

# RIDE & TIE AND EQUATHON NEWSLETTER

48th Annual World Championship R&T and Equathon  
61 teams competed.

Junior team Alana Faria and Levi Campbell





## More championship pictures



Alyssa Stalley-Gonzales  
Karen Gundersen



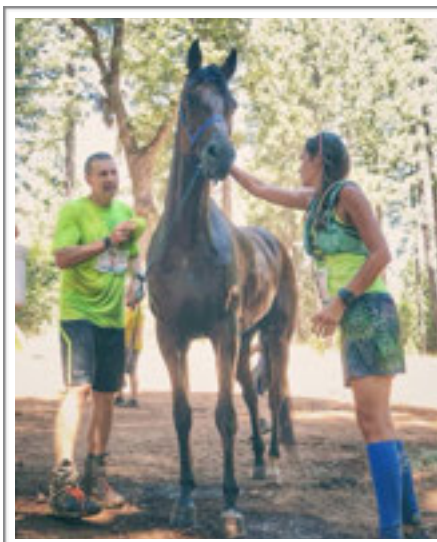
Michael Cortez and Sandy  
Smyth won the \$250 AM/AM  
award Donated by Steve  
and Gunilla Pratt



Rick Noer and Amy Kerrigan



Susan Smyth presenting the  
Equathon best condition award to  
Elicia Kamberg for her horse Fereed



Best Condition Award went to  
Margo.  
Ridden by Ben Volk and Heather  
Huggins who came in first place.



Race Manager Susan  
Smyth and Irish Mike  
Whelan



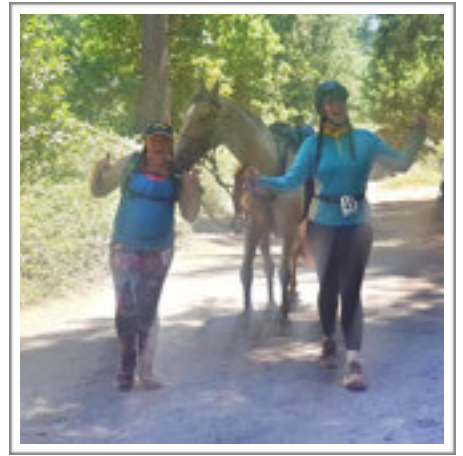


Reetah Pritchard  
Keisha Wood  
on Kitkat

Reetah drove all the way from  
Texas with her horse



Ben Volk and  
Victoria Ordway  
celebrating their birthdays at the  
championship



Brenna Sullivan & Cyd Ross  
with Daska



Richard Alderson and Matt Clark  
with Destiny



Beautiful setting for the awards dinner.



Smokey the Bear came to join the  
fun!



### Ride and tie Championships 32 miles

| Place            | Time | Rider 1                 | Rider 2                  | Horse             |
|------------------|------|-------------------------|--------------------------|-------------------|
| 1 <sup>st</sup>  | 4:24 | Ben Volk                | Heather Higgins          | Margo             |
| 2 <sup>nd</sup>  | 4:28 | Michael Cortez          | Sandy Smyth              | ROL Dancyn Fire   |
| 3 <sup>rd</sup>  | 4:30 | Jeremy Reynolds         | Tim Reynolds             | Unknown           |
| 4 <sup>th</sup>  | 4:41 | George Hall             | Dan Barger               | Little Joe        |
| 5 <sup>th</sup>  | 4:43 | Jec Ballou              | Shiobhan Sanders         | Sparrow           |
| 6 <sup>th</sup>  | 4:56 | Melissa Ribley          | Jim Howard               | Shirocco          |
| 7 <sup>th</sup>  | 5:17 | Rachel Shackelford      | Marcie Buckner           | Las Sams Tuxedo   |
| 8 <sup>th</sup>  | 5:23 | Bob Crowley             | Steph Irving             | Nanthan Rubby     |
| 9 <sup>th</sup>  | 5:40 | Tom Gey                 | Elaine Ruprecht          | Unknown           |
| 10 <sup>th</sup> | 5:55 | Melissa Montgomery      | Annika Odeen             | Duncan            |
| 11 <sup>th</sup> | 6:00 | Andrew Gerhard          | Marlaina Congeo          | Rex               |
| 12 <sup>th</sup> | 6:14 | Colleen Kelly           | Shannon Pogue            | Snickers          |
| 13 <sup>th</sup> | 6:36 | Alyssa Stalley-Gonzales | Karen Gundersen          | Windy             |
| 14 <sup>th</sup> | 6:56 | Janis Heltibridle       | Ellen Hart               | Cornell DB        |
| 15 <sup>th</sup> | 6:59 | Amber Nietkert          | Ann Marie Barnett        | Pegasus           |
| 16 <sup>th</sup> | 7:23 | Richard Aldersen        | Matt Clark               | Destiny           |
| 17 <sup>th</sup> | 7:31 | Gunilla Pratt           | Mike Whelan              | Mika              |
| 18 <sup>th</sup> | 8:13 | Brenna Sullivan         | Cyd Ross                 | Daska             |
| 19 <sup>th</sup> | 8:15 | Trinette Gilbert        | Xavier's Michlot         | Arizing Moon      |
| 20 <sup>th</sup> | 8:37 | Liz Begovich            | Leigh Wayne Miller.      | Prize             |
| 21 <sup>st</sup> | 8:46 | Lynn Rubacava           | Courtney Bloomer         | MD Salida         |
| 22 <sup>nd</sup> | 8:57 | Rheetah Pritchard       | Keisha Wood              | KitKat            |
| 23 <sup>rd</sup> | 9:07 | Rick Noer               | Amy Kerrigan             | Jerry             |
| 24 <sup>th</sup> | 9:31 | Melinda Newton          | Joanna Proctor           | Jelly Bean        |
| DNF              |      | Shaun Bowling           | Joey Hollister Rushcreek | Shauna- Lameness  |
| DNF              |      | Emily Cortez            | Adam Farmer              | Hawk Lameness     |
| DNF              |      | Tammy Vulcovich         | Diane Kato               | Sugar- Rider pull |
| DNF              |      | Cowman                  | Rebecca London           | Fire -Rider pull  |
| DNF              |      | Sara Howard             | Wyatt Landrum            | Rome - lameness   |

Liz Perkin checking  
people in



Ride meeting.



Michael Cortez working hard





### EQUATHON Championships

| Place            | Time. | Name              | Name                      | Horse                 |
|------------------|-------|-------------------|---------------------------|-----------------------|
| 1 <sup>st</sup>  | 3:07  | April Nelsen      | Jeremy Hontou             | Charlie Cash          |
| 2 <sup>nd</sup>  | 3:16  | Elicia Kamberg    | Robert Vasquez            | Fereed Best Condition |
| 3 <sup>rd</sup>  | 3:23  | Diane Stevens     | Brenda Blinn              | Banderas              |
| 4 <sup>th</sup>  | 4:06  | Matt Gary         | 1 <sup>st</sup> IRONMAN.  | Rushcreek Brave       |
| 5 <sup>th</sup>  | 4:09  | Shera Bloomer     | Becca Wheeler             | KitKat                |
| 6 <sup>th</sup>  | 4:21  | Erin Angellio     | Nina Murch                | Ashquar Shaah         |
| 7 <sup>th</sup>  | 4:29  | Jerry Lucas       | Adam Petersen             | Cairo                 |
| 8 <sup>th</sup>  | 4:32. | John Stevens      | John Gaudett              | Fonzie                |
| 9 <sup>th</sup>  | 4:35  | Carrie Gale       | 1 <sup>st</sup> IRONWOMAN | Opus One              |
| 10 <sup>th</sup> | 4:36  | Kelly Blue        | Bryan Pro                 | BV Rose Prime         |
| 11 <sup>th</sup> | 4:37  | Courtney Giardina | Diane Lundy               | Kheyann               |
| 12.              | 4:57  | Kate Konagen      | Christine Schelin         | Stevie                |
| 13 <sup>th</sup> | 5:00  | Hillary Bates     | Keith Pronseke            | Comet                 |
| 14 <sup>th</sup> | 5:19  | Tracy Browne      | Melissa Moon              | Payback Beacon        |
| 15 <sup>th</sup> | 5:23  | Jake Self         | Leigh Gragg               | Ace                   |
| 16 <sup>th</sup> | 5:43  | Annette Phillips  | Andrea Kane               | Tonka                 |
| 17 <sup>th</sup> | 6:00  | Pat Chapell       | Claudia Rogus             | Dusty Sunshine        |
| 18 <sup>th</sup> | 6:08  | Rebecca Noriega   | Jeni Harvey               | Riverdell's Strider   |
| 19 <sup>th</sup> | 6:08  | Carrie Holben     | Valerie Hewitt            | Destiny               |
| 20 <sup>th</sup> | 6:16  | Gordy Cowan       | John Hargett              | Grandma's             |
| 21 <sup>st</sup> | 6:18  | Sarah Mc Ginn     | IRON WOMAN                | Elton                 |
| 22 <sup>nd</sup> | 8:42  | Elisha Storm      | David Meanor              | Grandmas's Bay Shah   |



### Ride and Tie 13 mile short course

|                      |                 |                         |               |
|----------------------|-----------------|-------------------------|---------------|
| 1 <sup>st</sup> 2:22 | Victoria Ordway | Jennifer Tiscornia      | Callie        |
| 2 <sup>nd</sup> 2:23 | Carol Ruprecht  | Joy Brennemin           | Findefar      |
| 3 <sup>rd</sup> 2:44 | Steve Andersen  | Debbie Hansen -Bernard. | Fly Away Joe  |
| 4 <sup>th</sup> 4:38 | Laura Mayes     | Stephanie De falco      | Redneck Romeo |

### 7 Mile Equathon Short course

|                      |                 |                   |         |
|----------------------|-----------------|-------------------|---------|
| 1 <sup>st</sup> 1:54 | Denise Meehan   | Scott Walker      | Summer  |
| 2 <sup>nd</sup> 2:41 | Lynn Glazier    | Brain Petersen    | Nki     |
| 3 <sup>rd</sup> 2:41 | Roger Yohe      | David Girard      | Bic Mac |
| 4 <sup>th</sup> 2:46 | Jeremy Trinidad | Christie Trinidad | Rhonda  |

### Mini Ride and tie

|      |                 |             |        |
|------|-----------------|-------------|--------|
| 1:40 | Levi Campbell   | Alana Faria | Ginger |
| 2:38 | Laura Odabasian | Drew Enes   | Sassy  |



Riding Warehouse

888.420.4327



# 1000 Plus Career Ride and Tie Miles

## 1000 + Career Miles

| RaT# | Fname          | Lname                        | Total |
|------|----------------|------------------------------|-------|
| 762  | Cheryl         | Domnitch                     | 1002  |
|      | Dennis         | Fesler                       | 1003  |
| 193  | Susan          | Simons                       | 1025  |
| 2392 | Liara          | Gonzalez                     | 1073  |
| 286  | Cindy          | Webb                         | 1104  |
| 392  | Dennis         | Tracy                        | 1152  |
| 246  | Paul           | Rink                         | 1177  |
| 1210 | Melanie        | Weir                         | 1183  |
| 145  | Annette        | Parsons                      | 1185  |
| 159  | Gino           | Pomilia                      | 1192  |
| 204  | David          | Foster                       | 1230  |
| 327  | Jeff           | Townsend                     | 1232  |
| 2341 | Courtney       | Krueger                      | 1239  |
| 167  | Jeff           | Windeshausen                 | 1240  |
| 330  | Leslie         | Yates(b.12/8/48 D. 12/11/11) | 1249  |
| 361  | Chuck          | Stalley                      | 1250  |
| 38   | Ted            | Ruprecht                     | 1276  |
|      | Chris          | Knoch                        | 1289  |
| 2551 | Carrie         | Baris                        | 1310  |
| 178  | Tom            | Christofk                    | 1314  |
| 80   | Jonathan       | Jordan                       | 1334  |
| 577  | Karen          | Isaacs                       | 1346  |
| 299  | Robert         | Eichstaedt                   | 1353  |
| 210  | Jim            | Clover                       | 1362  |
| 216  | Dan            | Barger                       | 1394  |
| 185  | Elaine         | Ruprecht                     | 1401  |
| 1344 | Gunilla        | Pratt                        | 1406  |
| 1510 | Ben            | Volk                         | 1408  |
| 243  | Laurie         | Wilson                       | 1434  |
| 1218 | Mike           | Whelan                       | 1449  |
| 209  | Arleene        | Foster                       | 1460  |
| 248  | Jean           | Whitman                      | 1464  |
| 24   | Lew            | Hollander                    | 1465  |
| 320  | Steve P.       | Anderson                     | 1569  |
| 213  | Byron          | Grant                        | 1577  |
| 385  | Gary           | Webb                         | 1609  |
| 212  | Carol          | Ruprecht                     | 1612  |
| 225  | Tim            | Hinrichs                     | 1614  |
| 161  | Paul           | Robinson                     | 1617  |
| 19   | Lon            | Clearwaters                  | 1666  |
| 1222 | Richard (Rick) | Noer                         | 1668  |
| 2311 | Barbara        | Mathews                      | 1676  |
| 203  | Dave           | Andreotti                    | 1803  |
| 698  | Frank          | Lieberman                    | 1830  |
| 29   | Skip           | Lightfoot                    | 1858  |
| 353  | Russ           | Kiernan                      | 1945  |
| 23   | Tom            | Johnson                      | 1976  |
| 17   | Wayne          | Hinrichs                     | 1977  |

## 2000 + Career Miles

| RaT# | Fname      | Lname                         | Total |
|------|------------|-------------------------------|-------|
| 1826 | Dave       | Venable                       | 2007  |
| 50   | Don        | Betts                         | 2011  |
| 342  | Jon (John) | Root                          | 2019  |
| 147  | Jim        | Howard                        | 2077  |
| 14   | Steve      | Shaw                          | 2106  |
| 1825 | Rhonda     | Venable                       | 2148  |
| 244  | Curt       | Riffle                        | 2303  |
| 15   | John       | Osterweis                     | 2313  |
| 156  | Tom        | Gey                           | 2444  |
| 307  | Rufus      | Schneider                     | 2445  |
| 222  | George     | Hall, D.V.M.                  | 2468  |
| 245  | Dennis     | Rinde                         | 2499  |
| 169  | Chris      | Turney                        | 2562  |
| 42   | Mark       | Richtman                      | 2655  |
| 11   | Mary       | Tiscornia                     | 2741  |
| 18   | Warren     | Hellman(b.7/25/34 d.12/18/11) | 2772  |
| 283  | Pat        | Browning                      | 2787  |

## 3000 + Career Miles

| RaT# | Fname | Lname           | Total |
|------|-------|-----------------|-------|
| 46   | Ellen | Rinde           | 3132  |
| 279  | Kathy | Broadus, D.V.M. | 3788  |

## 4000 + Career Miles

| RaT# | Fname  | Lname           | Total |
|------|--------|-----------------|-------|
| 359  | Janice | Heltibridle     | 4054  |
| 229  | Lani   | Newcomb, D.V.M. | 4064  |

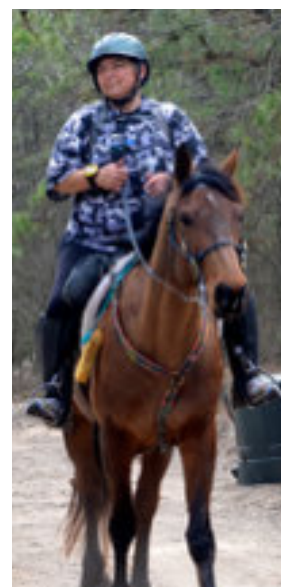
Congratulations to Janice Heltibridle and Lani Newcomb for the top R&T miles! Over 4000 miles completed



George Hall receiving the Pioneer award and Cowman receiving the Tripple Crown award donated by Cathy Mason



Janice



Lani

## 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:** Carrie Baris [carriebaris@hotmail.com](mailto:carriebaris@hotmail.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:** Sara Boelt [lighttermountevents@gmail.com](mailto:lighttermountevents@gmail.com)

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

**Board Member:** Rufus Schneider [rufusschneider1@gmail.com](mailto:rufusschneider1@gmail.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)

Guy Cheek and Kristen Chislet with Smoke  
Trout Lake 100, 25 mile Ride & tie



Siiri Berg: "Trout Lake Ride & Tie was such a fun day.  
Ladybug was a gem on her 1st experience."



Congratulations George Hall  
and Curt Miller First place  
Cache Creek R&T





## Ted Ruprecht is turning 90!

My father, Ted Ruprecht, was a world-ranked sprinter who tried out for the 1952 Olympics and would have qualified for any team except the US and Germany. Later, he was sidelined by injuries. In 1975, while spending a lonely summer in Seoul, Korea, he started running in the park.

At home, my mother, Joan, had taken up running. When my dad returned, they went for a run on Clam Beach and she ran right away from him. He was furious with himself. He resolved to get in shape.

My mother had goals. She wanted to complete the Clam Beach Run, even at a walk, and run a marathon. She found a marathon that was 26 miles all downhill. Then she heard of a strange sport called Ride & Tie where teams of two runners and a horse compete over a long-distance, cross-country course.

My skinflint father (child of the depression) wanted nothing to do with horses. He resented having to support them. They produced nothing and consumed too much. He wanted all the pasture for his cows.

Two years later, he completed his first World Championship Ride & Tie with my mother and my horse. They qualified for a special award, "Century in the Saddle," for teams where the combined age of the runners is 100 years or more. After that, they ran 22 Championship races together, and teamed with kids, grandkids, and friends—anyone who was willing— for more. They began to compete in 50-mile Endurance Rides. Then 250 mile rides over five consecutive days. My dad bought a horse. And another.

"It is a sport where an old man can be competitive," he said. "If you are willing to run up all the hills to rest the horse." Both my parents retired; he from teaching economics at HSU, she from directing the County's public health laboratory. They traveled all over the western states, competing.

One day, riding across ranch land, they neared a gate. It was open, but blocked by a very large brown bull. My father attempted a method useful for moving rattlesnakes along. He got off his horse and picked up a rock. He threw it. The bull got pissed off. It charged.

Dad's horse whirled 180 degrees, dragging him by the reins, like in the game of the snap the whip, and my father was flung to the ground. My mom's horse panicked, bucked her off, and ran. My father picked up another rock, and then thought better of it.

Well, they lived to tell the story. And this one. As they rode in a lonesome stretch of desert, a wild horse began to follow. It came closer and closer, neck arched, nostrils flaring. This was a stallion, intending to add my mother's mare to his herd. My father moved his gelding protectively behind my mother's mare. Chivalry!

Stallions mark their territory with a pile of crap. Suddenly, the wild stud skidded to a stop. He had reached the end of his territory. He abandoned the pursuit.

A year ago, on Mother's Day, my mom was riding with a friend along a narrow trail, when they met a bear. Everyone did what she was supposed to. My mother screamed to scare off the bear. Her scream terrified the horse, who whirled and ran, scraping between the companion horse and the bushes. My mom was knocked off. Seven broken ribs and a collarbone. At age 82.

Six weeks later, she was back in the saddle.

My mother and I look just alike.  
I always explain that she is my stunt double.

By Carol Ruprecht





## **Giddyup and Run Ride and Tie APRIL 2018**

**By Joanne Mitchell, manager, TN mentor, lifer**

Since the Giddyup and Run is one of the first ride and ties of the season on the East Coast, the first weekend in April, I came prepared for a change in the weather but not THAT MUCH CHANGE! The forecast was rain changing to snow. I heard the rain on the horse trailer roof Thursday night but when it stopped I did not know if it just quit raining or that snow had started.

We had a cold start on Saturday morning and the temperatures dropped all day. Trails were marked well-glad I did not use white flagging tape. Even the great Serengeti open plain turns were marked well. At least I did not have trouble with ribbon sabotage-nobody else was out there. Everyone had fun even though most dropped down a distance. The fleece headbands which I was gonna give as awards were handed out Friday due to the falling temperatures. On Saturday afternoon, when most of us were back at camp it sure-nuff did SNOW. See the FB photos from Sierra Gerringer! Verizon is about the only cell service that works at East Fork. Came in handy when Beth Brinkley and Madeline Isaacs (all of nine years old now!) went missing on the 7-mile run of the Equathon late Saturday afternoon in the snow. My husband, Bobby Mitchell and trail master, Tykey Truett took off on the 4-wheeler (special permission) to perform rescue operations.

Sunday we woke up to a nippy 24 degrees (that is NOT a misprint). It was too cold to snow, but it did warm up a bit. Ride and Tiers are a hardy bunch.

The Giddyup and Run Ride and Tie will probably be at East Fork Stables in the foreseeable future. (maybe even the WORLD RAT 2019-hint hint Courtney!) I have tentatively scheduled the first FULL weekend at East Fork for 2019. This may be adjusted to a Friday/Saturday instead of a Saturday/Sunday event. I need to be in Asheville, NC Sunday night.



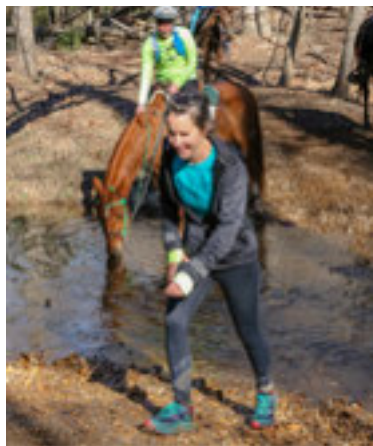
The awards were unusual-no surprise there. Everyone, including volunteers got a washable area rug and/or whatever else my stressed brain could conjure up. The royal blue completion shirts had the teams (horses and humans) printed on them with turquoise ink.

Dunno about the vet for next year. Dr. Castro is leaving the University of Tennessee-says it's time. He will keep me abreast of where he lands, maybe local practice, maybe farther. His last day is May 11, 2018.

Pictured: Lea Krueger, Ella Davis, Sara Basset, Sierra Gerringer, Barb Mathews pointing to their silhouettes

## **Take No Prisoners**

Photos taken by Little BIG Shot Photography, Kelly Haymes.



Beth Brinkley in foreground with  
Melissa Hoose on Kestrel



Meta Sadlon with daughter Julie on  
Daisy



Ella Grace Davis on Danzigs  
Dunit Again

## Yellowhammer R&T on March 16 & 17, 2018.

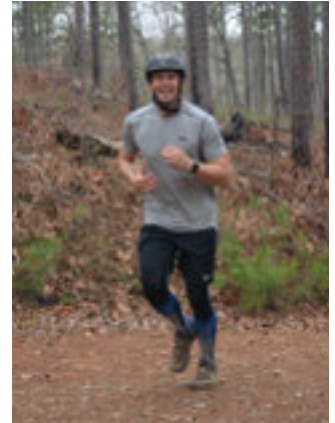
Pictures taken by Maria Phillips



Rheetah Pritchard with TigZ



Jessica Willis on Kestrel



Joe Bellafato

Thank Yer Crew  
(to the tune of "Happy Trails")  
Written in thanksgiving to Lea Krueger, my coach and crew chief  
by  
Courtney Krueger  
Thank yer crew, yes you  
From nose to horse's tail  
Thank yer crew, yes you  
Unless you want to fail  
Who works to keep yer stuff all together?  
Buckets and hay and tack and whatsoever  
Thank yer crew, yes you  
'Til you go out again.



Sara Boelt



Rufus Schneider



Crazy Legs Tights  
Cool, Colorful, & Comfortable



Welcome our newest board members.



## In Praise of a Horse Husband

by Courtney Krueger

In April the Ride and Tie community lost a huge supporter who had, to my knowledge, only ever attended one Ride and Tie race. Carrie Baris' husband Anthony Conte loved animals and loved Carrie, but he really had no interest in horses or in running. But because he loved Carrie he supported her in many, many ways. He supported her being hundreds of miles away for days at a time. He supported her long training runs and weekends where she went to a friend's house to ride horses. He patiently listened as she told him all about the latest race or the latest news in the Ride and Tie world. In short, he was a perfect Horse Husband. He did more than put up with his wife's horse habit, he found ways to be enthusiastic for her even if it didn't really light his jets.

As a former Horse Husband myself, I know that it isn't always easy. For a long time horses to me were just fast cows – big lumpy animals with no personality. I was cutting the pasture the other day and the mower scared up our three Arabians. They lifted their tails and went racing across the pasture manes flying. Later I told Lea what a beautiful sight it was. She laughed and said, "There was a time when you didn't even think horses were pretty." She was right. Ride and Tie is what helped convert me from Supportive Horse Husband to Enthusiastic Horseman because the running aspect got me interested enough to do the horse side long enough to get hooked.

We never got Anthony to that point. Carrie only ever got him on a horse once. And it is likely she never would have – his interests just didn't run in those directions. But he was a Horse Husband – a husband who loved his wife and loved it that she loved horses even if he didn't. Thank you, Anthony, for modeling for us all how to love and support our spouses.



## Giddy Up And Run R&T

Rain, SNOW or shine, the ride must go on.



Ella Davis and Sara Bassett on  
Teaoka Bopp



## My First (and certainly not last!) Ride and Tie

I'm not quite sure what possessed me one evening after work to search for local endurance competitions, but when I stumbled across a flyer for the Yellowhammer Ride and Tie held in Talladega National Forest, I was immediately intrigued. As a former collegiate runner and avid equestrian, it seemed like the perfect fit. I had never seen or competed in the sport, but with the event being a few months away, I figured I had just enough time to condition my horse and myself for the shorter 14 mile course, as well as convince my husband to partake as my partner in the event. My 8-year-old Standardbred gelding "Kiss My Donkey", affectionately known as Kai, and I then spent the next few weeks doing long trot sets and occasional hill work to build up his endurance.

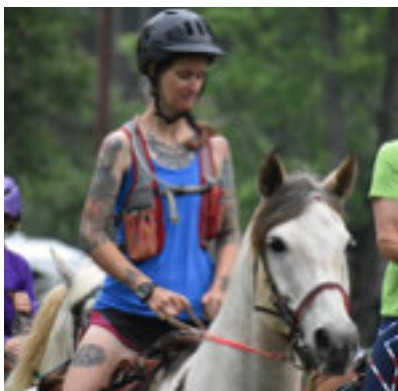
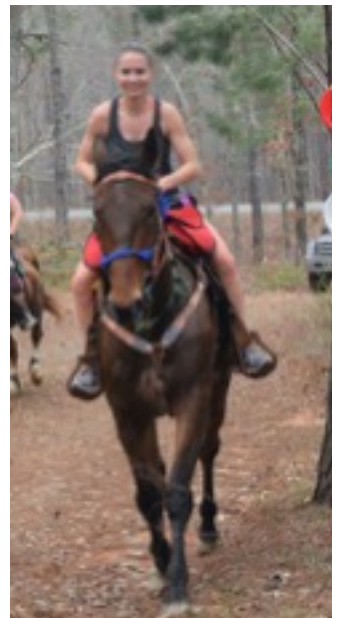
Fast forward two and a half months later, my husband and I are on the road at 5 am headed to Warden State Horse Camp in hopes that my conditioning (of both myself and of Kai) will be adequate. We pulled into the venue and were immediately greeted by the event organizer, who was quick to get us settled and eager to give us an overview of the event, answering all my last-minute questions that came to me on our 2-hour drive. I was immediately impressed by how welcoming and encouraging the people in this sport were, as everyone seemed to stop by our trailer, introduce themselves, and ask if we had any questions. The sense of comradery in the sport was certainly prevalent, and very refreshing after having spent years competing in other equine events that did not harbor that positive atmosphere.

8:15 A.M. rolled around and we were off hitting the trail. I was very appreciative of the other competitors offering to spend the first couple of ties together with us "newbies", not knowing how Kai would do in his first experience at this. Much to my delight, Kai took it all in stride and I felt comfortable in no time picking out appropriate trees and tying him off to wait for my husband to catch up and hop on. While I've always been drawn to larger horses (and Kai is no exception at 16+ hands in height), I quickly learned after having to get myself on and off him numerous times from the ground along the course, that the smaller horses may have an advantage in this sport!

14 miles of trail running and riding seemed to fly by. I almost cannot describe how calming yet at the same time exhilarating the race felt. Calming to be enjoying a beautiful trail view from both horseback and as a runner, yet exhilarating from the race standpoint, given me and my husband's competitive nature in wanting to finish strong. With tired legs (the human kind, as Kai did not seem the least bit winded by the previous 14 miles), my husband and I crossed the finish line together and were immediately greeted by the encouraging, enthusiastic Ride and Tie pit crew who were eager to help us ensure we were ready for the final vet inspection.

All in all, could not have asked for a better introduction to the sport. Between the people, the venue, and the overall atmosphere, we are hooked and already looking forward to the next race!

-Katie Ogden



### The Rockmont Rendezvous R&T

Pictures by Sierra Holt  
Gerringer. Left: Carrie  
Baris Right: Karen  
Isaacs





## Who is Cowman?

The Ride & Tie Association was happy to welcome Cowman to the 48th annual World Championship Ride & Tie and Equathon in George Town CA.

Kenneth Shirk, well known as Cowman, was an amazing runner who competed in Ultra Marathons. In 1976 he was the 9th to complete the western states 100 mile trail run with a time of 24:30. He ran along with the horses in the 100 mile ride known as Tevis. (There was no official run for humans at the time.) As of 2006 he competed in every Iron man triathlon except the very first one. Cowman traveled the world competing. He was also a regular competitor of Ride & tie dating back to the early 70's when Ride & Tie first began.

Cowman received his name when he decided to celebrate the nations 200th birthday and run naked through the streets of Tahoe during the 4th of July parade. He wore nothing but buffalo horns and painted himself red, white and blue. Friends started calling him "Cowman."

After that he wore those buffalo horns when he competed. He even wore them during the swim portion of Triathlons.

Cowman, along with Gordy Ainsleigh, was named one of the founders of the Western States 100 Mile Run with the first official race in 1977.



Cowman with his R&T partner Becky London in George Town



PHOTO: Kenneth Shirk, aka Cowman A-Moo-Ha, running the Honolulu Marathon in the 1970's (undated photo courtesy of the Honolulu Marathon Association)

Irish Mike Whelan and I have been R&T partners for 14 years. We have completed 14 consecutive championships together. This last championship in George Town was a lot of fun. It was one of the better championships I had been to. There were a lot more new faces. (Thanks to Susan Smyth) People were very excited to be there and everyone was so much fun to be around.

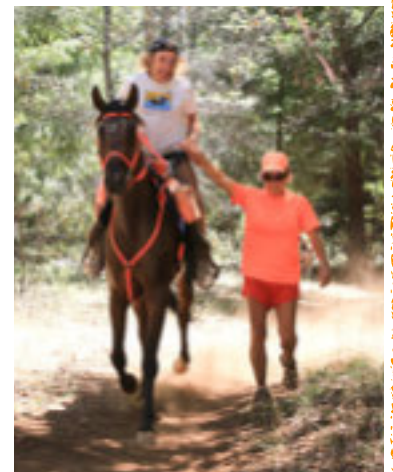
Mike and I started the race and everything was great until about mile 4. I had been running for about 45 minutes and I never saw Mike or my horse. I even had one of the volunteers at the road call back to camp to see if Mike was back there. Just as she hung up the phone, Mike came around the corner. He was injured. Apparently the horse tripped and fell on top of him. He was not feeling very well. Do we give up and quit or do we go ahead for the next 30 miles? Mike is pretty tough so he insisted that we continue. This meant that we had to take it slow and I would have to do most of the running.

I am a very competitive person so this was good for me to just mellow out and take it slow. The last five miles my horse was getting tired and Mike was in a lot of pain. He rode the horse and I just walked next to him. We did a lot of talking and it was pretty relaxing and enjoyable.

This was the first championship that we did not make top 10. What we did do, was get the "saddle in the century award." We were the oldest team with our ages put together.

Mike has been an amazing partner over the last 14 years and I hoping for at least 14 more championships together.

By Gunilla





## 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. 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.



**CRAZY DAZE OF SUMMER I & II @ RIVERSIDE STATE PARK**  
**EQUESTRIAN AREA**  
**SEPT 1st & 2nd, 2018**

**Standardbred Distance Championship, Sept 2nd**

**AERC Sanctioned**

Saturday: 75, 50, 25, Trail Ride, 15 & 25 Ride & Tie

Sunday: 50, 25, Trail Ride, 15 & 25 Ride & Tie

**RIDE CAMP:** Riverside State Park, Nine Mile Falls, WA. Camp is at the equestrian park. There are 20 campsites available with corrals available for reservation. Some have power. Make reservations early to get a spot.

<https://washington.goingtocamp.com/Riverside-BowlandPitcher>

After all designated camping sites are full, camping is available in a large pasture outlined with trees. Overflow camping fee is \$15 per night. Also available for use is a large arena, round pen, and trail course with obstacles. Manure dump and water hydrants are available. You will be required to clean your camping area. Dogs must be on a leash at all times. We will have a 4-H group available for cleaning.

Discover Pass required for hauling in and out the day you are riding, no pass required if you are paying for camping.

<https://store.discoverpass.wa.gov/>

**FEES:**

75 miles(need 5) \$115 Start time 5:30

50 miles \$100 Start time 6:00

25 miles \$90 Start time 7:00

25 mi R&T \$75 Start time 8:00

10 mi R&T \$30 Start time 8:30

10 mi Trail \$30 Start time 9:00

Juniors: \$25 discount

PNER members: \$5 discount

Non AERC: Additional \$15

Ride Manager discount - ½ off ride fee (1 per ride)

Hoof protection recommended

All riders must present current PNER and AERC cards at registration to receive discounts (no exceptions)

**RSVP and PRE-ENTRIES APPRECIATED**

**NEW FOR 2018 – STANDARDBRED DISTANCE CHAMPIONSHIP:**

Sunday, Sept 2<sup>nd</sup>

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and completion for registered Standardbred horses.

For more information, visit [LifeAfterRacing.ustrotting.com/endurance.cfm](http://LifeAfterRacing.ustrotting.com/endurance.cfm)

**VETS:** R.G. Root – Head Vet, Sruti Sreerama – Treatment Vet

**AWARDS:** Sat & Sun after 7:00 PM

**CLINICS:** Aug 31, Friday afternoon, Ride & Tie clinic. Check facebook page for updates on clinics.

**ORIENTATION:** Orientation for new, intro and trail riders will be at 6pm both Fri and Sat.

**DIRECTIONS:** From I-90, take exit 272, going north, turn right onto Geiger Blvd, then left onto Hayford. Continue north, cross Hwy 2, past the casino, and bend right onto Trail. Turn left onto Aubrey White Park Drive. Make a right into the equestrian park. Reserved camping will be on the left and overflow camping is on the right.

**RIDE MANAGER:** Shelley Kerr, PO Box 608, Nine Mile Falls, WA 99026. [cwranchusa@hotmail.com](mailto:cwranchusa@hotmail.com)

Phone: 509-220-9963 Pre-entries must be received by August 30, 2018.

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 7, 8 & 9, 2018

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

**ENTRIES:** \$30-80 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 you may join at the ride for \$25 per person or \$40 per family. Best for newbies to join in September 2018 and get all 2019 included.

**FOOD:** No food available on site. Bring your own snacks. Civilization is at least 15 minutes away.

**CAMPING:** Free camping in the field. Other people and horse accommodations are available.

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 [jfgmhorse@gmail.com](mailto:jfgmhorse@gmail.com)





## CHESAPEAKE TRAIL RIDING CLUB, INC.

10/15/20/25/30/40 MILE RIDE & TIES  
SEPTEMBER 21, 22, 23 2018 - FAIR HILL DNR, MARYLAND

**DATE:** Friday: 10, 25 and 40 mile  
Saturday: 10, 15, 30 and 40 mile  
Sunday: 10 and 20 mile

**LOCATION:** Beautiful Fair Hill Department of Natural Resource (DNR) Area, Elkton, Maryland. The nearest large town is Newark, DE. Terrain is rolling hunt country through woods and fields, with some gravel road. Fair Hill has excellent facilities, including bathrooms with showers, excellent stabling, plenty of flat parking.

**VETTING:** Thursday starting at 5 pm. Friday starting around 1 pm. Saturday starting around 2:30 pm.

**FEES:** 10/20 Mile on Sunday - \$50.00 (no stall), \$85.00 (with stall); 25/30/40 Mile - \$95.00; Multi-day discount - \$240 max, any distance combination. Fee includes entry, Saturday dinner and stall with one bale of straw. Extra straw will be available on site at cost. **REFUNDS:** For cancellations before September 17, 2017, only the \$25.00 deposit will NOT be refunded. For cancellations after September 17, 2018 **NO REFUNDS.**

**STABLING:** ALL HORSES ENTERED IN EVENTS FRIDAY AND SATURDAY MUST BE STABLED. A **separate** stall deposit check for \$25.00 must be included with the entry. This check will be returned or destroyed when your stall is stripped, swept, and inspected.

**FOOD:** THURSDAY DINNER YOU ARE ON YOUR OWN. *Friday dinner for all riders will be pot luck with Chesapeake providing the main course - PLEASE BRING A DISH TO SHARE!* Saturday dinner provided to all riders.

### Directions to Fair Hill:

**From the South:** Take I-95 North to Exit 100 (Route 272), turn left off the ramp towards Rising Sun. Continue to the traffic signal (Calvert) and turn right (east) on Route 273. Go approximately 6 miles. Fair Hill is on the right. Most horse trailers find it easier to enter Fair Hill using Entry #2 which is just to the side of the grandstand.

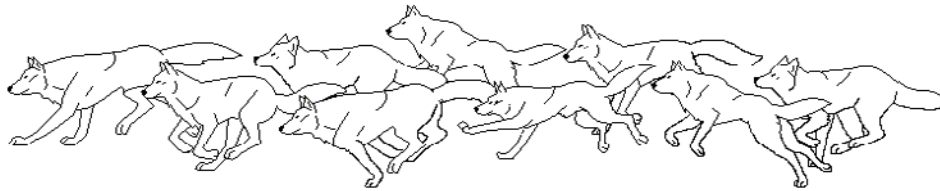
**From the Northeast:** (New Jersey Turnpike or I-95 South). After crossing the Delaware Memorial Bridge, take the first Maryland exit, it is marked 279 Elkton (South) in Oxford. (DO NOT TAKE 279 – NEWARK). Follow Route 279 and turn left onto Maryland Route 213. Continue to the traffic signal at Maryland 273 and turn right. Follow directions from that point on.

**From the North:** Take the Pennsylvania Turnpike (I-76) to Route 202 South, follow Route 202 to Route 1 South and turn right (South). Continue on Route 1 to the exit for Route 10 (South) in Oxford. In Oxford, turn right (South) onto Route 472, which becomes Route 213 in Maryland. Continue to the traffic signal at Maryland Route 273 and turn right. Follow directions above from that point on.

**From the West:** Take I-70, or I-83 to I-695 to I-95 North to Exit 100 (Route 272), turn left off the ramp towards Rising Sun. Continue to the traffic signal (Calvert) and turn right (East) on Route 273. Follow directions above from that point on.

**CONTACT:** Cate Peloquin at 410-652-3454 or email [cpenguin57@aol.com](mailto:cpenguin57@aol.com).

**FOR RIDE AND TIE QUESTIONS:** email Lani Newcomb at [give2bute@aol.com](mailto:give2bute@aol.com) or Janice Heltibridle at [jheltibr@shentel.net](mailto:jheltibr@shentel.net).



# 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<br>Pending trail permits |
|-------------------------------------|--------------|--------------|---------------------------------------|
| 13 mile is \$85<br>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) ½ price above.

EDRA does not charge nonmember day fees.

Youth ½ 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

## Camping Fee

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

## 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.

**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 on to 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/>







## Ride & Tie and EQUATHON

Fun Ride and Run

**October 6<sup>th</sup>, 2018**

**6<sup>th</sup> Annual Trail fund raiser event**

Transverse throughout the many beautiful Olmstead trails. Enjoy both fire roads and single tract trails. Enjoy the beautiful hidden ponds at any distance you chose to challenge or just have fun doing Ride & Tie or Equathon. Come for the fun and excitement. Great trail, prizes and raffle. Various distances offered and same great fun!



Location: Olmstead loop. Behind fire house. 7200 Florian Ct. Cool. CA 95641

Ride Manager:

**Susan Smyth (916)316-2096**

Entries posted at [www.rideandtie.org](http://www.rideandtie.org), Coolest Ride & tie and No.CA Ride & tie face book

Thank you participates and volunteers of 2017. Funds donated to Napa-Sonoma, Solano and Yuba, Ca. Fires Livestock related needs.



**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)



**Oct 19-20, 2018, Fort Valley R&T**

Location: Fort Valley, VA -- 50, 30, 18 mile ride and tie distances.

Contacts: [susntrader@loudounwireless.com](mailto:susntrader@loudounwireless.com)



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

Dr. Steve's favorite high polyphenol content foods for protection against photo-aging (including "saggy skin", wrinkles, actinic changes from sunlight exposure and skin cancer): purple plums, prunes and 100% prune juice, raisins, cranberries, blackberries, black raspberries, red raspberry, blueberries, boysenberries, Marion berry, Olallie berry, Tayberry, tea (Green, Oolong, Black, Hibiscus, Rooibos -African red tea, dark chocolate (my favorite is CocoaVia unsweetened dark chocolate mix, [www.CocoaVia.com](http://www.CocoaVia.com)), purple grapes and 100% Concord grape juice, walnuts, pistachios, Buckwheat honey (YS Eco Bee Farms: Y.S.Organic Bee Farms, Sheridan, IL 60551 USA), onions, garlic, eggplant, tart cherries (all other cherries are also good, "tart" at the head of the class), buffalo berries, salmon berries, dates, pomegranates and 100% pomegranate juice, black/red currants, elderberries, Red Delicious apples (it's the skin), figs-fresh or dried, 100% tart cherry juice, purple cabbage, and legumes \*\*organic when possible. Berries can be eaten fresh, frozen or freeze dried. For Jams, one of my favorites is ST. Dalfour Black Raspberry All Natural Ingredients 100% Fruit,



Visit Us At [superhealthyliving.com](http://superhealthyliving.com)  
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### **You can lead a horse to water but you can't make them drink.**

Water consumption is very important for a horse. It aids in the digestive process to avoid colic impaction, dehydration and other life threatening ailments. How much water does your horse need? According to a study at Penn State, the average horse will drink 5-10 gallons of water on a normal day. On a hot day or a day of strenuous exercise a horse will drink 20 gallons or more. Some horses are good drinkers on their own but others may need an electrolyte to encourage drinking during hot weather or exercise. When taking your horse to a ride, some horses may not like the taste of strange water. You can bring your own water or a week before a trip you can put a little gatorade in their water and again at the ride. They will be familiar with the taste and think it is the same water from home.

Dehydration in horses is an extremely serious situation and can occur during strenuous exercise, stressful situations, or in cases of bouts of diarrhea. The lack of water can include the lack of electrolytes.

Electrolytes include the minerals sodium, chloride and potassium and the lack of electrolytes can lead to kidney failure in the horse, if the horse is not rehydrated quickly. You can do the skin tenting test on your horse to check hydration. Pinching the skin as you pull up and release. If the skin stays in that position then the horse is dehydrated. If it falls back quickly then your horse is hydrated. If you are not sure how to do this you can ask your vet to show you.

A horse will only live 3-6 days without water.

Always provide your horse with fresh clean drinking water.

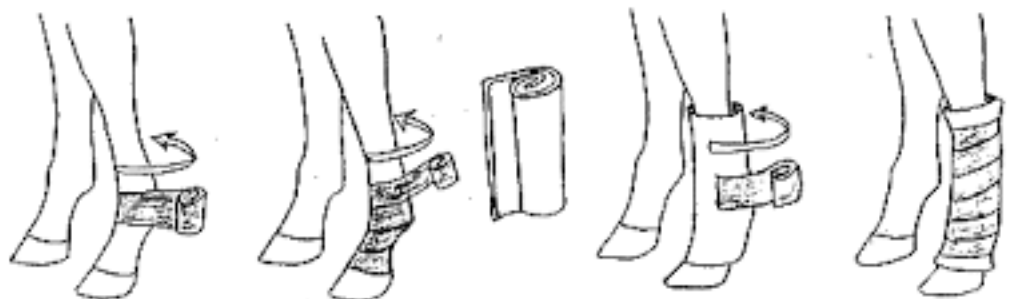
If you live in a colder climate be sure to warm the water. This will encourage drinking.



### **The correct way to wrap a horses leg.**

Whether your horse has a leg injury, your traveling, or you need some support, it is important to know the correct way of wrapping your horses leg to prevent further injury. From my experience at the barn, I find that people forget which direction to wrap. I like to remember the direction by making a shape of a heart. (see Illustration below.) Or you can pretend you are doing the breast stroke between your horses legs. The wraps go in the direction of your stroke. Make sure you don't wrap to tight or to loose. A good rule to remember is to be able to easily stick your finger in between the horses leg and the wrap. Before wrapping I like to make sure the leg is good and clean. I use a quilted cotton pad about 12"X30" Before I apply the polo wrap. When wrapping make sure you don't pull the wrap tight on tendon. Pull from the front and relax as you pass the tendon.

Make sure the wraps are nice and flat with no wrinkles.





## RIDE & TIE MENTORS

### California:

Bay Area: Victoria Ordway, [victoriamosser@yahoo.com](mailto:victoriamosser@yahoo.com), (415) 381-3426  
Santa Cruz: George Hall, DVM. [gandjhall@sbcglobal.net](mailto:gandjhall@sbcglobal.net), (831) 426-9337  
Sierra Foothills: Susan Smyth, [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)  
Redding: Karen Deaver, [kdeaver@suhsd.net](mailto:kdeaver@suhsd.net), (530) 356-2764  
Orange County: Carol Ruprecht & Tom Gey, [cruprecht@rideandtie.org](mailto:cruprecht@rideandtie.org)  
San Diego: Rufus Schneider, [rufusschneider1@gmail.com](mailto:rufusschneider1@gmail.com), (619) 244-1488

**Idaho:** Tom Noll, [tomnoll@q.com](mailto:tomnoll@q.com)

**Illinois:** Amy Betzelberger, [a.betzelberger@gmail.com](mailto:a.betzelberger@gmail.com)  
Vera Betzelberger, [verabetzelberger@yahoo.com](mailto:verabetzelberger@yahoo.com)

**Iowa:** Laura Miller, [lamiller2409@yahoo.com](mailto:lamiller2409@yahoo.com), (402) 469-1946

**Kentucky:** Shay Hanson, [adalynn.shay@hotmail.com](mailto:adalynn.shay@hotmail.com), (502) 600-3733  
Emily Shouse, [medstoppharmacy@bellsouth.net](mailto:medstoppharmacy@bellsouth.net), (502) 598-6483

**Oregon:** Southern Oregon: Annette Parsons & Jim Clover, [aparsons@apbb.net](mailto:aparsons@apbb.net)  
Oregon Coast/Willamette Valley: Chris Amaral, [trots4long@yahoo.com](mailto:trots4long@yahoo.com),  
NW Oregon & Portland: Kirsten Seyferth, [kirstenseyferth@gmail.com](mailto:kirstenseyferth@gmail.com)

**Tennessee:** Joanne Mitchell, [JFGMhorse@gmail.com](mailto:JFGMhorse@gmail.com)

**Texas:** Sherrie Reimers, [skreimers@aol.com](mailto:skreimers@aol.com)

**Utah:** Dave and Debbie Wagner, [ddwags50@gmail.com](mailto:ddwags50@gmail.com), (435) 658-3065

**Virginia:** Lani Newcomb, [give2bute@aol.com](mailto:give2bute@aol.com)

**Washington:** Southwest WA: Kirsten Seyferth, [scatris@hotmail.com](mailto:scatris@hotmail.com)  
Western Washington: Lisa Preston, [lisa@lisapreston.com](mailto:lisa@lisapreston.com)

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Cynthia Jepsen, Bud & Fran Johns,  
Aileen Johnson, Lud & Barbara  
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weis, Kirsten Peterson, Steve  
Shaw, Jim & D'Anne Steere, Eric  
Thompson, Lars Thompson, Mary  
Tiscornia, Ralph & Peggy  
Wadsworth, Brian Zuniga, and Levi  
Strauss

If you are interested in  
submitting a story or pictures  
for the newsletter, Please  
contact Gunilla at  
[gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)

### RIDE & TIE ASSOCIATION CONTACTS

#### Board of Directors:

[bod@rideandtie.org](mailto:bod@rideandtie.org)

#### Membership:

Susan Smyth [SusanSmythJackson@gmail.com](mailto:SusanSmythJackson@gmail.com)  
916-316-2096

#### Administrative:

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

#### President:

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

#### Media Relations:

Ben Volk [bvolk@rideandtie.org](mailto:bvolk@rideandtie.org)  
509-521-6249

#### Sponsoring Ride & Tie:

Susan Smyth [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)

#### Seeking or Becoming a Mentor:

Susan Smyth [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)

#### Scheduling a Ride & Tie event:

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

#### History Questions/Facts:

Annette Parsons [history@rideandtie.org](mailto:history@rideandtie.org)

#### Ride & Tie Newsletter:

Gunilla Pratt [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)

#### Head Vet:

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

#### Website:

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

#### Endowment Fund:

John Osterweis  
[john.osterweis@osterweis.com](mailto:john.osterweis@osterweis.com)

# THE RIDE & FIE ASSOCIATION

2709 Road 64  
Pasco, WA 93301-1961



Courage is being scared to  
death but  
saddling up anyway  
*John Wayne*