The Best They Can Be," a Clio award-winning TV program on the 1980 Summer Olympics.

As a freelancer Johns wrote numerous magazine and newspaper articles. His books include *The Ombibulous Mr. Mencken*, *What Is This Madness?*, and *Old Dogs Remembered*.

Board memberships included Greenbelt Alliance, (President 1990-1994); Documentary Research, Inc., Buffalo, NY; San Francisco Contemporary Music Players, (President, 1996-1998); Stern Grove Festival Association; Rodeo Advisory Committee of the Professional Rodeo Cowboys Association; Western States Trails Foundation; and Tamarind Institute of Lithography. He was a member of the National Council of the Museum of the American Indian. Johns and his wife were generous donors of art from their collection to Washington's Corcoran Gallery of Art.

Johns was married to the artist Judith Spector Clancy until her death in 1990. In 1992 he married writer Fran Moreland Johns. Survivors include step-children Skip Fossett (Jill,) Sandy Strong (Paul) and Pam Wilson; and five step-grandchildren.

A memorial celebration will be held on Saturday, April 27 from 2 to 5 PM at Calvary Presbyterian Church, San Francisco. The family suggests contributions to Calvary, Greenbelt Alliance or the charity of your choice.



COOLEST RIDE & TIE, EQUATHON and FUN RIDE
October 4th, 2019

All proceeds go to benefit WSTF or Local trails.

2018 proceeds provided a new corral for Dru Barner Equestrian Park
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 strong- Ironman. Fun Riders welcome!

Contact Susan Smyth: susansmythjackson@gmail.com

Butte Strong Paradise Revival Fundraiser

R&T, Equathon and Trail Run

Saturday June 1st, Cool, CA

Contact Susan Smyth,
susansmythjackson@gmail.com

R&T 22, 14, 8 miles
Equathon 14 ride/8 run, 8 ride/8 run

Run 22, 8, 13 and 5k

Wanna try something new and exciting?
Grab a Buddy and a Horse and Join Us at

The BIG SOUTH FORK
Ride and Tie

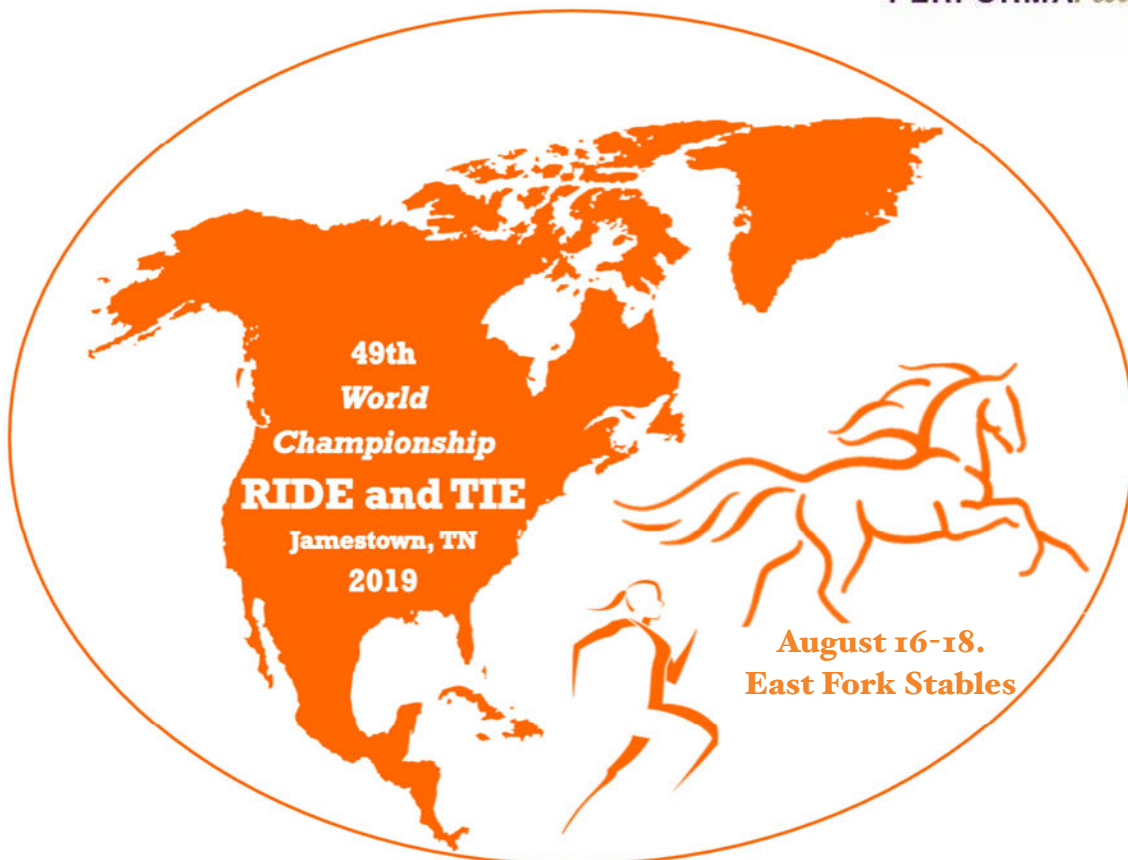


Friday, Saturday & Sunday September 6, 7 & 8, 2019

4, 10, 15, 20, 30 and 50 mile Ride and Tie distances; Sunday short Equathon
Big South Fork between Jamestown and Onieda, TN



PERFORMArise



On October 6, 2012, I got the following email from Bud Johns:

"I wouldn't have such an accumulation of paper and have such difficulty in disposing of it if I didn't keep finding and rereading things like *Twenty-Four Little Hours* from page 5 of Carolina Godiva Track Club's December 1996 issue."

Bud had sent the message to me, and to Martha and Peter Klopfer, the people who had introduced me to the founder of what became my favorite sport. We had met at my first ride and tie championship at Big Creek in 1996.

Peter must have mailed Bud a copy of that poorly Xeroxed newsletter. I had whipped up a little account of a 24-hour relay on the track during which Martha and I and six other women had snagged the state record. Not a big deal, but a fun event.

As I kid I reckoned I'd be a writer, won all the high school prizes, and wrote my way into Yale. Four years in college with people who had discovered proteins and acted on Broadway had intimidated me enough to just want to stay in bed and read novels. So, I went into publishing, first in New York City, and then I moved to North Carolina, where I met a boyfriend who turned me into a runner at age thirty. Running was the thing that made me want to write again and I did so first for my club newsletter.

While working at Duke University Press, I rejected a book by biologist Peter Klopfer. Then I helped him get it published. In his office, I saw photographs of people riding horses in running clothes. Peter asked if I ran, and I told him I'd just started. He asked if I rode, and I told him that I had, as a kid, and missed it like crazy. He said, "I have a little Arabian who would like to meet you."

The 24-hour relay took place a week or so after I did my first ride and tie, a small event in Virginia that Mary Tiscornia and a couple other Californians came out for. Valerie Kanavy, a superstar in a niche I never knew existed, loaned us fast horses. I drove up from my home in North Carolina with my dog, my boyfriend, my ex-boyfriend, and his girlfriend. They were to be our crew. None of us had much of an idea of what we were doing, though I'd had ride and tie practices with the Klopers and Peter, always a professor, had given me hours of tutelage in both sport and strategy.

Mary, the undisputed queen of the sport, scared the bejesus out of me. She scared the bejesus out of our crew. She tutored me in finer points, like "Don't waste a single second!" Mary had come to win, and someone—perhaps Bud through Peter—had told her I would be a good partner. An athletic but unschooled rider, I weighed about as much a middle-schooler and had by then become a decent runner.

We did well in the race until I sprained my ankle. Mary yelled at me to just get on the horse and ride like hell. Then, she missed a turn, got lost, and I ended up waiting for her. In other words, it was a ride and tie.

One of the things I love about this sport—an event that when people first hear about it they either think it's nuts or want to know where they can sign up—is that the old timers like to call participants the "ride and tie family." Like many families, ours can be loving and completely dysfunctional. There have been weddings and divorces and squabbles. We've seen friends drop out of the sport, and others drop out of living.

For years, I flew across the country to partner with Mary. Early on, I was not much of an outdoors person. It took hours to set up my tiny tent, and I knew zip about the flora of California. Once, Mary's sister Wilma said, "Oh, Rachel. I see you've pitched your tent among the poison oak and stinging nettles." Though occasionally uncomfortable, I loved the week of camping before the championships.

Mostly, I liked being able to hang out with Bud Johns.

Bud didn't run and he didn't ride. A public relations exec and a writer, he was innovative and creative. When, for his job, he needed to come up with an event for Levi's to sponsor, he did research. He read and then he re-told the stories he found about "ride and tie" mentioned in histories of the West, and later, in *Joseph Andrews*, the 18th century English novel. The sport he invented has attracted both the kind of people who imbibe literature and others who don't read. It brings together those who work with their hands, and those who get dirty only while playing outside.

The currency of the sport is, of course, the ability to run fast, ride well enough to take care of the horse, and strategize to exploit the relative strengths of all three team members. There's none of the fanciness of other parts of the horse world and less neurosis than what you find in a bunch of whippet-thin marathoners. While some teams coordinate their outfits, the richest guy in the sport always dressed like a homeless person. The conversations I had at camp ranged as widely as the body types of the competitors. Bud, a big man, doled out hugs, tight and bearish, and he I talked about writing.

His book about ride and tie, *What Is This Madness?*, introduced me to people I eventually came to know, and made me want to meet others he described with delighted wit. Bud was a storyteller who loved good characters and had an eye for the right details.

Once, when I asked what he was working on, he said he didn't want to talk about it. He explained that if you talk about an idea too much, you can lose the energy to sit down write it. This was one of the early essential lessons I learned about being a writer.

In recent years, Bud and I had vented to each other about the declining numbers of the sport he created and that I love. He had ideas about how to increase participation, but felt unheard and perhaps superannuated. I posited that the name "equathon" is the height of pretentious illiteracy, and that the event goes against the spirit of ride and tie. As appalling, I argued, as the designated hitter. Bud said he agreed. Whether his concurrence was about the DH or the equathon was unclear. An old PR guy, he knew how to be politic.

Think about the fact that Bud kept that newsletter. And that he re-read it, and that he sent an email about it sixteen years later. By then I had published several books and written hundreds of articles for national publications. But years before, Bud had seen something in what he'd read. He understood that I was and would be a writer and he wrote to say, in the gentlest and most loving of fatherly ways, "Told you so."

After Bud read something else I'd published, he emailed, "Good piece even though it didn't mention R&T. It reminded me of Martha [Kloper's] first R&T when she passed the perennial challenger Chuck Stalley midway through the race. He had realized he and his partner wouldn't be winning his 3rd R&T so he had probably slacked off. 'No woman, especially one older than my mother, could pass me at that point in a race' as he passed her. In a few minutes, she passed him again and I think he never passed her again. After the race he told me the story and added 'Bud, she's one tough lady.'"

Bud was impressed by Martha on every level. He liked tough women and he liked pretty girls. I have never been a pretty girl, but from men like Bud, who appreciate strength and brains and wit, I get my share of appreciation. I basked in his gaze and approval. Thinking back now, realizing that he saw something worthy in my crappy little newsletter item means more than my three ride and tie championship titles. Means more than anything. Middle-aged women learn to value their vanishing visibility. Continued: pg.10

THE RIDE AND TIE ASSOCIATION

by Bud Johns

Most of you reading this know of my interest in ride & tie so I trust that will explain why I've been asked to express my views about what the Association can contribute to the future of the sport...and to its present.

I'll summarize it as Education and Availability: educating people about the most exciting, stimulating multi-discipline team sport that exists and increasing the availability of opportunities to participate in it. The challenge to the Association is to be the focal point of the sport. As originally conceived it was going to be a communications center/rallying point/information outlet for ride and tiers, something that unfortunately has been missing for several years. That's a big job but now it has the additional one of putting on the sport's major event.

I won't take space here to discuss operation of The Race but obviously the way it's done will affect publicity for the entire sport, attitude of contestants and prospective participants, and a host of other factors. I do hope that a "title sponsor" will be attracted who will assist local and regional events as well as the major race.

The Association needs to be a prompt, accurate source of information:

- +Accurate calendar of events and contact persons.
- +Records of results from past major races.
- +An up-dated version of the manual done some years ago telling how to organize and manage a ride & tie race. Then, when an individual or group decides to have a race, help in putting it on, publicizing it, interesting sponsors, and encouraging experienced ride & tiers in the area to participate. The latter is just one of the valuable uses for the kind of complete current mailing list which the Association should maintain of people who participate or have expressed interest in doing so.
- +An information packet to tell newcomers inquiring about the sport the basics of what it's about, how to do it and where in their area they can participate and meet others who do.
- +A basic media information packet and prompt, professional response to individual media requests...and a program to interest both print and

broadcast media in the sport. This is another area where Association maintenance of records and photographic files from past events is important.

+A program of working with and maintaining good relations with organizations of runners and horsepeople. They have some parallel interests and problems, it's a means of attracting more participants, and, maybe even more important, making more horses available for R&T. Cooperative efforts with other organizations also should be considered as a means for research and education about fitness and the performance of both humans and horses under stress.

+A regular means of communicating with those interested in the sport, not only about ride & tie but about what R&Ters are doing in their other sports and non-sport activities. This also relates to my feeling that Association membership—and its information about R&T—should be economically accessible to all.

That's certainly not a complete list but it gives an idea. There's also a need for a film/video on the sport that can be shown to groups, school classes, and other audiences. There's also an opportunity for a "how to" video which could get people hooked on trying the sport while showing them how—and why—to do it. That brings up the potential for ride & tie demonstrations and, where horses aren't available, bike and run races at shop-center parking lots and such locations combined with showings of the film on "the real thing."

Just think. Successful conduct of an E and A program with these and other elements could put the Association in the center of a realistic move to make ride & tie an Olympic sport.

But even more important is its opportunity to insure the future of the sport and "the ride & tie family" feeling among participants at all levels.

Bud Johns invented the sport of Ride & Tie, directed its major race the first 14 years, and described those experiences, as well as R&T's historical background as a means of transportation in his book, What Is This Madness?

Winter 1987-88

The Ride & Tie Association is a non-profit organization and relies only on donations. We would like to thank all of our donors especially John Osterweis for his very generous yearly donation.

Thank you from the R&T board of directors



WANNA TRY SOMETHING NEW AND EXCITING?????

TIGER TURNOUT RIDE AND TIE

And EQUATHON



May 10-11, 2019

9/15/30 mile distances for RaT

15 mile RaT may elevate to the 30

13(Ride 6 ¾, Run 6 ½)/30(Ride 15/Run 15) mile distances for Equathon

Equathon: 1st Half of Distance to Ride, 2nd Half to Run.....May be one rider, one runner or one person does both phases

Fants Grove Trailhead/T.Ed Garrison Arena

Pendleton, SC



Susan Smyth, Victoria Ordway, Debbie Hansen, Karen Gundersen and Chris Amaral.



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.



Greg Fellars DVM and Valerie Hewitt



and Equathon

SEPTEMBER 19-21, 2019

To be held in conjunction with the Meadow Creek Mountain Mingle Endurance Ride

DISTANCES: Ride and Tie Distances

Thursday, Sept. 19: 30/55

Friday, Sept. 20 and Saturday, Sept. 21: 25/50

Equathon TBD

BASE CAMP: Meadow Creek Mountain Ranch
961 Browns Chapel Rd.
Parrottsville, TN 37843
meadowcreekmountain.com
423-623-7543



Thank you to Susan Smyth and Victoria Ordway for putting together the R&T booth at the AERC convention in Reno.
Great job!

Last January, during a quick visit to San Francisco, I made a pilgrimage to what Bud and Fran called the “Geezer House.” Bud was confined to a wheelchair, though Fran, his warm and welcoming wife for the last quarter century, was still buzzing around the world talking, with great wisdom, about end of life issues. She is as formidable—tiny and Southern and twinkling and scary-smart—as he was.

That afternoon Bud talked about how much he wanted the Wikipedia ride and tie page to be updated and corrected. The workings of that site are well beyond my understanding, but I said I’d like to do a profile of him. It’s not every day you get to be friends with the founder of your favorite sport. I was planning to spend my spring sabbatical in Sausalito and figured we’d have plenty of time to do a series of in-depth interviews.

After I left the Geezer House, I walked through Golden Gate park and was astonished to see signs marking Hellman Hollow. I knew that the late Warren Hellman, a man so competitive he hurt himself doing yoga and who, I assiduously liked to remind him, I’d beaten in every single race, had funded the Hardly Strictly Bluegrass Festival and a zillion other civic goods. To walk through this lovely reminder of Warren on the same day I got to visit with Bud made the world feel sweetly small.

The Jews say that when we plan, God laughs. Just before I made my temporary move to the Bay Area, I suffered the unexpected loss of someone I loved and was plunged into Griefland. Bud reached out to express his sympathy, and asked to see the newspaper column I’d written about the man who died. The time I spent in Marin, running in the headlands and writing out my grief, gave me no space to go back and see Bud and Fran; I was lost, unmoored, unable to socialize, to live a full life.

I could hear the clock. I knew from Fran that Bud was increasingly dependent. I told myself I’d reach out when I got myself together, but that turned out to a bigger task than I reckoned on. My focused narrowed, I looked less often at Facebook, and I couldn’t yet parse the most important lesson I’d learned from the sudden death of a loved one.

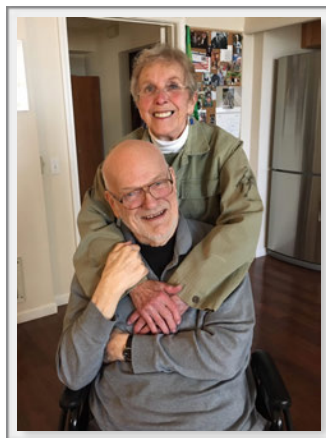
At first I thought, Buy the shoes today, even if they’re not on sale, because you could die tomorrow. *Carpe* the freaking *diem*. Now, a year later, I understand something else. Don’t let the mundane crowd out the important. Thank the people who have influenced you, helped you, inspired you. Tell them what you need them to hear. Remember that it never goes without saying.

It wasn’t so much that I wanted to write about Bud; I wanted to write *to* and *for* him. I know that over the years the pieces I’ve published on ride and tie, which always mentioned its origins and the man who gave us the story, pleased Bud. I’m pretty sure he knew how much I appreciated him.

I just wish I’d had a chance to say it, in print, one more time before he died.



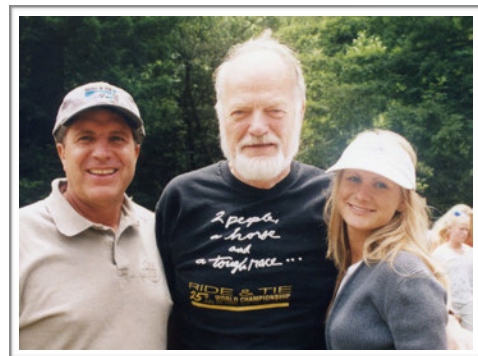
Bud Johns with Rachel Toor



Bud Johns with his wife Fran



Bud Johns dropping the hat at the start of a championship.



Kent McLaren with his daughter, Courtney Huber and Bud Johns in 2000. Kent has 10 World Championship completions from 1983-1993



You will never be forgotten Bud!

Bandit Springs Trails Weekend

Sponsored by *Mustangs to the Rescue*
In partnership with Ochoco National Forest



RIDE & TIE
2019 WEST COAST CHAMPIONSHIP
July 13 - 15 & 35 MILE COURSE



July 14 - 30 mile Equathon

All events \$125.00 per team. Ride & Tie Sanctioned Race. Ride & Tie rules apply. Non Ride & Tie Association members must join Ride & Tie for \$25 or \$40/family.

Location: Central Oregon's beautiful Ochoco National Forest, 28 miles east of Prineville, OR - Ride Camp GPS coordinates: 44-27-59.74 N 120-22-21.96W

Nominees for the R&T board of directors. Voting will begin April 1st. Vote for 3
<http://www.rideandtie.net/vote/>



Susan Smyth Jackson

I would like to continue the Ride and tie Board of directors. I believe I represent the West coast as a Race director, mentor and participate. I have also worked on sponsorships, championships, and chairing the AERC Ride and tie booth. I believe that I have a perspective of keeping Ride and tie alive through promotion and vision of new ideas. I have a long-standing passion for Ride and tie doing my first one in 1982. Over the last few years I have promoted Equathon to grow the sport and connect Runners and Riders

Gunilla Pratt

I am currently on the board serving as vice president as well as the R&T newsletter editor. I have been a lifetime member since 1999 and I enjoy ever part of this sport and I try to do my best to do a great job serving in this organization. I am always trying to get people involved by loaning out my horses and providing transportation to rides.



Lani Newcomb

I did my first ride and tie in 1983 and have been getting slower ever since. My long time partner Kathy and I have almost 4000 miles together (no one else would put up with me) and while we're taking a short break from competing, I still am determined to introduce as many people as possible to this amazing sport. Being out on the trail with your two teammates is gratifying, maddening, exhausting and uplifting, and generates enough satisfaction to keep you feeling competent in the rest of your life. I want to get as many interested participants as I can find to join us, and support new and existing races so we all have somewhere to go.

THE RIDE & TIE ASSOCIATION

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“Friendship is the only cement that will ever hold
the world together.”

– Woodrow T. Wilson