Cool R&T and Equathon
Maisey tells Lisa Cundall “That was so much fun!”

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

NOMINATIONS FOR BOARD MEMBERS ARE NOW BEING ACCEPTED
The night before the Butte Strong Paradise Ride & Tie event June 1st 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 1st, 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 29th.

September 28th, 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
Michelle Spinosa and Caitlan

First place team Rufus Schneider and Beth Love

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.

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 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.

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.
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 junior's!

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)

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<tr>
<th>Partner 1</th>
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<th>Horse</th>
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<td>Rufus Schneider</td>
<td>Beth Love</td>
<td>Cisco</td>
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<tr>
<td>Gunilla Pratt</td>
<td>Kurt Miller</td>
<td>Cisco</td>
<td>3:21:00</td>
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<td>Becky Spencer</td>
<td>Andy Mayo</td>
<td>One Sun</td>
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<td>Melissa Montgomery</td>
<td>Kirsten Kanarr</td>
<td>Kryton</td>
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<td>Kim Barger</td>
<td>Megan Chapman</td>
<td>Rome</td>
<td>3:38:00</td>
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<tr>
<td>Elaine Ruprecht</td>
<td>Sara Howard-Landrum</td>
<td>Penny</td>
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<tr>
<td>Chris Turney</td>
<td>Robert Ribley</td>
<td>Anise</td>
<td>4:06:00</td>
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<tr>
<td>George Hall</td>
<td>Marlena Conger</td>
<td>Little Joe</td>
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Short Course 14 - 14 mi

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<td>Amanda Lopez</td>
<td>Corrin Knitter</td>
<td>Orion</td>
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<tr>
<td>Liz Begovich</td>
<td>Leigh Gragg</td>
<td>Moon</td>
<td>2:35:00</td>
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<tr>
<td>Aubree Ware</td>
<td>Ali Ware</td>
<td>Hask</td>
<td>2:44:00</td>
<td>3</td>
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<tr>
<td>Rachel Shackelford</td>
<td>Lynn Ruvalcaba</td>
<td>Gaither</td>
<td>2:53:00</td>
<td>4</td>
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<tr>
<td>Lisa Malouin</td>
<td>Gisele EL</td>
<td>Tuku</td>
<td>3:16:00</td>
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Fun Run 9 - 9 mi

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<tr>
<td>Michelle Spinosa</td>
<td>Caitlin Gardner</td>
<td>Magic.</td>
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<tr>
<td>Serena Connelly</td>
<td>Peyton Padilla</td>
<td>Mariah</td>
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<tr>
<td>Colleen Kelly</td>
<td>Shannon Pogue</td>
<td>Snickers</td>
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<td>Levi Campbell</td>
<td>Jessie Brewer</td>
<td>Ginger</td>
<td>2:08:00</td>
<td>4</td>
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<tr>
<td>Catie Casentini</td>
<td>Greg Casentini</td>
<td>Boxer</td>
<td>3:00:00</td>
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Equathon Long Course 14 mile ride and 9 mile run

1st Michael Whelan and Michael Cortez on Hosani. 2:43
2nd Denise Meechan and Scott Walker on Summer. 3:04
3rd Carrie Gale Ironwoman on Opie (best condition). 3:30
4th Stacy Medich and Dian Lundy on Penny 3:33
5th Melanie DeGuire an Randi Swanson on Kashmir 3:41

6th Hillary Bates and Keith Proneske on Comet 4:04
7th Chrisy Geisel and Courtney Armsbaugh on RPM. 4:43
8th Kathryn Newnham and Virginia Derner on Reno. 4:43
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.

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
50th Annual
RIDE & TIE
WORLD CHAMPIONSHIP

Race Director—Sequoia Russ
707-845-6039  DUNCME2@GMAIL.COM

Humboldt Redwoods State Park
June 20-21, 2020
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
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

Marie Carney at the Fort Valley ride.

Photo by Becky Pearman

Melissa Hoose at the Fort Valley Ride.

Photo by Becky Pearman

Carrie Baris on the ground next to several endurance riders

Photo by Carolyn Blocker

Annie Cecada and Alison Zeytoonian Fort Valley Ride

Photo by Carolyn Blocker

Annie Cecada on Mia and Alison Zeytoonian on Pipi Fort Valley Ride

Photo by Carolyn Blocker

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.

British Journal of Sports Medicine

SPECIALIZED SADDLES

Adjustable Performance Saddles

RIDING WAREHOUSE

TRAIL RUNNER

Stickyseat

Riding Warehouse
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 its 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. 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.
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

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<tr>
<th>Name</th>
<th>Gender</th>
<th>Birthdate (if under 18)</th>
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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.
“Happiness is not something ready made. It comes from your own actions.”
— Dalai Lama XIV