

# RIDE & TIE AND EQUATHON NEWSLETTER



Cool R&T and Equathon  
Maisie tells Lisa Cundall "That was so much fun!"

*Mark your Calendars for the 50th annual World Championship  
Humboldt Redwoods State Park June 20, 2020*

NOMINATIONS FOR BOARD MEMBERS ARE NOW BEING ACCEPTED

## Coollest Ride & Tie and Equathon

The night before the Butte Strong Paradise Ride & Tie event June 1<sup>st</sup> in Cool, CA. Nicole Jolly shared her experience of the Paradise fire. On November 8, Nicole Jolly was working at the hospital caring for a critically ill post op patient when suddenly the “CODE BLACK” alarm was called. She looked out the window and only saw darken ominous skies. Orders to evacuate all patients to cars and drive them to Chico were received. Doctors, nurses and hospital staff quickly placed them in cars as quick as possible and staff was told to leave. Nicole recounts how she drove through the fiery inferno in her car until it caught fire. On the phone with her husband she told him she didn’t think she would make it. He told her to get out and run! Nicole told how the fire chased her down scorching her scrubs and backs of her legs until she was able to flag down a fire truck, only to return her back to the hospital. She desperately worked in the building caring for the last few patients with fire surrounding them. It was all she could do. Nicole lost her home, her job, and basically her life as she knew it. The Camp Fire was the deadliest and most destructive wildfire in California history to date. The loss of homes in the thousands and lives in the hundreds.

It was with great compassion and grief for the communities of Paradise and Magalia that Martin Sengo (Cool Moon Trail runs) and Sue Smyth (Coolest Ride and tie) came together to organize the Butte Strong Paradise fund raising event. We knew we had a vehicle to help give renewal to this area through a fund raiser. The funds went to the Paradise horse/hike park. A place to go and forget the fire and enjoy the essence of the outdoors, horses and running. On June 1<sup>st</sup>, 30 teams overall for Ride & tie, Equathon and 54 runners turned out to run the trails of the Olmstead loop in Cool. The day was beautiful, trails marked, excitement all around. Runner joined the ponies sharing the course raising \$3300.00 donation.

I want to share those who participated the appreciation expressed by Paradise Horsemen Association. The park celebrated their grand opening September 29<sup>th</sup>.

September 28 th, I went to the Kristine Chesterman Endurance Ride in Magalia. One year later, there is an eerie feeling as you drive through the town, but you could feel a strong community pride. The ride was beautiful, even in burned areas. It would be nice to have a Ride and tie there. Thank you to all that supported this event!

Pictured below (left) Nicole Jolly(center ) Paradise Grand opening drill team (Right) Butte Logo





# COOLEST R&T RIDE MEETING



Michelle Spinosa  
and Caitlan



Aubree and Ali Ware



Liz Begovich on Moon



Jennifer Lynn  
and Carrie  
Holben.



Michael Cortez and Mike Whelan



Randi Williams  
Swanson and Sandy  
Smyth-Reedy.



First place team Rufus Schneider and  
Beth Love



Kurt Miller and  
Gunilla Pratt  
receiving best  
condition award  
for Mika, owned  
by Gunilla



### MOST CHAMPIONSHIPS

Congratulations to the top three people for the most championships.

Mary Tiscornia took first place with 42 World Championships  
followed by  
George Hall D.V.M with 37 Championships  
and Jim Howard with 34.



### MOST CAREER MILES

Congratulations to the top three people for career miles  
Janice Heltibridle took first place with 5,117 career miles  
followed by

Lani Newcomb D.V.M with 4,064 career miles and  
Kathy Broaddus D.V.M. with 3,788 career miles



### HORSE MOST CAREER MILES

Congratulations to the first place horse:

Dakota with 2,090 career miles owned by R. Venable  
Followed by Kestrel CS with 1,527 career miles owned by J. Heltibridle  
and Willey with 1,439 career miles owned by the Brownings.

### 2019 Equathon team points

Lori Lyttle and Lori Lyttle 368 Points

Followed by

Rhonda Venable and Rhonda Venable. 358 points  
Dave Venable and Dave Venable. 328 points

### 2019 individual R&T Points

First place is Carrie Baris with 1,355 Points

Janice Heltibridle with 1,102 Points

Ellen Hart with 725 points

### 2019 R&T team points top three teams.

First place is Janice Heltibridle and Ellen Hart with 720 points  
followed by

Rhonda Venable and Dave Venable with 647 points  
and Julianne Cyr and Caroline Palmore with 406 points





## Coolest Ride & Tie

Great turnout for the Coolest R&T put on by Susan Smyth. 32 teams total.

Highlights: Rufus Schneider and Beth Love rode in 1st place with Gunilla Pratt and Kurt Miller in 2nd with Mika getting BC! New members Amanda Lopez and Corin Knitter squeaked ahead of Leigha Gragg and Liz Begovich winning 1st place 14 mile RAT! Michelle Spinosa and Caitlan Gardner won the short 9 mile RAT. Irish Mike on Hosani and Micheal Cortez with a stellar 7 minute mile were 1st Equathon long. Carrie Gale Ironman on Opie were third and BC. Kate Kohagen and Abbey Brosmer on Stevie won the short Equathon with Gerrit Verman 1st Ironman and 3 rd over all.

I need to Thank everyone for helping: Cathy Mason trail designer, Marking and Aloha crossing aid station.

Barbara Mancia and Gail team for Knickerbocker aid station. Barbara Johnson, Carlie and Christie Wick-Eckert for finish line. April Nelson, Nancy Medeiros for helping vets, Great Vets Maria DeCarlo DVM and Sarah Mercer DVM. George Putman, Heidi Smith, Kurt Miller loaded my truck. A big Thank you to Joe

( water)and Michael Cortez (Marking horses and general help), and anyone else who stepped in!! Most of all my husband Bill Jackson. His help was insurmountable!

Thank you Echo Valley Ranch EVR for Best Condition awards, bags and troughs. Always supportive!

Platinum performance, Tec Nu, Riding Warehouse and PrformaRide! All the best!

Melissa Montgomery brought in two new participates that had a blast! Rufus trailered a new team from San Diego. Colleen Kelly brought juniors!

Bill William Gore: photographer extraordinaire has pictures for those of you who missed them.

Thank you all!! It's a wrap!!

Susan Smyth

## Coolest Ride and Tie Results      Location: Cool, CA.      Date:      October 5th,

BC Long Course 23: Mika (R)

Long Course 23 - 23 mi

Partner 1	Partner 2		
Rufus Schneider	Beth Love	Cisco	3:15:00 1
Gunilla Pratt	Kurt Miller	Mika	3:21:00 2
Becky Spencer	Andy Mayo	One Sun	3:26:00 3
Melissa Montgomery	Kirsten Kanarr	Kryton	3:34:00 4
Kim Barger	Megan Chapman	Rome	3:38:00 5
Elaine Ruprecht	Sara Howard-Landrum	Penny	4:00:00 6
Chris Turney	Robert Ribley	Anise	4:06:00 7
George Hall	Marlena Conger	Little Joe	4:25:00 8



Short Course 14 - 14 mi

Partner 1	Partner 2	Horse	Time	Place
Amanda Lopez	Corrin Knitter	Orion	2:27:00	1
Liz Begovich	Leigh Gragg	Moon	2:35:00	2
Aubree Ware	Ali Ware	Hawk	2:44:00	3
Rachel Shackelford	Lynn Ruvalcaba	Gaither	2:53:00	4
Lisa Malouin	Gisele EL	Tuksu	3:16:00	5

Fun Run 9 - 9 mi

Partner 1	Partner 2	Horse	Time	Place
Michelle Spinosa	Caitlin Gardner	Magic.	1:42:00	1
Serena Connelly	Peyton Padilla	Mariah	1:49:00	2
Colleen Kelly	Shannon Pogue	Snickers	1:49:00	3
Levi Campbell	Jessie Brewer	Ginger	2:08:00	4
Catie Casentini	Greg Casentini	Boxer	3:00:00	5

Equathon Long Course 14 mile ride and 9 mile run

1st Michael Whelan and Michael Cortez on Hosani.	2:43	6th Hillary Bates and Keith Proneske on Comet	4:04
2nd Denise Meechan and Scott Walker on Summer.	3:04	7th Chrissy Geisel and Courtney Armsbaugh on RPM.	4:43
3rd Carrie Gale Ironwoman on Opie (best condition).	3:30	8th Kathryn Newnham and Virginia Derner on Reno.	4:43
4th Stacy Medich and Dian Lundy on Penny	3:33		
5th Melanie DeGuire an Randi Swanson on Kashmir	3:41		

The Ride & Tie Board would like to thank all of our sponsors, donors, volunteers and race directors for making 2019 a great year. We could not do it without you.  
A special thank you to John Osterweise and Kyle Wiens

**Check out our new R&T store.**

<https://squareup.com/store/ride-and-tie>



Fairhill Maryland R&T Julianne Cyr on horse and Caroline Palmore

## Ride and Tie 2020 Calendar

As of December 6, 2019

<u>Race</u>	<u>Date</u>	<u>Place</u>
FHA 100	Jan 31, Feb 1, Feb 2	Dunellon, FL
Take No Prisoners	Feb 29	Clover, SC
Giddy Up and Ride	Apr 3-4	Jamestown, TN
Foxcatcher	Apr 4	Fairhill, MD
No Frills	Apr 17-18	Star Tannery, VA
Chesapeake Spring	Apr 19	Fairhill, MD
East Coast Championships	May 23-24	Clemson, SC
Old Dominion	Jun 12-13	Orkney Springs, VA
World Championships	June 20-21 (tentative)	Humboldt, CA
Old Dominion Weekend	Jul 25-26	Orkney Springs, VA
Iron Mountain	Aug 28-29	Ivanhoe, VA
Big South Fork	Sep 11-12	Oneida, TN
Chesapeake Fall	Sep 18-20	Fairhill, MD
Fort Valley	Oct 23-24	Fort Valley, VA
Meadow Creek Mountain Mingle	TBA	Parrottsville, TN
JD's Carolina	Nov 28 (tentative)	Patrick, SC



On Friday Night, April 3, 2020 there will be a special NIGHT Equathon at the Giddyup and Run. Sunset will be around 7:04 Central time on April 3 if my charts are correct. Distances will probably be somewhere around a 5 mile ride and a 4 mile run. The course will have lights every ¼ mile, fairly short and close to camp with no deep creek crossings. You still should have a headlamp and any other way to light up your horse for safety. Awards for this event will be sometime Saturday. It is this management's first try at a night event. There may be a call for all truck lights for the vet area if the concrete barn aisle does not work.



1971

50<sup>th</sup> ANNUAL  
**RIDE & TIE**  
WORLD CHAMPIONSHIP

2020



**RIDE & TIE**  
**WORLD CHAMPIONSHIP**



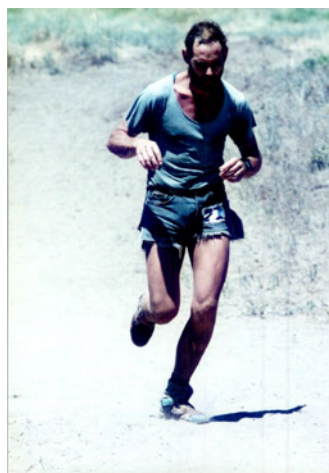
RACE DIRECTOR—SEQUOYA RUSS  
707-845-6039 [DUNCME2@GMAIL.COM](mailto:DUNCME2@GMAIL.COM)

**Humboldt Redwoods State Park**  
**June 20-21, 2020**



## BLAST FROM THE PAST

Tom Johnson (L) and Mark Richtman  
at the Santa Cruz Ride & Tie in 1996.  
Mark passed away earlier this year.  
RIP

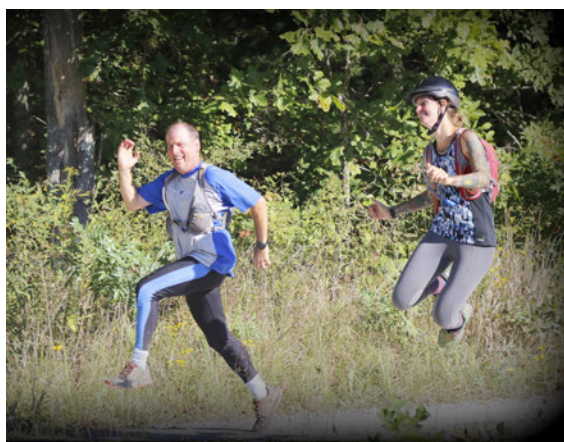


George Hall 1993



Mary Tiscornia 2002

Did you know what Hippomania is?  
An obsession with horses.



There is a joke between Cortney Krueger and Carri Baris. Courtney always canters or does a full-speed gallop past the official photographers. This is where Courtney and Carri were at Big South Fork and they saw the photographer's sign. Even though they did not have a horse they decided to canter. The photo is the result.  
*Photo by Becky Pearman*

### Know when your horse is stressed

Dr. Katrian Merkies, associate professor and equine coordinator at the University of Guelph, Ontario, Canada did a research study on the stress levels in horses.

Horses in the study showed a reduced amount of half and full eye blinks along with an increase in eyelid flutters when they were exposed to stress.

These horses were exposed to three different kinds of stressful situations: separation from a buddy horse, feed restriction and a sudden scary object.

Researchers recorded the horse's eye movements on video during these stress tests to get their data.

**Mark your calendars:  
East Coast Regional Ride and Tie  
Championship  
May 23-24, 2020 in Clemson, SC.  
Check website for details**



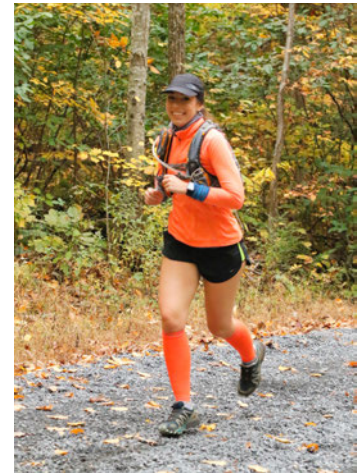




Annie Cecada and Alison Zeytoonian  
Fort Valley Ride  
*Photo by Carolyn Blocker*



Carrie Baris on the ground next to  
several endurance riders  
*Photo by Carolyn Blocker*



Marie Carney at the Fort Valley ride.  
*Photo by Becky Pearman*



Melissa Hoose  
at the Fort Valley Ride.  
*Photo by Becky Pearman*



Carrie Baris shows us the meaning of  
"eating on the run"  
during the Fort Valley 30 mile ride & tie.  
Congratulations for reaching 2,000 R&T miles.  
*Photo by Becky Pearman Photography*



Fort Valley ride  
Annie Cecada on Mia  
and Alison Zeytoonian on Pipi  
*Photo by Carolyn Blocker*



### Long Term Study Shows that Jogging Keeps You Young

Researches from Thailand, Finland and Australia did a 35 year study on runners. It involved 232,149 adults.

The results were that those that ran any distance had a 27% lower risk of death compared to non runners. Even running once a week is better then not running at all.

*Brittish Journal of Sports Medicine*



Riding Warehouse

888.420.4327

## R&T Vet Scholarship

The Ride and Tie Association is pleased to announce the return of the Jim Steere Memorial Veterinary Student Scholarship. All currently enrolled veterinary students are invited to apply. A total award of \$3000 will be dispersed for this year's scholarship. The outstanding essay that is suitable for publishing in the Ride and Tie Association's monthly newsletter will be awarded up to \$2000 with runner-ups eligible for the remaining award amount.

Ride and Tie is a sport of strategy and requires athleticism from both the equine and human partners. This unique sport was created by Bud Johns. Johns worked for the Levis Strauss & Company as a public relations director. He was seeking a rugged sport to promote it's similar reputed line of outdoor clothing. Johns had read of historic accounts where out of necessity two people had covered vast distances using one horse between them. One would proceed on horseback while the other continued on foot. Eventually the rider would tie the horse to a tree and proceed on foot, the horse waiting for the partner on foot to catch up. "What a concept for a race!" thought Johns and the sport of Ride & Tie was born. Johns organized the first Levi's Ride & Tie in 1971 at St. Helena, California.

Dr. Jim Steere served as the Head Veterinarian for the Ride and Tie Association for more than 25 years. He helped develop and implement the veterinary examination guidelines for this unique sport, adapted from the sport of endurance racing. Dr. Steere was also an avid participant of Ride and Tie. Less than one year before his passing in 2010 Steere and his son competed in the World Ride and Tie Championships. The Association is proud to offer this scholarship in his memory.

The essay is limited to 1000 words and must be accompanied by a list of references used in the essay. The topic is at the discretion of the veterinary student. Examples of winning past essays can be requested from Dr. Melinda Newton at [m.newtondvm@gmail.com](mailto:m.newtondvm@gmail.com). A cover letter may be submitted in conjunction with the essay, but is not required. All essays must be received by Dr. Newton by 1/15/2020.

Submissions and questions regarding the scholarship can be directed to Dr. Melinda Newton at [m.newtondvm@gmail.com](mailto:m.newtondvm@gmail.com).

### RIDE & TIE BOARD OF DIRECTORS

President: Janice Heltibridle (2020) [janiceheltibridle@gmail.com](mailto:janiceheltibridle@gmail.com)

Vice President: Gunilla Pratt (2022) [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com) 858-735-1373

Secretary: Carrie Baris (2020) [carriebaris@hotmail.com](mailto:carriebaris@hotmail.com)

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Board Member: Lani Newcomb (2022) [give2bute@aol.com](mailto:give2bute@aol.com) 707-834-2343

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Board Member: Rufus Schnieder (2021) [rufusschneider1@gmail.com](mailto:rufusschneider1@gmail.com)

Board Member: Courtney Krueger (2020) [ck@firstcumberland.com](mailto:ck@firstcumberland.com)

Board Member: Susan Smyth (2022) [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com) 916-316-2096

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

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

Head Veterinarian: Greg Fellers [gefellers35@gmail.com](mailto:gefellers35@gmail.com)





# The Ride and Tie Association Membership Form

## 2020 Season

Send form and payment to:  
The Ride and Tie Association c/o Susan Smyth  
211 Gold Crest Ct.  
Newcastle, CA 95658  
OR join online web site with Paypal  
(Membership runs from January 1-December 31)

Please print

Name	Gender	Birthdate (if under 18)

Address: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

How did you learn about Ride & Tie?

\_\_\_\_\_ Ride & Tie Website  
\_\_\_\_\_ Expo/convention: (which one?) \_\_\_\_\_  
\_\_\_\_\_ Magazine/Newspaper? (please indicate) \_\_\_\_\_  
\_\_\_\_\_ Other (please indicate) \_\_\_\_\_

Type of Membership (please circle): New      Renewal      Race Director

\_\_\_\_\_ Competitor Member: (\$25) Will receive Ride & Tie Newsletter and Handbook, information and entry form for the Ride & Tie Championship, one vote on Association general membership issues, eligibility for all sanctioned Ride & Ties held during membership year and inclusion and eligibility for the national point system.

\_\_\_\_\_ Family Membership: (\$40) Immediate Family living at same address. List all names to be included. Same benefits as Competitor Member, two votes per family.

\_\_\_\_\_ Supporting Member (\$100 or more) Same benefits as Member with special thanks from the Ride and Tie Association.

\_\_\_\_\_ Lifetime Member (\$500) Same benefits as Competitor Member with no more annual membership fees.

\_\_\_\_\_ Friend of Ride & Tie (\$20 or more) Non-competitive member showing support for Ride & Tie. No voting privileges. Will receive Newsletter.

As a 501 (c) (3) non-profit organization, these membership contributions may be tax deductible.

# THE RIDE & TIE ASSOCIATION

6746 Back Road  
Maurertown, VA 22644



Liam at the start of the 7  
mile Meadow Creek  
Mingle R&T

“Happiness is not something ready made. It comes from your own actions.”  
— Dalai Lama XIV