

RIDE & TIE



NEWSLETTER

September 2012



Carol Wadey on Gypsy and her daughter Rae-Ann Wadey travel from Canada to compete in Ride & Tie! They finished 19th at the 2012 Championship at Bandit Springs, OR
Photos: Sonny Kumukoa Monioz. Photo editing: A.Parsons

PRESIDENT'S MESSAGE

by Ben Volk, Ride and Tie Association President

Giving Back to Ride and Tie

Did you know that the Ride and Tie Association has a mentorship fund and a trust fund to promote the future of Ride and Tie? It's true. With the passing of Leslie Yates in 2011, a fund was set up to promote Ride and Tie and make the sport more affordable to folks that are just getting started. Leslie Yates left a larger legacy than our fond memories of his generosity and good nature. He loved to mentor new participants and help them get started in ride & tie. To help continue that work, the Leslie Yates Ride and Tie Mentorship Fund has been set up in his honor. All donations will be used to mentor or sponsor ride & tiers that need financial assistance to participate. Donations can be mailed to: The Leslie Yates Memorial Fund, 2709 Rd. 64, Pasco, WA 99301. You can also donate online at www.rideandtie.org by using PayPal.



Leslie, with a Ride & Tie friend.

In order to benefit from the Leslie Yates Fund you just need to submit a Letter of Need to Carrie Barrett at carriearrett2@gmail.com and let her know your request. A committee will review each request and determine if the association will fund the request. The funds could be used for entry fees, ride management, travel, or any other costs that would allow another person to try the great sport of Ride and Tie.

There is also the Ride and Tie Endowment Fund, which was established by the Board of Directors many years ago to protect the future of Ride and Tie. We are always looking for new donors to help us sustain the fund. Managing the sport, putting on the championship, newsletters and other functions of the Association are expensive. This year we have received or will be receiving generous donations from The Hellman Foundation, Godfrey Sullivan, the Jewish Community Fund (John Osterweiss), Steve Shaw, Don and Annie Betts, and many

others. We urge you to consider donating to this fund and helping to sustain the sport of Ride and Tie. The donation is fully tax deductible since the organization is registered as a 501(C)(3). In fact, we would urge you to consider the Ride and Tie Association when you are making out your wills. What better way to leave a lasting legacy then by contributing to the Ride and Tie sport and family that we all love. Thank you so much for your support.

-Ben Volk, President

Congratulations to the following Ride & Tiers for reaching Championship completion milestones:

30 Championship Completions!!

George Hall, Jim Howard

10 Championship Completions:

Chris Amaral, Peggy Smyth

5 Championship Completions:

Sara Howard, Kirsten Seyferth, Ben Volk, Mike Whelan

Welcome to our new Junior Editor, Sarah Krueger

The Ride and Tie Association announces our newest newsletter staff member, Sarah Krueger. Sarah comes to us from the southern region, where she has competed in the Biltmore 20 mile ride & tie with her dad and their horse, Cruise. Sarah is 15 years old and her enthusiasm for her new sport shines through in her writing. We look forward to her regular features!

My Ride & Tie Team by Sarah Krueger

Ride & tie is a team sport. Two people and one horse, racing to the finish line. My dad is my ride & tie partner. He was the one who suggested we try the sport, and I think he's the only person I could partner with, considering the amount of things he puts up with from me. I'm not a happy person when I'm training, especially not when I'm running. He stays cheerful anyway, which, while annoying, is more helpful than having him yelling at me. He's very competitive, and likes to make new strategies to try to go faster which, in turn, encourages me to speed up. He wants us to do our best, but at the end of the day, if we've had fun, he's satisfied.

Davanna Tomcat is our ride & tie horse. He is a ten year old grey Arabian gelding, and we call him Cruise. We bought Cruise about three years ago untrained, and intended for him to be an endurance horse. While he is excellent at endurance, we also like to use him for Ride & tie! He's truly a family horse. He's okay with lots of different riders, and isn't very spooky or difficult to ride. He's sweet; for example, when you dismount, he'll nicker at you. He's also the only one of our family's three horses who is currently trained to tie. Therefore, even if he wasn't as wonderful as he is, we wouldn't have many other options. My ride & tie team, however, doesn't just consist of my Dad, Cruise and I. Where would any of us be if somebody hadn't helped us once or twice along the way?

When my Dad and I first thought of doing a ride & tie, our biggest supporter was my mom. She encouraged me to train, encouraged my dad to take some riding lessons, and she lets us borrow her horse for the competitions. She also conditions Cruise for us on the trails near our house, and is one of the best crew members you'll ever meet! My riding instructor, Faith Connelly, is also part of my ride & tie team. She's my teacher, but unlike school, I actually have fun learning things from her! She doesn't get mad when I confuse my right from my left or make a mistake. She helps keep me safe by teaching me how to handle scary situations with horses. She and another friend from the barn, Cindy Hadlock, also came out to my first ride to support Dad and me. They and everyone else at Foxfire Farm are a part of my team. If Foxfire Farm didn't exist, I probably wouldn't be riding in any competitions today.

Ride & tie, I think, is more than just a team sport. I think of it as a family sport. It's kind of like your extended family. You see them at holidays and special events, and even though you've been separated for months at a time, you're always able to start a conversation and catch up, in just the few days that you spend around each other. All the people I met at the Biltmore ride & tie are like my extended family. I may not see them often, or know everything about their life, like I do about my close family. However, when we do see each other, we always have a fantastic time swapping stories and laughing and eating! I think that any sport where your competitors can also be your friends is a good sport to keep around! If the whole world could be more like my ride & tie team, and my ride & tie family, it would be a much better place.



Photo: Ken Martin/Smith's Photography

VETERINARIAN'S CORNER

A Tribute to Mentorship

by Heidi Talbott

During my summer job this year, I had a fellow classmate make an offhand comment that has since stuck with me. “People who don’t do things don’t do them for one of two reasons. Either they don’t want to or they don’t know how.” At the time I brushed the remark aside and even verbalized a skeptical “I don’t know.” The statement just seemed too definitive. As I thought about all the things I don’t do, or haven’t done, I wanted to make excuses for them. Yet, the words he said continued to roll around in my daily thoughts for awhile. The more I heard it, the more I started to believe it.

When I was asked to write this article, Dr. Fellers and Annette Parsons were hoping for me to write about my Ride & Tie experience, my training regimen and my goals within the sport. However, they both graciously left me a caveat... “or whatever else you’d like to write about.” As I have reflected on my most recent Ride & Tie experience and how it relates to my veterinary-student experiences, one theme has stood out. Both veterinary education (in school and in the field) and Ride & Tie participation require mentorship.

I could have not done the 2012 Ride and Tie Championship if it were not for the help of my mentor, Paul Johnson. I met Paul “PJ” around four years ago. I joke that he let me come over once to ride, after meeting me through a mutual acquaintance, and he hasn’t been able to get rid of me since. Paul has been one of the most gracious people I have ever met. He has taken the time, the energy and a good deal of patience and invested it in me. I have had several influential and excellent mentors in my life, and the theme has always been the same. Although I am able to provide little in return, my mentors have poured energy, information, and enthusiasm into what they are teaching me.

When leaving a job as a vet assistant prior to starting veterinary school, I asked the doctor I worked for if she had any advice for me. This was her response: “Find a good mentor right after graduation and stick with them for a few years. Even if you have to take a pay cut. It will pay off in the long run.” Wise words. Since then, I have always tried to be keen about finding individuals who were eager to share their expertise with me.

The field of veterinary medicine is a wonderful profession to work in, largely because of willing mentors. Fortunately for me, I am in an environment (school) rich with people who love what they do so much that they have chosen to share their knowledge with the eager minds of students. Mentorship is a common theme most anywhere you look in veterinary medicine. There is only so much information that can be learned from a book. The rest comes from real-life experience. Most often, this happens under the tutelage of another doctor who has ‘been at it awhile.’ They share recipes, techniques, enthusiasm, triumphs and failures, all with the intent of making you a better doctor.

My experience with Ride & Tie has been no different. I have enjoyed it so much because of the help I have had. Paul has yet to partner with me during a Ride & Tie (I think he’s waiting for me to get faster!), yet he’s been my partner all along. He’s gotten me to start running, he’s done the long rides with me on Sunday mornings to condition our horses and he’s provided the mental encouragement needed to train for a big event like the Championship race.



The author’s Ride & Tie mentor, Paul Johnson at the 2012 Ride & Tie Championship, with his granddaughter, Ella and thier pooch friends.
Photo: Jan Agur.

So maybe my classmate is right. I know that I was successful at the Ride & Tie Championship because I was aided by a caring person. Looking back, I had wanted to do this, but I did not know how. However, I am a fortunate person, blessed with a wonderful mentor in my life, who has pushed me to participate in things I didn't know existed (literally) and didn't think I was capable of. Who has been a mentor in your life? Who have you mentored?

This brings me to the essence of what Ride & Tie means to me. It represents determination in one's self. It represents great friendships. It represents love and care and understanding of one's horse. It provides an opportunity for giving and receiving. It represents a connection with nature. And I couldn't be more proud to be a part of it.

Heidi Talbott
DVM Candidate 2015

Editor's Note: Heidi Talbott was the 2011 recipient of the Jim Steere Memorial Scholarship award, given annually by the Ride and Tie Association to a deserving veterinary student. The 2012 Championship Ride & Tie was Heidi's first Ride & Tie.

Whenever you can, please let our sponsors know how much you appreciate their support of Ride & Tie!

Ride & WHAT??

by Dal Burns,

(Ride & Tie Newsletter Editor as of the November 2012 issue)

My legs are rubber. My lungs have quit functioning. My ears must be going wrong because I could swear Peggy just said, "Ride & tie Maxim #1: Really, ride & 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, people. 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.

That's how my passion for ride & tie began. Ride & tie legend, Peggy Smyth is my next door neighbor and we have ridden together for several years. The day I told Peggy I needed to lose weight, drop my cholesterol and my BP, the look in her eye should have been warning enough for me to take off running the other way. I didn't, though there have been times I've tried to crawl away, only to be dragged back by one trainer shoe.

So now I am taking the next step and taking over for Annette as editor of the Ride & Tie Newsletter. With Peggy looking over my shoulder, what else can I do? I will begin with the next issue and I am glad to have some good people to help me. Peggy's long and pretty illustrious career as an Olympic-class runner, ride & tie champion and horse endurance racer will be of great value to me.

Our junior editor and junior Q&A columnist, Sarah Krueger will write a column each issue and answer questions from the junior ride & tie crowd.

Peggy Smyth will be joining us to write a regular column aimed at the runners in ride & tie, and will be gathering tips from the personal trainer at Spa Solage, Conde Naste's top spa of the Americas in 2011. Between them, we will see a lot of really good advice. As a personal recommendation, after 12 months of consistent training with Peggy, I went for my annual physical. When the nurse took my pulse, she left me there and went for the doctor. She looked worried. Come to find that my heart rate had gone from 72 BPM to 58 BPM! My cholesterol had halved and my BP had dropped 20 points. I was also able to run 6 miles in 60 minutes, covering elevation changes of several thousand feet. (The joy of living at 1900 feet, in the little town of Angwin, atop Napa Valley).

We are also working on getting regular contributions from an holistic vet and a world-renowned horse trainer. Keeping my fingers crossed that I can rope them in. Stay tuned!

Why I Wear a Helmet in Ride & Tie

by Liz Perkin

Let me just get it out of the way right from the start: I hate wearing a helmet when I ride and tie. I hate how hot it is, how it makes me feel like a bobble head doll, and how dorky I look when I run past hikers on a trail with nary a horse in sight. But I still wear a helmet whenever I ride & tie.

I've ridden horses almost my entire life. I got my first pony when I was four and even though I'm still in the younger half of the ride and tie membership, that was long enough ago that helmets were never worn; whether horseback riding, cycling, or skateboarding. Eventually, I was required to wear a helmet when competing in my horse 4-H events, but when I rode outside competition, I still never wore a helmet. Of course, I took plenty of spills, but I always seemed to be able to land on my shoulder or hip. I was young and brave, willing to ride anything, and a good rider, in my own estimation. I did not need a helmet.

However, after five years of not really riding, it actually seemed pretty prudent to wear a helmet in my first ride & tie. It probably was a good decision too, since I took a bad tumble at the very first tie. My partner and I took turns wearing it when we rode, so we didn't have to deal with the dorky feeling of running with a helmet. But my partner got sick of the helmet and decided to ditch it at the vet check. Fortunately, things went smoothly and neither of us actually needed the helmet in the second half of the race. That was the last time I ride & tied without a helmet.

Even though I have been riding with a helmet, I still feel like I don't really need it. That if I do fall, I'll just make sure I don't land on my head. That's simple enough, right? The main reason I felt I needed a helmet more recently was because I always seemed to be finding low-hanging branches with my head. So when I got on Phyliss, my equine partner for the recent World Championship race, I put my helmet on as a matter of habit, but not out of any expectation that I would actually need it.

As I urged Phyliss into a trot leaving the ride camp, she felt a bit rougher than most horses I was used to riding, just as her owner and my human partner, Peggy Smyth had warned. I was still adjusting to her trot when after only a few strides, she spooked hard to the left off the trail at a canter. I was still trying to figure out what had happened when she swerved just a bit, the saddle slipped just a bit and I fell off majorly. It happened so fast, and I was so distracted from the first spook that I had no time to adjust my body position as I fell and I hit the ground hard, right on my head. The whole back of my helmet cracked and my head still hurt bad, but other than some scrapes and bruises and some hugely hurt pride, I was more or less uninjured. Peggy was very nice about it. We went back to our camp, she let me borrow her helmet and I spent the next 20 minutes riding Phyliss at a walk, regaining my nerve. After only another 20 minutes or so, I was trotting and cantering Phyliss without any problems.



The next day, Phyliss performed wonderfully. She was forward but easy to control and had I not had the spill the day before, I never would have thought that I would suffer a fall from her. I probably would have even considered riding her without a helmet, since she was no problem. It just goes to show that you never know when a horse might take a misstep or the saddle might slip. In any case, it's better to be safe than sorry. And I most certainly would have been sorry if I hadn't been wearing a helmet for that first ride.

Go Ride & Tie! But wear a helmet!

Liz is very glad the crack is in her helmet and not her head. And so are we! Photo: Liz Perkin

Wanna Win the Championship?

by Ben Volk

“Wanna Win the Ride and Tie Championship?” was the title of the email I received from Dennis Summers on May 1, 2012. I had just hung up the phone after talking to my normal R&T partner, Ira Hickman. It looked like he was going to be out for the season with an injury. I thought, “Wow, what a fortuitous email!”. I immediately replied “You bet, I’m definitely ready to win the championship!” With a horse named Superman (he goes by Clark when not racing), and one of the best endurance riders in the world, I thought to myself, “This is going to be great.”

Our team started training in earnest for the July 21st Championship in Bandit Springs, OR. I marveled as Dennis rode away from the competition at the Mt. Adams 100-mile endurance ride. We met up on the weekend of June 23-24 for some quality training in the mountainous terrain near the metropolis of Gifford, WA (population 12). Superman lived up to his name by flying through a 20-mile training ride. I was awestruck at his skill and training when I looked at my Garmin and saw we were cruising along at a 15 mph trot on one long downhill stretch. It felt like I was riding on a cushion of air.

We met up at Bandit Springs on July 15th to pre-ride the Championship course. Dennis and Sue had just finished winning back-to-back 50-mile endurance rides on July 14-15th at the Bandit Springs Endurance Ride. On both of the 50-mile rides Dennis rode an amazing horse named OMR Tsunami (Lola) who had placed 3rd at Tevis in 2011. Little did I know I would get to know Lola much better later that week.

We checked out every mile of the Championship course either on horseback, mountain bike, or on foot the week before the race. Superman was flawless on every training ride. On Friday he picked up a rock in the left rear foot but seemed to be fine. However, upon vet-in he was a little sore. Dennis made the call to switch to Lola. One catch, Lola had never done a R&T and had never been tied on the trail with horses running past her. We got in a late Friday 5-mile R&T practice. No other teams were out practicing so Lola didn’t get to experience a horse running past her.

Ben (Left) with Lola and Dennis after their 1st place finish at the 2012 Championship. Photo: Sonny Kumukoa Monioz



Race day started off with the drop of Spencer Falk’s hat and the dust from 35 teams flying out of the meadows and onto the trail. Dennis rode Lola out on the heels of Flying Irish Mike Whelan and dropped Lola off at the first hand tie about one mile into the race. I ran in a dust induced haze in about 10th place behind nine cantering horses. As I ran along at a 6-minute per mile pace with horses cantering in front of and behind me I thought, “You’d better not trip or you will be road kill.” Lola was waiting patiently while Ron Sproat held her lead, for my quick trip to catch Dennis. We sprinted into the lead and I thought, “Well, this is great; if we can stay out front Lola will not have a horse run past her while she is tied.” That strategy worked through the first vet check at 10 miles and almost all the way to 18 miles. That’s when 12-time champion Jim Howard riding Magic Scirroco went flying by me. This was going to be the test to see if Lola panicked when another horse passed her while tied. When I reached Lola at mile 19 she was cool as a cucumber. I jumped on and proceeded to catch Jim riding into vet check #2.

Jim and I ran out of the vet check in sight of each other and I was worried. I thought, “Here I am running against a former multiple winner of the Western States 100 Endurance Run and a 12-time R&T Champion.” And to make matters worse his daughter, Sara, a star cross country and track runner at American River College, was hot on our heels. I thought “Come on, Dennis and Lola, let’s stay out front. To say I was running scared is an understatement. Dennis caught me on Lola about mile 22 and we leapfrogged ahead of Jim. About mile 25 Dennis informed me that Lola had thrown a shoe. He said we would be fine, we just needed to take it easy on the rocks and jump off and run the downhill sections with Lola tagging behind. That seemed like a good strategy until we both started to experience muscle cramps around mile 27. We shortened up the ties and stayed close

Don't Miss Out on Any Ride & Tie News!

Be sure to let us know if you change your email or snail-mail address...otherwise you won't get the newsletter and email bulletins that come out from time to time. If you change either of these, let us know at contact@rideandtie.org

RIDE & TIE TRIVIA

Ever wonder where the word "hitchhike" came from? According to "What is This Madness" (see blurb, right), some historians believe it referred to the early mode of transportation when two humans shared one horse between them. They rode and tied, or hitched and hiked.

1976 Levi's Ride & Tie Documentary Now Available for purchase! You can own a DVD copy of this rare archive film, a documentary about the sport of Ride & Tie. Written by Bud Johns, the father of Ride & Tie, and produced in 1977, this 21-minute film features the 1976 Levi's Northstar-at-Tahoe race. All proceeds benefit the Ride & Tie Association. Visit www.featherhorsesdesigns.com and click on "Ride & Tie Promotional Products".

MUST-HAVE Books For Any Ride & Tier's Library!

"What is This Madness?"

THE definitive book about ride & tie was written by the sport's founder, Bud Johns, in 1985, when fields of 100-200 teams turned out to compete in the Levi's Ride & Tie, the Championship event. This fun-to-read book was published 14 years after the first Levi's Ride & Tie was held in St. Helena, California in 1971. Learn how Bud conceived the idea of such a race, and some of the challenges those early ride & tiers and race directors faced in keeping the sport alive. Read about the early competitors, among whose ranks were world-class athletes. Today, with the sport of ride & tie in its 42nd year, this book still defines the essence of ride & tie and captures the excitement and appeal of this unique sport. Available at Amazon.com.

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

Compiled in 2010 for the 40th anniversary championship, this book documents all championship participants as far back as the first Levi's race in 1971. Filled with photos, race results, race posters, and stories from ride & tiers, it is a handy reference for settling those disputes about who placed what when and where. This book is available for purchase from online booksellers such as Amazon or Barnes & Noble. All proceeds benefit the Ride and Tie Association. Check it out!



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TAKING CARE OF OUR TRAILS

By Annette Parsons

The last couple of decades have seen huge increases in trail use on our public lands. With increased numbers of trail users come increases in user pressure on trail systems and in user conflicts. By now, everyone knows there are some things we used to do when riding that are no longer sustainable. We know, for instance, that short-cutting switchbacks causes erosion, and that we should stick to designated trails. How many of us think about the damage that occurs to trails when we ride when conditions are wet and sloppy? Have you ever tried to run on a trail that has hardened and dried after a horse has poked holes in it from riding when it was muddy? You can break an ankle that way! Another thing that many of us don't often think about is the fact that our ponies have a natural tendency to walk on the outside edges of trails, which breaks them down.

Listen up, friends. We are going to continue lose more and more of our beloved equestrian trails if we do not start being more pro-active in protecting and preserving them! This includes not only getting out there and helping maintain trails when work days are scheduled by land management agencies or by various trails organizations, and writing letters to managers and legislators when necessary, but also paying more attention to how our own riding impacts the trails. If we are to be successful at keeping some of our trails as non-motorized, we cannot afford to alienate other non-motorized users. We need to be a strong united voice for non-motorized trails!

I was getting ready to go for a jog at one of my favorite local non-motorized multi-use trail heads recently when I overheard a bicyclist complaining to a BLM employee who happened to be there, that the horses were ruining the trails by breaking down the outside edges. I quietly continued tying my shoes as I discreetly listened. I heard the bicyclist suggest closing some of the worst areas to horse use. When the bicyclist left I took the opportunity to offer my equestrian and jogger perspectives to the same BLM employee...that is, bicycles also can also break down the outside edges of trails, as well as create center ruts and dish out the turns from breaking too hard. But I agreed that the cyclist had a point. I have ridden with friends and can clearly see from the back of the group that most of the riders were not paying attention to keeping their horse well onto the trail tread. It is so easy to use your outside leg and ask your horse to walk in the center, or even the inside of the trail tread -- and much safer, by the way, especially when it is steep on the downhill side! After you do this a while it becomes second-nature...it just makes sense, and it sure beats getting horses kicked off the trail system! I offered the BLM worker a suggestion that a sign could be posted at the trailhead asking equestrians to keep horses to the inside of the trail in an effort to increase awareness of this problem.

Another issue the employee confided, was the complaints from neighbors and other trail users about horse manure being left in the parking area at the trailhead. This is another one of my pet peeves. Again, I suggested that a sign might help increase user awareness.

I do not believe that most of us intend to be careless and inconsiderate about our trail use, I think that most of us just have not thought about it. We can no longer ignore our own impacts. It is time to think about it, and take positive steps toward reducing these impacts and helping preserve our right to use trails. Here are some ways you can help:

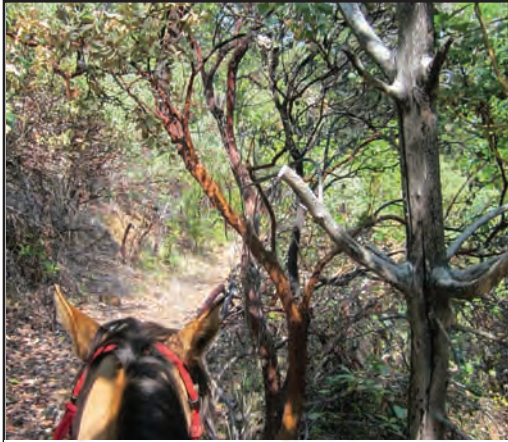
- Do not take shortcuts; stay on designated trails.
- Avoid riding on trails when soils are wet and muddy.
- Use your outside leg to keep your horse walking in the center or inside of the trail.
- Clean up your horse's manure at the trailhead, even if it means taking it home with you.
- Become active in local trail advocacy groups and participate in trail work days.
- Write to managers and legislators to preserve our equestrian trails.

A note about trimming branches along trails:

A pet peeve of mine is to be riding along a trail, and have to duck at the last minute because I did not see that branch stob sticking out right about face level! While I do very much appreciate that someone else is out there helping to maintain our trails, I cannot help but think how easy it would have been for the person who trimmed that branch to cut it flush with the tree trunk instead of just nipping the face slapper part and leaving the dangerous

face-poker! Have you ever ridden along, feeling good, got a nice trot going, and then WHAM! You were smacked in the foot or knee or shin (or face) by a cut branch left on the tree? If so, then you will certainly appreciate what I am talking about. It is also better for the trees themselves if limbs are trimmed off flush with the trunk, as opposed to leaving stubs. The tree can heal over more quickly and defend itself against insects or disease at the cut site. I always carry my folding saw and hand nippers with me when I ride, and I do just a little trail trimming on almost every ride. I make it a habit to cut all limbs as close to the trunk as possible. This prevents those hazardous stubs, and also makes it easier for future maintenance. As the years go by and the higher limbs begin to droop into the trail, they too will need to be trimmed, and it is so much easier to get your horse in there next to the tree so you can trim them if there are not a bunch of stubs sticking out from previous years. Plus, it just looks a lot better too!

If we all work at it, we CAN preserve and maintain sustainable trails for equestrian use.



Left: Stubs left sticking out can be eye-pokers or stirrup catchers.



Right: Branches trimmed back to tree trunk are safer, look better, and are healthier for the tree. (In this case it's dead, but you get the point).



Ride & Tie Geezer in the Black Hills

My favorite ride & tie “geezer”, Jim Clover, has managed to bag another 50-mile ultra run. At 70 years old, that is no small accomplishment! Heck, at ANY age, that is no small accomplishment. In late August, Jim and I traveled to Hot Springs, South Dakota, at the southeastern edge of the Black Hills, where he ran the Lean Horse Ultra 50-miler (wearing his ride & tie shirt)! The weather cooperated perfectly, with 82 degrees on race day...it had everyone worried, as the day before had been 100! Jim has been training hard for this run, and I was proud of him as he tackled the 50 mile course in 11 hours and 55 minutes. He was 28th out of the 46 finishers in the 50-miler, and first in his age division. Not bad for an old guy! He wasn't even limping the next day! How does he do that?? There were also runners who ran a 30-miler and a 100-miler! The course was mostly on the beautiful George S. Mickelson rail-trail, which runs from Edgemont to Deadwood, a total of 109 miles. It is gorgeous and if you ever get to the Black Hills, check it out! I have fantasies of a multi-day point-to-point ride & tie there.

Got a story about Ride & Tiers competing in other sports? Send it to us at newsletter@rideandtie.org

TrailRunner

One Dirty Magazine



“The Geezer”, Jim Clover (sans “The Babe”) ran the Lean Horse 50-mile Ultra in the Black Hills of South Dakota in late August

2012 RIDE & TIE RACE SCHEDULE

- Aug 11, 2012, SANTIAM CASCADE, Sisters OR
10, 30, 50, 80 miles. Contact Anna Sampson 503-829-6002 sampson@molalla.net
- Sep 1, 2012, ONE HEART BENEFIT Ride & Tie Maxwell, IA
5, 12, 21 miles. Contact Eileen Witt 515-290-2306 oneheartrideandtie@gmail.com
- Sep 7-9, 2012, BIG SOUTH FORK Ride & Tie, Jamestown/Oneida, TN
8,15,30,50 miles. Contact Karen Isaacs 423-474-3024 thomaskaren@embarqmail.com
- Sep 16, 2012, BIG BEAR Ride & Tie Big Bear, CA **NEW RACE!!**
17, 23 miles. Contact Kat Swigart 714-474-3563 katswig@earthlink.net
- Sep 22-23, 2012, RIDE BEAR I & II Ride & Ties, Coyote Lake, Gilroy, CA **NEW RACE!!**
10, 25 miles. Contact Katie Holder 510-206-4745 spikelove83@yahoo.com
- Sep 26 and 29, 2012, OWYHEE CANYONLANDS I & II Ride & Ties, Oreana, ID **NEW RACE!!**
25 miles on 9/26, 30 miles on 9/29. Contact Steph Teeter, 208-834-2788 steph@endurance.net
- Oct 13, 2012, COOLEST Ride & Tie, Cool, CA **DATE CHANGE!!**
Distance TBA. Contact Linda Shaw-Lieberman 530-886-0890 coolgallinda@sbcglobal.net
- Oct 20, 2012, FOOTHILLS OF THE CASCADES, Mollala, OR
25 miles. Contact Anna Sampson or Mary Nunn 503-839-5321 flyingn@molalla.net
- Oct 26-27, 2012, FORT VALLEY Ride & Tie, Fort Valley, VA
18, 30, 50 miles. Contact Susan Trader 703-556-0223 susntrader@aol.com
- Oct 27-28, 2012, CUYAMACA Ride & Tie Weekend, Julian, CA
4, 14, 22, 27 miles (varies by day). Contact Melanie Weir 714-321-3695 melanie.weir11@gmail.com

RACE RESULTS

Summer Sores Alert

DESCANSO Ride & Tie - 22 Miles	June 9, 2012	CA
Thomas Gey/Sara Howard on Find afar		2:36
Rufus Schneider/Beth Love on Temperance		2:42
Gunilla Pratt/Michael Whelan on Stryde		2:57
Tara Jordan/Sharlee Rushing on Pebbles		3:43
Glen Morgan/Arthur Hammons on Zeus		3:53
Richard Noer/Jennifer Monioz on Jerry (BC)		3:57
Carol Ruprecht/Melanie Weir on Feint Impact		4:10
Sarah Warren/Kathleen Piva on Shoshone	4:48	
Terez Ellsworth/Daniel Moriarty on Belle		4:48
DESCANSO Short Course - 12 Miles	June 9, 2012	CA
Aaron Ruud/James Love on Cisco		2:04
Jason Zehendner/Megan Zehendner on Strider		2:08
BANDIT SPRINGS Short Course - 15 Miles	July 14, 2012	OR
Chris Amaral/Amy Betzelberger on Fortune		2:35
BANDIT SPRINGS Short Course - 10 Miles	July 14, 2012	OR
Kate Beardsley/Kathy Smith on Mardi		2:24
FORT STANTON II Ride & Tie - 30 Miles	July 17, 2012	NM
Julia Lynn Elias/Michael Elisa on Prince		7:30
FORT STANTON II Ride & Tie - 20 Miles	July 17, 2012	NM
Bo Whitehead/Brandy Whitehead on Custer		3:22
Sherrie Reimers/linda Taylor on Sammy		DNF
FORT STANTON III Ride & Tie - 20 Miles	July 19, 2012	NM
Bo Whitehead/Brandy Whitehead on Peregrino		2:29
Sherrie Reimers/linda Taylor on Tex		DNF
SANTIAM CASCADE Short Course - 10 Miles	Aug 11, 2012	OR
Dick Root/Ira Hickman on Aladdin		1:02
Sue Powell/Alyssa Marre on Liberty Mt. Star		1:14
Tom Cooper/Jamilee Shaffer on Lilly		1:46

Recent outbreaks of 'summer sores' on horses have prompted us to issue this alert to let horse owners know how to recognize this alarming condition.

Summer sores, also known as Habronemiasis, are seen in the summer during fly season, and are the results of infected flies depositing the larvae of the equine stomach worm Habronema on wounds and moist areas of a horse's body. Commonly affected areas are the eyelids, the sheath, the corners of the mouth and skin wounds. Infected tissues become inflamed and swell suddenly, with affected skin wounds producing excessive granulation tissue which protrudes above the surrounding skin. Severe itching is often seen. Infected wounds often have characteristic yellow granules which can be seen in the reddish wound surface that are about the size of a grain of rice. These are the dead larvae surrounded by inflammatory debris.

During fly season if your horse has a minor skin wound that suddenly looks much worse, or suddenly develops swelling of the eyelid, lips or sheath it may be Habronemiasis. Have your veterinarian examine your horse.

The treatment of Habronemiasis involves administering an avermectin dewormer (ivermectin or moxidectin), as well as topical treatment of the area. Systemic medications may also be given to control the severe inflammation which can result.

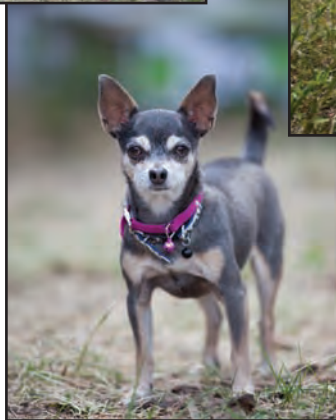
while we took care of Lola.

About mile 30 we started encountering the teams heading out on their final loop. We had not seen Jim or Sara since mile 22 and were hoping not to see them in the next 3 miles. I told Dennis if they come into sight we could be in trouble. We eased Lola through the last mile by keeping her off the gravel road and on some soft footing. We trotted/jogged across the finish line to win our first R&T World Championship.

So now, when someone asks you, "Wanna win the World Championship Ride and Tie?" you'll know exactly how to do it. Get yourself a tough-as-nails endurance rider with a well-trained horse. Have a backup horse in case something goes wrong. Know the trails like the back of your hand before race day. Run scared but don't be too intimidated by the competition. Run your own race and take care of your horse and each other. I have one final question, "Do you wanna win the 2013 R&T World Championship?" Happy training!

Footnote: Superman (aka Clark) now resides happily with the Volk Family in Pasco, WA

Ride & Tie Dogs and Their People



All photos by Sonny Kumukoa Monioz



Summer Sores - Continued from page 11

If caught early, summer sores are easily treated. In all cases treatment needs to be aggressive. In severe cases treatment may need to continue until fly season ends in the fall.

Life Cycle

The life cycle of the stomach worm is dependent on house and stable flies. Adult stomach worms live in the lining of the stomach and lay eggs which are shed in the feces. House and stable flies then lay their eggs in the same feces and the developing fly maggots ingest the Habronema larvae which develop within the growing fly maggots. The maggots then pupate into adult flies which then deposit the Habronema larvae on the lips of horses. The horses swallow the Habronema larvae which develop into adults in the stomach, and the life cycle is complete.

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Visit www.rogueequine.com to learn more

Question: "What has eight legs, one tail, and three heads, all three of which, some might argue, need to be examined by a competent professional?"

Answer: A ride & tie team, of course!

Writer Bob Sipchen in an article for *Nautilus Magazine*, after interviewing teams at the Levi's New Almaden race, 1982, as cited in "What is This Madness?" by Bud Johns (1985).

Rescue a horse for Ride & Tie

by Gunilla Pratt

I have a huge soft-spot in my heart for unwanted horses. I have rescued a total of 27 horses. I kept some and found homes for some. Three of my ride & tie horses are rescues.

LP was a rescue from the race track. He is a racing Arabian. He was quite beaten up and with no more energy to race. Before he could be disposed of, I picked him up and gave him a year to heal. He has turned into a great ride & tie horse. He was 3 when I picked him up and he is 15 now and still going strong.

Jerry was abandoned during the California wild fires of 2007. He was evacuated and left at the evacuation site. His owners lost everything and had no place to take their horse. I brought Jerry home with me and he has become a great ride & tie horse. He even received best condition at Descanso ride & tie this year. Jerry is 14 years old.

Mark also was a rescue from the California wild fires. His owner not only lost property in the wild fire but also lost his job. Mark had nowhere to go, so I took him home with me. Mark is our best Ride & Tie horse. Mark is 18 years old and is in great shape.



Left: Mike Whelan and Gunilla teamed up with Mark at the Descanso Ride & Tie. Photo: Jennifer Rutledge

Center: Flying Irish Mike on LP. Photo: unknown

Right: Gunilla's daughter and her friend on Jerry at home. Photo: G. Pratt

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JULY MYSTERY

Only one person sent me their guess as to the ID of those handsome young men in patriotic colors in July's mystery photo. Michele Rouse correctly identified Gino Pomilia, the guy on the right. His partner (on left) was Erik Stenson, and their horse was Joe Wee (Pomilia). This was at the Big Creek Ride & Tie Championship in 2000. Gino, Erik, and Joe Wee were 5th overall!

