

RIDE & TIE



NEWSLETTER

March 2010



Carrie Barrett and David Tarpinian at 2009 Championship

www.potomamsing.com

PRESIDENT'S MESSAGE

This is the year for you to compete in the Championship Race! We have been very fortunate to be able to keep the entry fees down to \$100 per team along with low membership fees. All of these years we have continued putting on really good Championship races. The races have been in outstanding locations; Libby, Montana, Santa Ysabel, twice in the Humboldt Redwoods, Taylorsville, California, and this year in Trout Lake, Washington. If you like beautiful scenery, snow capped volcanoes, great trails, lots of trees, big beautiful meadows for camping, maybe some fishing, white water rafting, wind sailing, or huckleberry smoothies you will like Trout Lake. The belt buckles for finishing the Championship race will be the same large beautiful buckles we have enjoyed since Santa Ysabel. There will be the usual feast at the awards banquet. A potluck on Thursday and we will furnish the meat. We will have a drawing for a Black Forest treeless saddle and an auction for a Specialized Saddle. This year the Best Conditioned horse will receive a Specialized Saddle. There will be lots of additional surprises. There will be a cake to celebrate the 40th year of Ride & Tie.

Thanks to Leslie Yates, one of our group of special benefactors, we have additional funds to celebrate the 40th year of Ride & Tie racing and the BC award. This WILL be a really special Championship.

There is concern on our Board of Directors that we have less money in the bank than we had in 2005 in Montana. Some of the loss was because of the stock market mess and some of it because we just don't earn as much as we spend. It is reasonable to expect that in the future the cost of membership or entry fees for the Championship race could go up. The other options are to lower the quality of the Championship race and possibly make those finishers who want buckles purchase them in addition to their entry fee. There are even more drastic ideas being proposed.

Fortunately the Association is not in any financial problem at the moment, it just isn't making as much money as it is spending. After all we are a nonprofit organization. We are not large enough, although we are growing in membership, to attract corporate sponsorship. Our income comes from dues, entry fees to the Championship, sanctioning fees, but mostly from the generous contributions of Warren Hellman, John Osterwies, Leslie Yates and many other donors. Thank you very much to all that have donated to our Association.

If you have ever considered putting on a ride & tie or know someone who might be interested, this is what the Association can do to help. We have a new flat rate sanctioning fee of \$100. This is a fantastic bargain for race directors. It costs \$15 for each "additionally insured." (individual properties which the race crosses) and most races have a bunch. Our new sanctioning online is very simple and quick. You can even pay online with a credit card or PayPal. We promote all of the races in our publications and on our web site. We have promoted the local races at the Los Angeles Expo, the PNER Conference in Oregon, and will soon be helping promote the Iowa race at an Expo there. Yes there is a race in Iowa! Last I heard Carol Ruprecht and Tom Gey may be going back to Iowa to give a talk. We provide speakers and booths at PNER and other conventions. Annie and I went to the AERC regional convention in Oklahoma. We help the race directors make fliers and sometimes even print them and send the fliers to them. We offer space in our Newsletter for photos and articles from their races. We also promote them on the Yahoo and Facebook Forums.

This year we have worked to get new races in Iowa, British Columbia, and we are still working on Florida. Florida will have a practice race thanks to Karen Wolfsheimer and I haven't given up on Colorado and Utah. It is possible that we will add a new race in Virginia and North Carolina this year. Please let me know what else we can do for you to get a race or additional races in your area. Running and riding can really be great, but the fun really begins when you get to go racing.

There is still time to enter your name as a candidate for the Board of Directors. We're always looking for fresh ideas and new energy on the Board. Contact me or any of the Board Members and let them know you are interested.

Bud & Fran Johns will be at the Championship. Peter and Martha Klopfers from North Dakota will be there. Even if you can't compete, come and enjoy the Anniversary celebration. Bring your reminiscences and enthusiasm and cheer on those folks still out there ride & tying. Come to Mt Adams Ride & Tie Championship at Trout Lake June 19th.

Don Beth

PLATINUM
PERFORMANCE®

Coming Out of Winter: Starting Your Horse After a Winter Rest



Coming Out of Winter/Starting Up

- Realistically assess your starting point: has your horse been mostly stalled or pastured over the winter? On hilly or flat terrain? How long of a layoff has there been?
- Make necessary dietary adjustments for the beginning of more activity. Try using more lipids/fats (oils) as a calorie source rather than carbohydrates (grains).
- Make sure feet are ready with trimming/shoeing.
- Be patient and start slow: long slow distance is vital for building a base
- If using a HR monitor, aim for around 100 bpm. Be consistent, aim for twice a week rides slowly increasing distance, not speed. 60 days of a consistent regimen will reap the following benefits:

- Increased capillarization of skeletal and heart muscles
- Recruitment of underperfused capillaries in the lungs
- Increased efficiency of mitochondria and enzymes systems within muscle cells
- Hoof walls become thicker, denser, stronger and more elastic.
- Bones and articular cartilage thicken
- Tendons and ligaments become thicker and stronger

➤ Then add more strenuous workouts with hills and speed. Aim for a HR in the 125-150 bpm range, with short anaerobic spurts of 150-200. Use that monitor to chart recovery as well to avoid overtraining. The result will be an increased aerobic threshold (increased tolerance to lactic acid build up, increased rate of supply of oxygen and metabolites to and clearance of by products and carbon dioxide from muscle cells) as well as a greater tolerance to loading and stretching of muscles and tendons.

Get your horse used to drinking water on the trail and in other environments than home is crucial (this may sound ridiculously obvious but it is a problem for some horses)

At Camp

➤ Modify the stress of trailering as much as possible. If it's a greater than a 5 hour trip, provide a full day of recovery. On long hauls, stop every 4 hours for water/grazing/walk.

In camp, watch EDPP (eating, drinking, peeing, pooping).

Make sure of hydration. Use electrolytes, feed slurries. Some folks have found the cider vinegar trick useful for particularly finicky drinkers.

During the Competition

➤ Watch EDPP!

➤ Monitor pulse recovery: it should be a steady downward progression. Staying elevated or going up and down is a significant warning sign.

➤ Aid with thermo-regulation. Evaporative cooling is the horse's most significant method of releasing body heat built up by work. Fluid loss (along with electrolytes) in sweat can amount to 10-15 liters per hour. The application of cool water to the surface helps reduce the need for sweat (and therefore fluid loss). Apply water especially to the sides of the neck and the lower legs where larger blood vessels are close to the skin. If the horse is very hot, use a scraper to remove hot water and replace with cool water. Continue to apply cool water until the skin stops feeling hot again only a few seconds after applying cool water. Critical fluid loss usually occurs early (first 10-15 miles), leaving the horse trying to catch up the remainder of the competition.

➤ Be aware of the climatic conditions of that day and the effect it can have. In very low humidity, the horse may evaporate so quickly it doesn't appear as if it's sweating much yet is losing considerable amounts of fluids. In high humidity, evaporation doesn't occur, so replacing hot surface sweat with cool water becomes doubly critical. If we're fortunate to have cooler weather, modify your thermo-regulation efforts so as to not overcool your horse, cover the hindquarters to avoid tight muscles.

➤ Over-excitement can mask what's really going on with your horse. Be careful to make sure an increased respiratory rate is not due to overheating, for instance. Use as small a saddle pad as possible. Braid or trim the mane. Pay attention to shady areas of the trail for making better time and for tying.

Planning, preparation and a healthy dose of common sense will get you through any event in better shape, whether it happens to be a ride and tie competition or not. Both you and your horse will have a more enjoyable and safer experience. Then throw in luck on top of it, and you may actually get more successful, no matter how you define it.

Reg Fellers, DVM

Head Veterinarian for the Ride and Tie Association

NEW YEAR'S RESOLUTIONS by Liz Perkin

It's that time of year to reflect on accomplishments and mistakes of the past 12 months, and to think about what we can do better next year. I'm not generally the type to make official "New Year's Resolutions," but my high school cross country and track coach did drill the practice of setting distinct goals and plans to achieve those goals in my mindset. I'm already contemplating some pretty big ones for this year: run Personal Records in the 10k, half-marathon, and marathon; finish in the top 10 at the World Championship Ride and Tie on June 19 in scenic Mt. Adams, WA; publish at least one of my scientific studies in a peer-reviewed journal. But maybe my most important goal is to increase awareness and participation in Ride and Tie.

When I created a Facebook Ride and Tie page, not only did I invite the Ride and Tiers with whom I am friends, but also some of my old horse 4-H buddies. Sure, most of them are casual pleasure riders who stick to laid-back Quarter Horses, but you never know who they might be friends with. Since most of these friends live in or near Portland, OR, I'll make sure to send them an invitation to check out the Championship in nearby Mt. Adams. Most of them are extremely experienced horse people, so maybe they'd even be willing to do P&R? I have a feeling they might be interested in trying out Ride and Tie for themselves if they see the many recreational runners/riders out there having a blast doing a Ride and Tie at all different speeds. I'll also make sure to send fliers out to all the running stores in the Portland area. We should all be doing this for all of the races in our local area. Since I know the couple who own Portland Running Company, I might even see if I can give a short talk about Ride and Tie at one of the stores the week before the Championship and try to drum up some interest that way.

And of course, the association wouldn't be able to put on such a great championship without sponsorship. I'm going to find out if Portland Running Company would be able to offer some support to the association, maybe in exchange for a booth at the Championship. Are there businesses you support that might be willing to support Ride and Tie? Is there a particular brand of energy gel you couldn't think of running without? Or maybe that certain feed supplement that seems to give your horse the extra vigor he needs to carry you all those miles down grueling trails? Write or call them and see if they'd donate \$1000, \$100, or maybe just some of their product to use as awards. Don't be afraid to think outside the box.

However you do it, I think one of the most important ways current members can help the sport of Ride and Tie is to speak of it often. We should all set goals for bringing new people to the sport. Or maybe re-introducing someone who might have done Ride and Tie years ago but hasn't recently. Your goal might be to get at least one new person to run one race. Maybe it's to find sponsorship for a particular race. Whatever it is, establish how you will accomplish it. As for me, my goal is to get at least one person new to Ride and Tie to run a race, and to get at least one sponsor for the Championship. What's yours?

Liz has been competing in Ride & Tie since the 2005 Championship in Libby, MT. She is now working on her PhD in river ecology in Berlin, Germany but plans to be back in the US for the 2010 Championship. (Hurry Home Lizzie! Our horses miss you. Me Too!)



Annie Bell photo

WHAT'S IN A NAME?

BY ANNETTE PARSONS

What IS in a name? A lot, as it turns out, when it comes to sorting them in a computer database. As I have been compiling old race results in an Excel spreadsheet, I have learned just how important it is to spell our horse's name, or our names, for that matter, the same on every Ride and Tie entry form!

Did you ever wonder how the Ride and Tie Association keeps track of how many races you or your horse have completed when it comes time to award those neat little 5-Year or 10-Year completion pins? I have, because over the years, I have noticed that my own horse or completions have not been tallied correctly. In the old days, before computerizing our names in a database, it was very difficult and very haphazard. No wonder! Try tracking thousands of horse names, and twice that many people names yourself and then figure out who has done how many races! Sheesh! Now, however, we are blessed (or cursed, depending on your perspective) with Excel spreadsheets and people like Steve Anderson who have diligently attempted to capture every Ride and Tie championship race ever done by every horse and human. And then I came along with my big idea to put all race results and posters together into a book for the 40th Anniversary of Ride and Tie at Mt. Adams. Boy did I get an education!

I managed to gather together race results for almost all 40 years. That was difficult, since some results lists had people names but no horse names, or no finish times, etc. But thanks to most of the Association Board members who have sent me their old files, I have compiled a nearly complete record! I am still missing finish times for the 1971 and 1973 Levis races, and horse names for the 1986 Big Creek race, so if anyone has these, please send them to me right away!

Here is what happens when you do not use the same spelling on your horse (or yourself!) on every entry:
 Let's say you have a horse named "SR Mighty Mo Missouri". And let's say that the first race you enter with him, you put that entire name on your entry form. Fine. Now, the next time you enter a race with him, you are in a hurry, and you put simply "Mo" because that is what you call him all the time. Next time, your partner fills out the entry form and puts "Mighty Moe Missouri" (puts an "e" on the end of "Mo"). Next time, you fill it out and you put "Mighty Mo Missouri", omitting the "SR". The following year, your ex-wife borrows the horse, but she has always called him "Missouri" so that is how she fills out the entry form. Get the picture? So now, assume you completed all these races, so your horse actually has racked up 5 completions. But when we go to sort the database on horse name to count up how many completions each horse has, we get only one completion for each of the names.

Our horse will not be recognized as having completed five races....unless the database manager just happens to know this horse, or is able to catch that there are five similar but slightly different spellings, and is then able to verify that the same (or a related) person rode this horse all five times, and that the races all occurred within a reasonable life span of one horse, etc. Remember, the database manager is tracking thousands of horses, so this is not as easy as it might sound. The table below is only an example, these are not all actual names in the database. The color highlights indicate horses that are most likely the same horse, but with spellings being different, they will only tally up completions for spellings that are the same. On the other hand, if you had taken the time and care to make sure that your horse's name was spelled the same every time it is written on an entry form, your horse "Mighty Mo Missouri" would now sort out in the database as having five completions! It's that simple.

It works the same for humans, by the way, but nowadays, you are assigned a Ride and Tie Association number when you join, and that number should stay with you for life. This will help keep track of things like misspelled names, or marital name changes, etc. This was not always the case. Back before we were assigned an Association number, it was messy. For example, before I knew Jim, I competed as "Annette Parsons" for several years. Then when Jim and I got married, for some silly reason, I used the name "Annette Clover" for a few years (I guess I wanted to make sure we were recognized as a Husband-Wife team, back when that category was recognized). I have never used the name "Clover" otherwise, so I eventually just went back to putting "Annette Parsons" on the blanks. So, over the years, I have had 13 completions, but the first time the database was sorted out, Annette Parsons had something like 10 completions and Annette Clover had 3! Well, heck! Now someone has to go thru and find the "Annette Clover"s and correct them to "Annette Parsons". And so forth. Get the

HORSE	YEAR	COUNT	TOTAL COMPLETIONS
AJ JUR	1984	1	1
ABA HAFID FADJUR	1990	1	1
ABAY RAPSCALLION	1996	1	1
ABAY RAPSKALLION	1997	1	1
ABE HAFID FADJUR	1987	1	Abe Hafid Fadjur
ABE HAFID FADJUR	1988	1	is credited with
ABE HAFID FADJUR	1989	1	7 completions
ABE HAFID FADJUR	1991	1	although he may
ABE HAFID FADJUR	1991	1	have completed
ABE HAFID FADJUR	1995	1	10 races
ABE HAFID FADJUR	1998	1	
ABEY HAFID FADJUR	1996	1	1
ABEY RAPSCALLION	1998	1	1
ABSOLUTE MONARCH	1993	1	1
ABSOLUTE MONARCH	1994	1	1
AJ JUNIOR	1986	1	1

Continued on page 9

2010 RIDE & TIE SCHEDULE

Check www.rideandtie.org and the newsletter for updated information

February 14 Freez'R Burn Ride & Tie, Decatur, TX 10/25 Miles, Ross Carrie, 936.581.0492, carrie@ravenenvironmental.com

March 13 Bar H Ride & Tie, Gavilan Hills, CA, 10/20 Miles, Rufus Schneider 619.244.1488

March 20 Sunrise Canyon Ride & Tie, Kennewick WA, 11/22 Miles, Ben Volk 509.521.6249, bvolk@jub.com

April 2-3 Chesapeake Spring Ride & Tie, FairHill, MD, 12/25 Miles, Cate Peloquin, 410.652.3454, cpenguin57@aol.com

April 10 No Frills Ride & Tie, Star Tannery, VA, 12/30/55 Miles, Mary Howell 804.932.9328, countshloh@gmail.com

April 17 Foxcatcher Ride & Tie, Fair Hill, MD, 10/25 Miles, Louisa Emerick 410.398.7234, louisaeeme@comcast.net

April 24 Manzanita Take Two Ride & Tie, Boulevard, CA 7, 13, 25 Miles Rufus Schneider 619.244.1488

JUST
ADDED! →

May 8 Cache Creek Ridge Ride & Tie, Williams, CA, 10/25 Miles, Jennifer Stalley, 530-755-6777 jdstalley@yahoo.com

May 15 Quicksilver Ride & Tie San Jose, CA 6/11/22 miles Carrie Barrett, 415.381.0755, carriebarrett@comcast.net

May 15 Mount Adams Ride & Tie, Trout Lake, WA 12 /25 miles, Steph Irving, 509.395.2065, sirving@gorge.net

May 30 Wild West Ride & Tie, Tahoe National Forest, 12/25 Miles, Melissa Ribley, 530.268.1378, mribley@wildblue.net

May 30 Old Glory Ride & Tie Dripping Springs, TX, 10/25 miles, Ross Carrie 936.581.0492, carrie@ravenenvironmental.com

June 12 Descanso Ride & Tie, Descanso, CA 15/25 miles, Terry Wooley Howe, 619.445.5443, endurance@hughes.net

JUNE 19 WORLD RIDE & TIE CHAMPIONSHIP, TROUT LAKE, WA, STEPH IRVING, 509.395.2065, SIRVING@GORGE.NET

July 2 Nicola Pines Railroad Ride & Tie 15/20 miles, Merritt, British Columbia, Danny Grant, dannygrant@hotmail.com

JUST
ADDED! →

July 10 Gold Country Ride & Tie, Georgetown, CA, 25 miles/ Short Course TBD, Cheryl Domnitch, 530.748.4305, cdefpe@aol.com

July 11, 13, 15, 17 Fort Stanton Ride & Tie, Ft. Stanton, NM, 35 miles, Roger Taylor, 505.897.4985 Roger_Sue@prodigy.net

July 10-11 Bandit Springs Multi-day Ride & Tie, Ochoco National Forest, OR, 30-100 mile (elevator) Janelle Wilde 541.849.2460, jwilde@wildevents.info

July 24 Pacific Crest Ride & Tie, Ashland, OR 10/30 miles, Annette Parsons, 541.846.6656 aparsons@apbb.net

July 24-25 Old Dominion Ride & Tie Weekend, Orkney Springs, VA, 6/12/20 miles, Lani Newcomb, 540.554.2004, give2bute@aol.com

September 4 One Heart Ride & Tie, Collins, IA, 4/12/20 miles, Eileen Witt 515.290.2306, oneheartrideandtie@gmail.com

September 10-12 Big South Fork Ride & Tie, Oneida, TN 8,30,55,100 miles, Joanne Mitchell, 423.337.6194, jfgmhorse@gmail.com

September 11 Lost Mountain Ride & Tie, Sequim, WA 15 and 25 miles, Don Betts 360.681.5218, rideandtiedon@aol.com

September 17-19 Chesapeake Fall Ride & Tie, Fair Hill, MD, 12/25 Miles, Cate Peloquin, 410.652.3454, cpenguin57@aol.com

September 18 Coolest Ride & Tie Cool, CA, 4,9,13 and 22 miles, Frank Lieberman, 530.886.0890, coolgalinda@sbcglobal.net

October 2 Manzanita Ride & Tie, Boulevard, CA, 15/25 miles, Terry Wooley Howe, 619.445.5443, endurance@hughes.net

October 16 Foothills of the Cascades Ride & Tie, Molalla, OR, 25 miles, Mary Nunn 503.829.5321, flyingn@molalla.net

October 22-23 Fort Valley Ride & Tie, Fort Valley, VA, 15/30/50 miles, Susan Trader 540.882.9721, susntrader@aol.com

Ride and WHAT?

by Dal Burns

My legs are rubber. My lungs have quit functioning. My ears must be going wrong because I could swear Peggy just said, "Ride and Tie Maxim #1: Really, ride and tie is the most fun you can have with your clothes on...really..."

Fun? Let me digress here. My purpose in running is to collapse in a whining heap after one hundred grueling yards. One mile down the track and fun is the last thing on my mind. I'm dying here, fer goodness sake. Still, it was worth hearing her out, I supposed. That would be my first mistake; I heard a little voice say somewhere deep in the logical recesses of my mind. The very fact I was running with my rubber legs, in March yet, proved to me that the logical part of my brain really needed to get out more.

Two months on and I'm actually able to run four miles up and down the hills around Angwin, California, without collapsing into a whining heap at the end of each run. "Please," I would beg everyone I met on the trail, "tell me this is fun!" Many obliged, though none were actually able to convince me. This was hard work. This was not fun at all. That would be my second mistake, said my logical self, finally beginning to see the actual logic in taking up running.

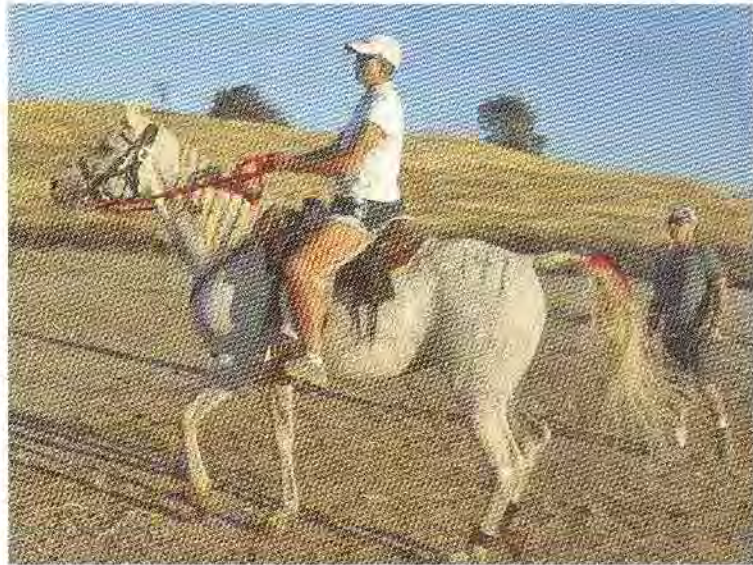


Photo by Allison and Cayssa Greene

Peggy Smyth on Phyllis with Dal Burns before the race.

"Look here," it said to me, "this stuff is logical and logical can be fun. After all, it's good for your heart. You're losing weight. Most of it from your waist, although perhaps a few million brain cells are probably long gone as well." I hoped logical self was engaging in a little humorous repartee with me. That in itself would be another first. My body, however, was a different matter. It was not going to joke around with me.

It was around this time that the phantom pains began. I call them phantom now but back then they were real enough. They'd spring up hours after a run and would leave me hobbling around like an old man. There were moments when I was sure I would have to stop running altogether. My body just wasn't up to this, anymore. Not that it ever had been, either. I'm just saying.

Peggy, my mentor, my coach, my guide and my tormentor said many choice things to me as we ran each day. Most of them can't be printed here. One thing she said hit home. Really hit home. "Always run your own race." Suddenly, I had words to live by. Here was something for me to hold onto when the going got rough, out on the trails. As that was pretty much every day, I really needed these words of wisdom. Some days I needed to remind myself to just keep putting one foot in front of the other. It was the best I could do.

Ride and tie, Peggy had said. Where you tie up one of your two partners. Interesting. I couldn't figure out why just one partner got tied up. Why not all take turns? That sounded a lot fairer to me. That and actually doing all of this in public; on wooded trails, yet. Riding a horse through the woods did sound like fun. It was the whole concept of having the other person chasing after the horse through the woods that bothered me. I had the awful feeling I'd be the one chasing after the horse's tail. That didn't sound like fun at all.

It's July already and I'm running my first practice ride and tie with Peggy and her gray Arab mare, Phyllis. As I run along the trail, I'm in the zone and feeling a sense of pride in myself. In six months, I've lost 20+ pounds. My blood pressure has dropped 20 points; my resting heart rate is down from 72BPM to 58BPM. "I am hot!" I tell myself. Rounding a bend in the trail, I see Peggy not twenty yards ahead of me, also running. I stop and call out, "Where's Phyllis?" Peggy stops and turns to look at me. I get the gaze that tells me I am a total clod but she doesn't want to say it straight out. She doesn't have to, I can feel it. "Back where you came from. Now go find her," she called over her shoulder as she left. I did so, feeling a lot less puffed up about myself. Phyllis, who had been patiently waiting for me at a tree, gave me the look that said, "So there you are. What's with the running right past me without so much as a how-dee-do as you went by?" She's good with the looks is that mare. Just like her owner. As I climbed onto Phyllis I remembered ride and tie Maxim #2: Find your zone, lose your horse.

Reminiscences of the Wild West Ride & Tie by Susan Smythe

One of my most favorite endurance rides has always been the Wild West Endurance Ride. This ride takes place above Nevada City in the Tahoe National forest. The event takes place on Memorial Day weekend. Melissa and Robert Ribley are always the perfect host. There is always coffee brewing in the morning and a warm campfire glowing in the evening, Robert does an especially great job marking the trail and he never fails to show up somewhere on the trail where you least expect to see him. Out of the blue, he is there to say "How's it going?" The terrain and footing vary from soft footing of pine needle-lined trails to fire roads. The weather is usually good, cool at night, yet perfect day time temperatures for the ride.



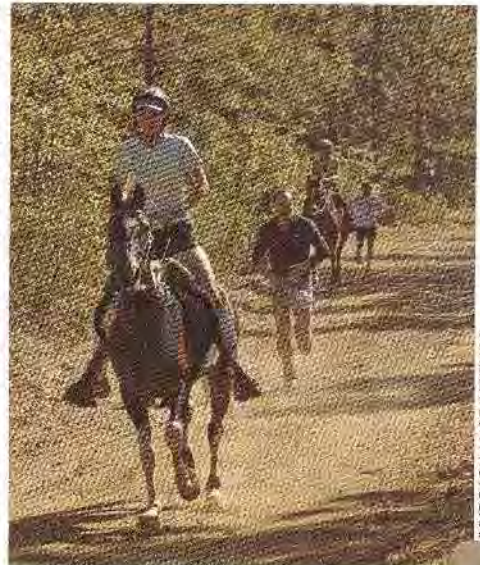
GOREBAYLOR PHOTOGRAPHY

Victoria Ordway on Joe Peshi and Susan Smythe at Wild West Ride & Tie

This year Melissa and Robert put on a Ride and Tie. Not only was it close to home, but I could combine my favorite sport of Ride and Tie with a favorite location. I quickly called Victoria Ordway to partner up with me for the short course and brought along the team of Veronica Spadafore and Rachel Grimm. (first place in short course) This was their first Ride and Tie and hooked them both. The night before we set up our camp, prepared our tack and set to making our strategic plans...to finish. Before I knew it, Victoria was talking long course as opposed to short course which was not the plan. Melissa, being diplomatic told us the choice had to be made by the six mile mark. It was there that the trail went right for long course and left for short. The bantering back and forth between our tents went on most of the night and it all came down to how many "goo's" we had.

When morning came we climb out of our tents, prepared our horse, ambled over for Robert's coffee, donned our running suits and headed to the starting line. The question still loomed-short course or long course. Melissa reminded us that we had six miles to make a final decision and then the race was off. I started on my Pinto-Arab gelding. With his head high and mane blowing in the wind, we interchanged riders following along the fire road then turning up a dusty narrow trail. As we came closer to the turn off, I thought to my self... "it's only 13 more miles." I tied Little Joe Peshi to a thin pine tree and jogged down the trail to a road that split off into two directions. A man sat on a stump with a clipped board and called out to me, "long course or short course?" A split second decision lead me to the right and I called back "tell my partner coming on a Pinto to go right. As I ran down the trail, I grew anxious that she would go left, but somehow we always end up finding each other and the drum sound of hooves soon came along. We continued down the fire roads, twisting and turning and slowly climbing. Soon we found our water bottles empty and took some time to walk. Victoria always has a way of getting what she wants and what she wanted was more water. Out of nowhere a old battered truck came drove up the hill. The man yelled "you girls need anything?" Veronica declared "yes cold water." Before we knew it, our bottles were filled and we were off and running. Just when we thought we had climbed the infamous hill we were warned about, the infamous hill appeared. Half way up we encountered Robert standing there just to say hello and tell us we were near the top and a waiting vet check. The vet check was a welcome site and Little Joe breezed through with the help of our crew, Moses.

The last part of the trail seemed like a breeze and we were so proud and delighted with ourselves and Little Joe when we finished. We were even more excited to know we were top 10. Ok so there were less than 10. Sitting here, on a cold Fall night in front of my fireplace, reminiscing about the race has made me excited to plan for my "return to the Wild West Ride and Tie in 2010. This is really a great event!

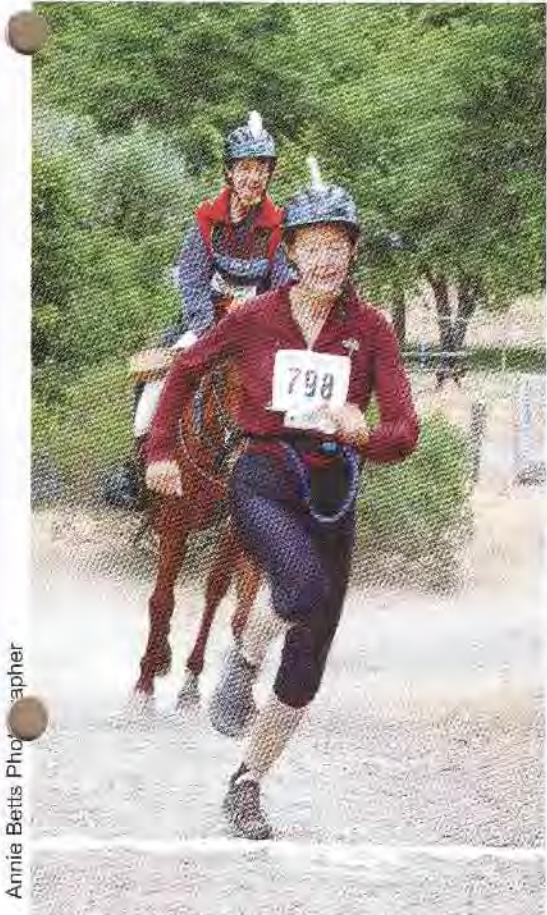


GOREBAYLOR PHOTOGRAPHY

Wild West Ride & Tiers

Susan Smythe's first Championship was in 1982 at the New Almaden Championship. Recently she has competed on the Short Course at the 2009 Championship as well as Wild West and Cool Ride & Ties.

How Ride & Tie Made Me Fat by Janet Ruprecht



Annie Betts Photographer

The Ruprecht sisters finish the Short Course at the 2009 Championship

primarily because he is two inches shorter than my main ride. However, he was prone to hurting himself while tied and panicked whenever abandoned by other horses. I thought this would be a good opportunity to correct his issues. In Antar's very first ride & tie training, as soon as the mentor horse disappeared around a corner, he broke the headset and fled after his friend, not in the least comforted by my presence. Next, he pulled a snag over on himself. This was not a propitious beginning.

The Equipment: I went as directed to the mountain-climbing store and bought rope and a carabineer that would hold a 7000 pound load dangling over an icy cliff. This seemed like a very bad idea. I asked several experienced ride & tiers whether it wouldn't be best to have a tie that would break in an emergency. They all advised it would be far better if our steed remained tied during the race. Especially since he was already breaking away.

The Dress Rehearsal: Carol graciously agreed with my assessment that neither Antar nor I was in shape for the long course. A few days before Championship, I brought Antar to camp, and Carol and I went out for our strategy-planning pre-ride. She was riding our back-up horse, a beautiful gray mare, who went lame about halfway through the loop. 'No problem,' I said, 'we'll practice riding and tying!' Wholly forgetting Antar's propensity to fall madly in love with a beautiful grey mare. We separated, and I instructed Carol to tie Antar and then hide to see what would happen. What happened was that the two horses started neighing to each other from the switchbacks. Antar was on the path below tied securely to a tree that grew atop a three foot embankment. Suddenly, I heard Carol urgently trying to calm him. I ran, dragging her mare. Antar was flipped upside down, struggling, his neck and head fully extended backward, the tie rope taut. He could not roll back to his

Not me! Although I come from a distinguished ride & tie family, I have never had any urge to do it myself. I am not a runner. And I have a perfectly good mare who likes to run 25 miles. However, as soon as I turned 50, my sister Carol began urging me to join her in pursuit of a Century in the Saddle award, and friends who know us well declared me doomed. I held out until after Carol helped nurse me past two abdominal surgeries. To show the depth of my gratitude, I offered to partner with her in the 2009 World Championship—short course only. Carol claims this was because I was under the influence of powerful narcotic pain medicines. She might be right.

In giddy celebration, she sent me a shiny pair of riding/running tights, very hippy-dippy, with psychedelic greens, oranges, purples, pinks and blues loud enough to scare horses, and very slippery. There was a matching pony-tail scrunchie for the steed. We turned a lot of heads. At this point I weighed 110 pounds, fully garbed, dripping wet, with tack.

The Partner: Carol had completed nine Championships and nearly 30 ride & ties. I suspect I was her personal challenge. She assured me that she was running half marathons and leading cardiac-building wilderness hikes, and I had nothing to worry about, because she could carry me. She might have to. When I got the application, I saw she had signed us up for the long course.

As the meds wore off, I was eager to substitute runner's high. While training, I asked an enthusiastic runner, 'When does this start being fun?' She replied, 'After it stops hurting.' But it never stopped hurting. I wondered why I would rather undergo a third abominable surgery than compete in ride & tie. Finally the obvious answer came to me—during surgery, they give you anesthesia.

The Horse: I had chosen brave, noble, handsome Antar as our steed,

Ride & Tie Made Me Fat continued

feet. He groaned. With the rope taut, we could not untie it or the knotted rope halter. He could not break the mountaineering equipment. It was terrifying. Fortunately, I was carrying a pocket knife. Carol cut him free. Miraculously, Antar was not hurt. Even the saddle survived. Things were not looking really well for our Big Event. But Carol and I had performed in high-school plays, and we knew that a bad dress rehearsal brings good luck. "Break a leg!" actors urge each other.

Our Competition: At the very last moment, our 74 year old mother and her 28 year old horse recruited a buff young partner, Jeanne Sesky, and entered our race. Mother had done no training. But she had completed 21 Championships (long course), won the 1979 Masters Woman and numerous Century in the Saddles. I feared we daughters were about to be humiliated.

The Big Event: We stuck the Styrofoam unicorn heads and tails on our helmets. This was our team uniform—the all goofy look. Alas, the weather was too chill for my kaleidoscopic slick tights,

or we could have looked even goofier. We decided the best way to keep Antar from bonding was to start at the very end, so he wouldn't be tied next to anyone or passed by anyone. Carol volunteered to run up the first horrendous hill. We would tie constantly and never leave Antar alone.

This proved a bad strategy. Without other horses, Antar was completely unmotivated. His beloved was back at camp. Carol had to run almost the whole long hill. I had to kick Antar all the way to the top, so that I was exhausted before I ever began running! It was raining. But after passing several teams even slower than we were, Antar began to enjoy himself. Carol decided that he could be left tied alone. We were riding and tying successfully!

Then came the inevitable snafu at the vet check. By the time Antar and I finally left, Carol had run most of the way up the longest, foulest hill on the course. While I pursued, guilt-ridden, Antar bonded with a long course steed, and when we turned right and that horse continued straight on,

Antar knew I was an idiot. We continued uphill on a curving road where occasionally we could see the other horse running away from us on the flat. Antar lost all interest in our race. He was not concerned that Carol was doing all the running. During the rest of the race, we met no other horses and he saw no reason to hurry. He was waiting for his partners to come to our senses. We finished! Ahead of our 74 year old mother! And nobody got hurt! Success!

Afterward: The location for the 2010 World Championship sounds like it is beautiful. However, Carol has informed me her next partner has to do the long course. And I'm still not that crazy. I have stopped running, but I retained my athletic appetite. I am now overweight by 25 pounds and rising. I don't fit into my psychedelic tights. This would never have happened if I hadn't done Ride & Tie. I demand a refund: of 25 pounds!

Ride and WHAT? continued

Quite suddenly, like summer briefs extinguished by the first rush of rain, a day of my first race was at hand and we were off in the early morning coolness to Cool. The town of Cool really isn't; at least not in September. When we pulled up to a parking spot on the day before the race, it was 105 degrees. Fahrenheit, I think. Could have been Celsius. By early evening the parking area was a hive of activity. Friendly, smiling people were milling around in random fashion, all seeming to get things done while chatting with old friends and hailing new ones. It felt a bit like a carnival without the merry-go-round. There were certainly a number of barkers and gypsies and prancing people. It was chaotic, bright and cheerful and I felt right at home in no time at all. Quite unlike the endurance races I had attended everyone, horses included, seemed to be having a great time. There was much catching up to do, old friendships to renew. There were also new friendships to cultivate and lots of good food and drink for everyone.

Next morning was another hubbub of activity, though it was more subdued

Continued on Page 10



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What's in a Name? continued

point? All this takes time and personal knowledge of competitors and their horses on the part of the database manager, which is not always the case. Remember, there are thousands of names in the database!

Two other points, and then I'll shut up:

You switch horses at the last minute: This happens to all of us at one time or another. You fill out your entry form with your favorite horse, Dobbin, whom you intend to use in the race. But then, dang it, Dobbin gets kicked by another horse and comes up lame. So at the last minute you have to substitute with your backup horse, ole' Blackie. Please **MAKE SURE** the registration folks are notified of this horse change and make the change on your entry form! Otherwise, Dobbin will get the completion credit instead of Blackie, which isn't fair since Dobbin sat there munching hay in his corral all day while Blackie was out carrying you and your partner's butts up and down the hills!

Your horse has a very common name: What if your horse is named "Spirit" or "Smoke"? Nice names, but heck, there are probably 846 other horses with those same names in Marin County alone! So, one way to avoid having your "Spirit's" completions lumped in and counted with a competitor's horse named "Spirit" is to include a unique designator in his name on the entry form. Something as simple as your own last name, like "Spirit Parsons", would certainly work. Or you could get creative and write his name as "My Spirit", or "Spirit Mustang", or whatever. It does not matter, as long as it is reasonably unique and that you are consistent in its use and spelling on every entry form. However, the one complication here is that if your horse eventually receives some special award, like Hall of Fame, or some other award, this "customized name" is what will get engraved on the plaque or trophy or certificate unless you notify the award committee otherwise. Most likely you would want the award to say "Spirit" instead of "Spirit Parsons", right?

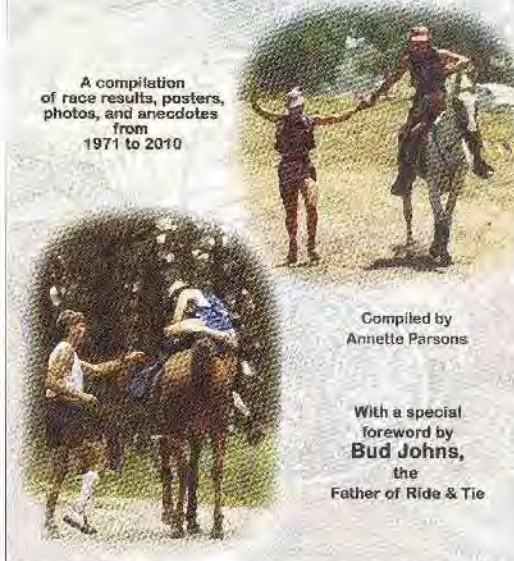
The take-home message here is - Be consistent when spelling yours and your horse's name on entry forms, and try to spell it the same on every entry form. If you change horses at the last minute, or get married and change your name, notify the registration folks, and/or the Ride and Tie Association so the database manager can track you correctly in the database. You will be happy you did when the time comes for you and your horse to get your milestone completion and other recognitions!



www.rideandtie.org

40 Years of Madness: A History of Ride & Tie Championships

A compilation
of race results, posters,
photos, and anecdotes
from
1971 to 2010



Compiled by
Annette Parsons

With a special
foreword by
Bud Johns,
the
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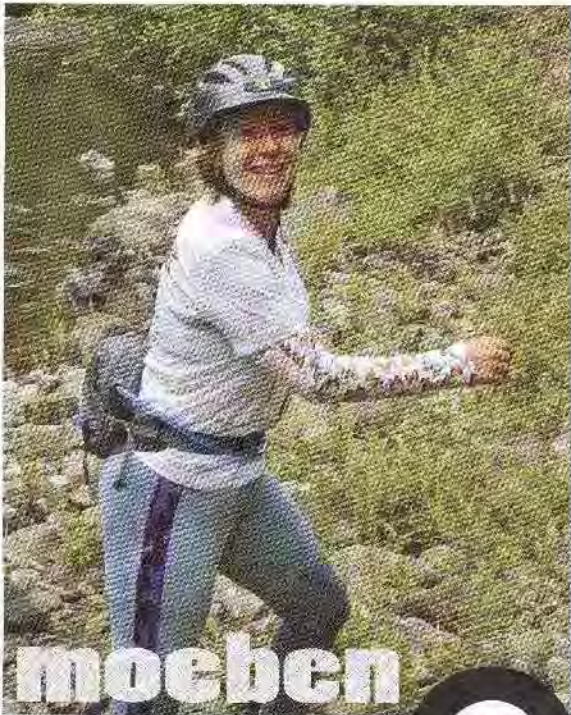
Freez'R Burn, February 14, Decatur Texas
Cancelled due to unexpected snow storm!

Ride and WHAT? continued

and organized. Peggy decided she should ride to the first hand-off and I was happy to agree. Half a mile down the trail, a number of volunteers were the hand tethers for our horses and there, in the thick of it all, was Peggy's brother-in-law holding on to Phyllis. I smiled and thought to myself that this really was a family affair. With a broad smile and a cheerful "Good luck!" I was off, taking Phyllis from Bill's capable hands.

After the initial thrill wore a little, I steadied off to run my own race, though it was hard to watch others running off ahead of me. Time enough to catch up later, I thought to myself. I had but one goal and that was not to be last across the finish line. That was good enough for a first time out.

A few minutes of enjoyable running later I saw Phyllis waiting for me ahead. Full of confidence and joie-de-vivre I leapt for the saddle. My first flying tie, I allowed myself. Not. I put too much weight in the left stirrup and the saddle took up a new position around Phyllis' belly while I, ever obedient to the law of gravity, fell backwards onto the ground. I scrambled to my feet, while Phyllis gave me another one of her withering looks. Obviously she was more aware of the ride and tie maxims than I! Ah, yes, it dawned on me. Maxim #3: Pride goeth before a saddle malfunction.



Barry Thorne photography

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Out of nowhere, it seemed, a smiling face was peering over Phyllis' back with an offer of help. At first I thought a volunteer had seen me and then I realized it was a fellow racer who had stopped to help me. Gratefully, I accepted the help and in no time at all I was in the saddle and headed down the trail. Maxim #4: Ride and tie racers will not only stop to help you but will also hold back their hysterical laughter until you are out of earshot. I was thoroughly impressed at that man's self-control.

A quick bend in the road, a fork and there I was riding along this wonderfully flat and even trail that drifted gently into the distance. This was the life, I thought to myself. There were no other runners or riders ahead and I was presented with a dilemma. Was I on the right road? Thankfully, Maxim #5 was at hand to save me: For every ride and tie there is a smooth, flat, easy to follow trail that is not part of the course. Time to turn around and find the actual trail to the finish line! I'm sure I heard Phyllis give a long-suffering sigh.

Along about two-thirds of the way through the race, the heat and the steep hills began to take their toll and I faded to a slow jog. Each step was harder than the last and I was out of water and almost out of energy. It felt like I had run fifteen miles all alone and Maxim #6 was rattling around in my addled brain: Actual distance covered is inversely proportional to the belief in miles traveled. This was not an encouraging thought. Pushing it aside, I tried to keep my spirits up by reciting, "Just keep putting one foot in front of the other. That's all. Just one in front of the other."

Moments later, I hear a "Whoop!" behind me. I turn and there is Peggy astride Phyllis, her face almost covered in a huge grin. "Flying tie!" she yelled to me and jumped out of the saddle. She boosted me into the saddle and she was gone along the trail like some elfish deer prancing on air, not on dirt. Full of new determination and something akin to sheer joy, Phyllis and I headed off to catch her.

On the final leg, I am running. Tired and determined in equal quantities. As the late morning heat began to make the trail a bit hazy in front of me, I saw the finish line. There were only two hundred yards to go. I picked up my pace and my left calf immediately protested by seizing up in a murderously intense cramp. I howled at the pain and the injustice of having my left leg turned into a pogo stick. Unwilling to be deterred I ran and hopped and grimaced until the cramp faded about twenty yards before the finish line. I fairly galloped over the line to see Bill sitting at the finish, waiting to record times. That man is everywhere, I thought to myself, as I limped back over the line and down the trail to wait for Peggy and Phyllis.

All of the races complete, we gather in the local restaurant to feast ourselves silly. We have hosed each other down, changed into dry and clean clothes and we are all busy swapping tales of this day and previous races. The announcer stands and hushes the crowd, so that he can announce the winners. We cheer at the 22-mile finishers,

Continued on page 11

Ride and WHAT? continued

amazed at their stamina and fortitude. The room quiets as the 13-mile race is announced. Peggy and I look at each other, puzzled. Why are they calling our names? Another racer turns to us and says, "They're calling you up because you won." I stared at Peggy, dumbfounded. She grinned at me like some blue-eyed Cheshire cat. She was obviously as surprised and delighted as I was.

Standing in front of these amazing people, I was thrilled to the core. Not only had I joined this wonderful group, I had partnered with a champion of ride and tie and had won my first ever race. Maxim #7 really held true for me in that moment: The amount of satisfaction at the end of the race is equal to the square of the effort expended on the trail.

Dal Burns and Peggy Smyth live in Angwin, California and are neighbors, friends and running and riding buddies. Peggy owns Phyllis, an Arabian mare and Dal thinks he owns Bella, a Peruvian Paso mare. Bella knows otherwise.

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MYSTERY QUESTION

(continued from back cover)

This was probably the most impressive start ever for a Ride & Tie Race which started with a wide breadth of horses spread out over the meadow maybe 30-40 across! It narrowed quickly into a single track dirt road and made a left handed hairpin turn which really created some congestion. The top teams wanted to get out in front of the 'pack' and the start was pretty ferocious as a result. The picture is taken into the sun, and the faces are all shaded, but there is no denying Debbie Wagner's flying pigtails on the left side of the photo. What this picture does not show is there was one lone rider a good thirty yards in front of the lead pack who was probably the most accomplished rider in the field. She was Julie (Chambers) Harren who was teamed with Beverly Gray and had been my first R&T partner the year before. Julie died ten years after this race after a battle with cancer.

Looking back, this race was possibly the high water mark in Ride & Tie. Not just in terms of numbers, but quality of competition and commitment. I liked a t-shirt worn that day by Vicki Ross, Bev's sister that said "I'd love to but... (and on the back) I Ride & Tie!"

Debbie Wagner guesses:

Alturas, California 1988 !! I recognize myself left of center in a white tank top, and Con Wadsworth right of center, also in a white tank top. Dave and I are looking forward to find out who the others are!

Mike Jepsen's guess:

I think that is 1983 Eureka. center is Lon Clearwater, Sherode Powers on right with helmet.

From Marge & Vern Biehl:

I have to comment on this month's mystery photo. It's one of the few pictures

where one of us is in it.

This is the '83 championship in Eureka, California. Vern Biehl, riding Rushcreek Greg, is right behind Debbie Wagner in braids, on her tough little appy mare. It looks like Lari Shea just to the right of her, then we have Lon Clearwaters, I think riding jazeel. Further right, we have a couple of the Wadsworth boys, and far right is Sherod Powers, maybe on Cachina's Firewind or maybe it was Biggin. On the left, that might be Emmett Ross on the grey with the big fuzzy breast collar, maybe riding Rushcreek Earl. It looks like Tom Poston right behind Sherod. It also looks like Bob Gilligan riding Tosca, right behind Lon.

I'm back in the pack somewhere riding my mare Chablis. Vern was going to team up with Tony Whitmore, who he teamed up with for the '82 championship held in New Almaden, the infamous team 80, who took the early lead in that race. It turned out to be a bad strategy, but they hung in there for a 10th place finish. At the last minute, tony couldn't make it, so Vern took my partner Fred Tensing. After seeing how thick Fred's glasses were, it's easy to understand how Fred ran past their horse, twice, but

still finishing in the teens. I ended up teaming with Don Spicer, a chimney sweep with top hat, who ate a lot of garlic. I sure am glad this wasn't a close contact sport, but I could smell garlic on the saddle every time I got to the horse. My horse ended up stepping on my foot part way thru the race. We did finish, but can't remember where. Vern remembers that his horse, Greg, ended up stepping on Wayne Hinrich's foot. Vern didn't want me to add that, because Wayne never knew whose horse it was.

Oh, how we miss ride and tie, but we would both have to get a lot of joint replacements in order to compete again. We still ride, but a lot slower now. We still work with horses, and Vern now works for the Forest Service in the summer as a wilderness ranger clearing trails. I am his assistant.

(NOTE TO MARGE AND VERN: You'd be surprised at how many replaced parts are out there ride & tying! At the last Championship we were discussing the possibility of giving extra points to people for the number of replacement parts, leg attacks, or strokes they've had! Come join us in Trout Lake in June to celebrate the 40th! Ride & Tie Championship. You can crew if you don't want to compete! We'd love to have you there to share in the celebration.--Don Betts)

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cruprecht@rideandtie.org, (949)263-1772
Melanie Weir, melaniew@socal.rr.com,
(714)821-3695

Amanda Wood, awood4@cox.net

Napa Sonoma: Peggy Smyth, (707) 965-3441
Peggy@dbumsinc.com,

Redding: Karen Deaver,
kdeaver@suhsd.net (530)275 8870

San Diego: Rufus Schneider, (619)445-2060

San Jose: Steve Anderson,
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Santa Cruz: George Hall, DVM, (831)426-9337
ganhall@sbcglobal.net

FLORIDA:

Karen Wolfheimer,
wacahoota@aol.net

IDAHO: Sid Sullivan, Sids@cableone.net

KENTUCKY: Shay Hanson, (502) 800-3733
ada1ynn.shay@hotmail.com,

Emily Shouse, (502) 598-8483
medstoppharmacy@bellsouth.net,

MICHIGAN: Heather Huggins
hhuggs@umich.edu

OREGON: Annette Parsons & Jim Clover,
aparsons@apbb.net

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UTAH: Dave & Debbie Wagner,
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VIRGINIA: Lari Newcomb,
give2bute@aol.com

WASHINGTON:

Western Washington:
Lisa Preston, lp Preston@hotmail.com

Eastern Washington:
Rachel Toor, racheltoor@earthlink.net

RIDE & TIE ASSOCIATION CONTACTS

Head Veterinarian: Greg Fellers gkfellers@gmail.com

Endowment Chair: John Osterweis john@osterweis.com

Media Relations: Carol Ruprecht cruprecht@rideandtie.org

Statistics: Steve Anderson steve.anderson1@juno.com

Handbook Editor: Annie Betts Annie12345@aol.com

146 Janssen Farm Rd, Sequim, WA 98382 (360)681-5218

Juniors Editor: Bethany Draeger bethany.draeger@synectics.net

Ride & Tie Office: Melanie Weir melaniew@socal.rr.com

Ride and Tie Association 8215 E. White Oak Ridge #41

Orange, CA 92869

BOARD OF DIRECTORS

Don Betts, President RideAndTieDon@aol.com

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George Hall gandjhall@sbcglobal.net

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Steve Shaw sshaw@pacbell.net

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MARCH MYSTERY PHOTO

Do you know who? Where? When? Email me at Annie12345@aol.com with your guesses!



November Mystery Photo

We had several brave souls with guesses for the November Mystery Photo. Kent McLaren says:

"There should be a lot of folks identifying this start, as it's the 13th annual 1983 Eureka Levi's Championship which saw a record 200 entries! I remember talking to a gal that had competed in a number of the previous

championships saying this was her last 'as it had just gotten too big!'

Con & Tod Wadsworth edged Jim Larimer and Jim Howard by less than two minutes to win their 2nd consecutive championship. Robin Dubach teamed with Jon Root before they were married for 6th overall and 1st man/woman. Guy Goddard and I finished twenty two minutes behind the winners for 9th.

continued on page 12.