FIRST R&T IN EQUADOR

With a total of 18 Teams

Story and more pictures on page 5
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In the late 80’s John Melville decided to join his wife Wilma riding with me on her second Tevis Trail Training Seminar. He figured if it was so much fun that she wanted to do it again, well heck, he'd do it, too. John was 67 at the time, and had never ridden a horse. But, he’d started running when he was 60, completed his first Ironman Triathlon in Hawaii when he was 62, and had completed nearly every year since. He had 10 months in which to learn to ride, so he did it right. He took weekly riding lessons, bought a fit Arabian endurance mare, and within 5 months had completed his first 50 mile endurance race. I accepted him as a student on the Tevis Seminar, and later agreed to lease him a horse to accompany Wilma on the Tevis race the next year. He was already planning for the Ironman that fall. Then I had a great sneaky idea:

"Hey John, would you like to be the first man to complete the Levi Ride & Tie Championships, the Tevis Race, and the Iron Man, all in the same year?" He certainly would! So, I had myself a new, extremely fit Ride & Tie partner. He may not have been quite as experienced a rider as me, but surely I wouldn't have to do much running (or him much riding) when we were partners. That suited me just fine!

We met in person for the first time at the Swanton Levi R&T Championships in Davenport, CA that June. I had leased out all my endurance qualified R&T horses for the weekend, so we planned to ride John's mare. Now, John was over 6 ft. tall, and I barely hit the 5 ft. marker. Knowing that, I’d welded 2 pair of English stirrups on top of each other. But I’d neglected to ask him just how tall that mare was. Turns out she was just over 16 hands... and a she-devil, to boot. Left foot in the stirrup and she could break the world record for left-hand spins. Torqueing her neck to the right helped some, and we rode and tied for many a mile. That was a true blue 40 mile Championship... And about 2/3 of the way through, I was hand advancing my legs in order to maintain forward motion while "running". But when I heard a rider approaching, I would suck it up, pull my shoulders back, and pretend to jog. About 8 miles from the finish, John snuck up on me and saw me slumped and staggering. "Oh Lari", he said. "I can't ride this horse another step. Would you mind riding the rest of the way and let me run?" Shows you what a good friend I was.... "SURE", I said.

He matched the devil mare and me stride for stride, and we came across the finish line hand in hand.

The next year, he got himself a better Ride & Tie partner than me. The devil mare was pulled from Tevis.
Here is a review of making double stirrups from part one in the August R&T Newsletter

The template was made by taking apart an already made double stirrup as seen in the picture below.

Four holes have to be drilled in the four corners of the stirrup for mounting the side bracket and the bottom stirrup. Don’t drill into the bottom curve of the stirrup. Make a hole such that the bolt comes straight in. The side brackets are a sturdy polymer plastic. I went with the plastic (from TAP plastic) to save weight and these side brackets are not load bearing, just for stiffness.

Making a paper template of the bottom stirrup. Taping two sheets of paper together (short sides) to make one long piece laying the bottom stirrup on its side and traced all around, including the side slot (where adjusting bolts go). Carefully tilt it upright on the paper and continue to trace. The last is the opposite side and finish the tracing, including the side slot. Now cut the paper to make a template.

I used a standard skill saw with a metal cutting blade. I drilled two holes into the aluminum to place the cutting blade inside the aluminum. I don’t recommend starting the cut from the outside as that would degrade the stiffness of the metal as you cut all the way around. Also, I recommend cutting the adjustment slots first, then cut out the lower stirrup.

Here is the picture of the final product
I am originally from Ecuador. I grew up riding horses and doing different sports. I did jumping, dressage, cross country, endurance, and played soccer and basketball. When I started my journey as a vet student at the University of Tennessee College of Veterinary Medicine last fall, I immediately joined the equine club. I received an invitation from Dr. Jose Castro to go to the final competition of the East Coast Ride and Tie at the Big South Fork, TN with the veterinary team from UTCVM. I didn’t know about the Ride and Tie until then- it was the first Ride and Tie for me. At the end of my experience I totally fell in love with the sport and its philosophy, where riders, runners and horses work together and support each other as a team.

In Ecuador, I was part of the Equestrian Association in my state Imbabura, which has a lot of experience organizing events. I thought we should bring the Ride and Tie to Ecuador. I made a few phone calls and talked to my friends in Ecuador about the idea of organizing a competition in Ecuador- they were all on board. I contacted Joanne Mitchell from the Ride and Tie organization and told her my idea. She put me in touch with Chris Amaral and he gave us his approval to do the first Ride and Tie in Ecuador.

We developed a plan for the event to make sure we could offer a safe environment for horses and people. The Ride and Tie was on Saturday, December 19\textsuperscript{th} from 8am to 5pm. The camp for the Ride and Tie was at “Rancho del Rey” stables, located in a nice valley 10 minutes northwest from Ibarra, my home town in Ecuador. We decided that we should have a short but nice and inviting track adopted for most people and horses, because this was the first competition in Ecuador. The main idea was to introduce the sport to Ecuador and make sure all the athletes would have fun and enjoy the competition.

The track was about 12km (7.5miles), and the surface was irregular. The altitude was 2000 m (6700 feet), providing an amazing view of mountains and valleys. The weather is always perfect (70F), which makes the competition comfortable for both horses and people.
After analyzing the different perspectives and expectations from the people in Ecuador, we presented the Ride and Tie with three different modalities, the Ride and Tie, the Equathon, and the Bicitlon (Rider, biker, horse). We had the support of the city. They authorized the police department, fire department and an ambulance to make sure everything was under control. Dr. Juan Saltos, as the head of the veterinary team, made sure that all of the horses were in good condition, according to the rules of Ride and Tie. The judges were experienced with equestrian events and did an amazing job. Everything was ready for the competition- we all were really excited.

Finally the day came and 18 teams signed up. There were 6 teams for the Ride and Tie, 3 teams for the Equathon and 6 teams for the Bicitlon. We provided the competitors with a Ride and Tie T-shirt, a medal for participation, and lunch. We also had diplomas for the winners and other awards from our sponsors (Winavena, Onix, Super Eustachian “Los Olivos”). Participants and spectators commented that they enjoyed the competition a lot, as much as we did organizing it. We followed all regulations and rules from the Ride and Tie association. Overall, everybody did a great job taking care of their horses and making sure the horses were in excellent shape. Riders, runners and bikers were surprised during the competition, as they realized how important it is to work together as a team, to achieve success. This allowed them to see things from a different perspective.

At the end of a long day we had huge smiles on our faces, because we were able to introduce the Ride and Tie to Ecuador. Thanks to everybody that supported our efforts. To Chris Amaral, Joanne Mitchell, from the Ride and Tie in the US, Dr. Jose Castro from the University of Tennessee. Also, thanks to my friends Daniel Cardenas, Galo Larrea, Miguel Mejia, and Fernando Vaca in Ecuador for all of their help. They took care of many logistics before my arrival to Ecuador and together we put on the event. It was an amazing experience for me and I will do it again. I hope teams from the US can join us at the end of the year for another Ride and Tie in Ecuador!
Apr 1-3, 2016, Giddyup and Run Ride&Tie  
Location: Catoosa Ridge Stables, Crossville, TN  
Distances: 4, 7, 10, 15, 25 miles  
Race manager: Joanne Mitchell  
Contacts: jfgmhorse@gmail.com

Apr 22-23, 2016, Old Dominion NO FRILLS R&T  
Location: Star Tannery, VA - 55, 30 and 17 miles  
race manager: Lani Newcomb  
Contacts: give2bute@aol.com

Apr 23, 2016, April Daze at Riverside Park  
Location: Spokane, WA - 12 and 25 mile R&T  
Race manager: Gail Williams  
Contacts: hadablondemoment@gmail.com

May 7, 2016, Cache Creek R&T  
location: Williams, CA - 25 miles  
contact: Pam Stalley 530-473-5882

May 13-15, 2016, Owyhee River Challenge  
Location: South of Adrian, OR off Succor Crk Rd/Hwy  
201 -  
10 & 20 mile R&T - Race manager: Karen Bumgarner  
Contacts: zap6000@gmail.com

May 21, 2016, Mt Adams R&T  
location: Troutlake, WA -- 12 and 25 miles --  
contact: Ben Volk 509-521-6249  
Contacts: bvolk@JUB.com

Jun 5, 2016, Klickitat Trek R&T  
location: Glenwood, WA - 12 and 25 miles -  
contact: Ben Volk 509-521-6249  
Contacts: bvolk@JUB.com

Jun 11, 2016, Old Dominion R&T  
Orkney Springs, VA -- 25 miles -- race manager: Lani Newcomb or Norma Bailey  
540-554-2004  
Contacts: give2bute@aol.com

Jul 2, 2016, Renegade Rendezvous  
Location: Nile Sawmill Site west of Naches, Wa -  
10 and 25 mile R&T - Race manager: Gail Williams  
Contacts: hadablondemoment@gmail.com

Jul 2, 2016, 46th RIDE & TIE WORLD CHAMPIONSHIP  
location: Cuyamaca Sate Park, SoCal - 18 and 35 miles - contact: Gunilla Pratt 858-735-1373  
Contacts: gunillapratt@gmail.com

Jul 9-10, 2016, Bandit Springs R&T  
location: Ochoco National Forest, 28 miles east of Prineville, OR - 10 and 25 miles - contact: Jannelle Wilde 541-849-2460  
Contacts: jwilde@wildevents.info

Jul 23-24, 2016, Old Dominion Ride&Tie Weekend  
Location: Orkney Springs, Virginia -- 6,12 and 20 miles -- Race managers: Lani Newcomb or Norma Bailey, 540-554-2004  
Contacts: give2bute@aol.com

Jul 23-24, 2016, Seneca Stampede R&T  
location: Seneca, OR - 12 and 25 miles - contact: Holly & Les Rouska (541) 280-5853 or (541) 419-0504  
Contacts: hrouska@bendbulletin.com

Jul 30, 2016, Bonecrusher Ride&Tie  
Location: South Kettle Moraine state forest near Palmyra, WI - 25 miles - Race manager: Amber Erickson, DC 262-623-4714  
Contacts: endurochiro3@gmail.com

Aug 26-27, 2016, Iron Mountain Jubilee  
location: Ivanhoe, VA - 30 and 15 miles - race manager: Barbara Mathews 919-545-0034  
Contacts: bmathews@wwpeds.com

Sep 3-4, 2016, Mount Spokane  
Mt Spokane Ski Area, WA, camping at the Nordic Ski Park - 15 & 25 mile R&T - Race manager: Gail Williams  
Contacts: hadablondemoment@gmail.com

Sep 8-11, 2016, Big South Fork Ride&Tie  
Location: Big South Fork, near Jamestown, TN - Distances: 4, 8, 10, 20, 30 and 50 miles - Race manager: Joanne Mitchell  
Contacts: jfgmhorse@gmail.com

Oct 1-2 , 2016, EAST COAST RIDE&TIE CHAMPIONSHIP  
Location: Biltmore Estate, Asheville, NC - 30 and 15 miles - contact: Sara Boelt (828)273-1627  
Contacts: lightermountevents@gmail.com

Oct 8, 2016, Foothills of the Cascades  
Location: Molalla, OR - 10 and 25 miles - race managers: Mary Nunn (503-829-5321) Anna Sampson (503-829-6002)  
Contacts: sampson@molalla.net

Oct 28-29, 2016, Fort Valley R&T  
Location: Fort Valley, VA -- 18, 30 and 50 miles -- Race manager: Claire Godwin 301-948-0158  
Contacts: crgdvm@aol.com
46th ANNUAL WORLD RIDE AND TIE CHAMPIONSHIP 2016 AND
EQUATHON WILL BE HELD AT THE LOS VAQUEROS HORSE
CAMP IN CUYAMACA STATE PARK, SOUTHERN CALIFORNIA
SATURDAY JULY 2ND, 2016
Base camp opens Wednesday June 29th at 3pm

Spreading over 24,677 acres of land, Cuyamaca Rancho State Park features meadows, mountains, and oak woodlands. More than half of the park is classified as "wilderness," meaning all vehicles, even bicycles, are prohibited. There are more than 100 miles of riding and hiking trails, including the Cuyamaca Peak Trail which climbs to the 6,512- foot summit with a spectacular view of the Pacific coastline, Colorado Desert, Mexico, and the Salton Sea. The park contains exhibits about Native Americans, gold mining, and natural history. Base Camp elevation is 4,700 ft.

The camp provides restrooms, hot showers, fire pits, covered area for meetings, horse corrals, drinking water for people and horses, and plenty of parking. (Corrals are assigned in order of the first people who register.)

Long Course R&T, 35 miles, $150
Short Course R&T, 20 miles, $100
Equathon, 10 mile ride/10 mile run, Sunday July 3rd $100
Fun R&T: 6 miles, Friday July 1st. $35.00

**Ride & Tie:** 2 people one horse. Runner and rider must switch at least 6 times during the course of the race.
**Equathon:** 2 people one horse. Runner and rider never switch. Rider goes out first. Runner goes out when horse pulses down. Or an individual may do both the run and ride as a solo participant.
DOGS MUST BE ON A LEASH AT ALL TIMES. Dogs and bikes are not allowed on the trails.

Everyone must clean up their own manure. There will be a place to put it. You must take your trash with you when you leave.

If you are in need of leasing a horse please contact Gunilla 858-735-1373

Driving Directions: Base camp is located at Los Vaqueros Group Horse camp located on Los Caballos road, about 2 miles east of Highway 79, inside Cuyamaca Rancho State Park. From I-8 take Exit 40 for CA-79 N/Japatul Valley Road. Go north on 79 toward Julian (note that after about 2 miles Hwy 79 veers left) for about 13 miles (you pass Green Valley Campground & Paso Picacho Campground). Approximately 1.5 miles north of Paso Picacho Campground turn right onto Stonewall Mine Rd. Drive about 1 mile and you reach Los Vaqueros Horse Camp Rd. There is a gate that will be unlocked unless you arrive early! There is no place to park outside the gate so please don’t arrive early.

For those of you who would like to stay Sunday night there is Equestrian Family Camping down the road at Green Valley Campground. The Green Valley Horse Camp has 15 developed sites for horse camping. You must make reservations through Reserve America. The cost is $35.00 per night. They do have corrals. 1-800-444-7275. Or www.reserveamerica.com

If you are traveling without a horse there are plenty of places to stay in Julian CA.


Don’t forget to try the World Famous Julian Pie Shop.

Race director Gunilla Pratt 858-735-1373 or gunillapratt@gmail.com

For information and race entries go to www.rideandtie.org

Southern California is experiencing a severe drought so we ask you to conserve water at camp and no hosing off horses.
RHABDOMYOLYSIS ALSO COMMONLY KNOWN AS “TYING UP”

By Gunilla Pratt

I have heard people talking about their horses tying up but I never understood what it was until I experienced my own horse tying up.

It was a few days after my horse and I completed a 50 mile endurance ride (this was his first 50) I was riding him on the trails and he began to walk strangely. We were only about 2 miles from my house. He was walking like he was walking on nails. I got off of him and started walking back home. He could hardly walk by the time we got back. I called my vet and he told me my horse was tying up and to give him a shot of banamine. The next day my horse was fine and we did a short ride with no problems at all. Since that incident my horse has had several incidences of tying up only on short trail rides. He never tied up during a R&T, endurance ride or a long training ride.

What is tying up? Signs of tying up can be short stiff stride from the muscles becoming tight. The muscles in the hind quarters are usually the ones that are severely affected. The heart rate is usually elevated and won’t come down. In severe cases their urine will be a dark brown color.

The causes for tying up can be different in every horse. Most horses tie up due to an electrolyte imbalance. It can also be caused by a vitamin E or Selenium deficiency. It can also be seen in horses with viral infections. Horses that tie up are usually prone to repeated episodes.

I was baffled and could not figure it out. I once again called my vet and he suggested maybe it was an electrolyte imbalance. Now this made a lot of sense because before every race or long distance ride I would give him electrolytes.

Now I’m even more curious about Tying up so I did some research and these are my findings.

Researchers from the Animal Health Trust in New Market England took 144 horses that suffered constantly from Tying up and they found that 100 of them had an electrolyte imbalance.

They found this out by using urinary fractional electrolyte excretion tests. After giving these horses electrolytes 72 out of the 100 never tied up again.

Researches at the University of Tennessee and Georgia measured weight loss in performance and endurance horses. 48 horses were measured for weight loss after a 3 day event. Even though the weather was not real warm the horses lost a significant amount of fluid and electrolytes.

People don’t realize how much fluids a horse can loose when exerting himself. This is why it is important to give your horse electrolytes before and during a day of hard work.

Research conducted by the College of Veterinary Medicine at the University of Minnesota (Stephanie Valberg, D.V.M., Ph.D.), and Kentucky Equine Research have also suggested eliminating a high grain diet because high starch may also add to a horse tying up. They suggest that an electrolyte should have Sodium, potassium, magnesium and calcium since they play a key role in muscle fiber contractility. Horses that don’t graze in a pasture should also be supplemented with Selenium and Vitamin E. It is also important not over exert horses that are not in shape. A horse should always be offered a salt block as well.

Since I have researched everything on Tying up, my horse has not tied up. During training season I give my horse soaked beat pulp every day for hydration and fiber, some low starch grain, electrolytes and a vitamin supplement containing vitamin E, Magnesium and selenium. This has worked for us.

By Gunilla Pratt

Researchers from the Animal Health Trust in New Market England took 144 horses that suffered constantly from Tying up and they found that 100 of them had an electrolyte imbalance.
LOW BACK PAIN

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

Low back pain (LBP) is a common “experience” for us humans, and approximately 80% of us reportedly will have at least one episode of LBP in our lifetime. Recurrence is common, with 24-80% of humans experiencing a 2nd episode in the first year after the first “experience”. In my experience, both professionally as a physician and as a person who values physical activity, healthy lifestyle choices and SuperFoods, pretty much everyone on planet earth has or will have some “issues” with LBP. I have noticed, at least for me, the best way to alleviate LBP is to play tennis, work in the yard, or just “get off my butt” and start moving. I also plan into my busy schedule time for stretching and working on my core for 45-60 minutes twice weekly.

Now we have an excellent study in the February issue of JAMA Internal Medicine addressing LBP. The authors conclude: “The results of this systematic review and meta-analysis indicate that exercise in combination with education is likely to reduce the risk of LBP. Exercise alone may reduce the risk of an episode of LBP and sick leave; however, it is uncertain whether the effects persist beyond 1 year. Education alone, back belts, shoe insoles, and ergonomic adjustments probably do not prevent an episode of LBP or sick leave due to LBP. It is uncertain whether education, training, or ergonomic adjustments prevent LBP owing to the very low quality of evidence”. Remember, every joint in our body (and the back is in effect a large, long series of joints) is only as GOOD as the strength of the muscles supporting that joint. Once again, physical activity and muscle strength to the rescue!


ABOUT THE AUTHOR

Steven G. Pratt, M.D., is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimization of health. As author of several books including SuperFoods Rx: Fourteen Foods that Will Change Your Life, SuperFoods HealthStyle: Simple changes to get the most out of life for the rest of your life, SuperFoods Rx Diet: Lose Weight with the Power of SuperNutrients, and SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life. Dr. Pratt teaches that if your “tank” is filled with the right foods, you will increase your chances of living a longer, healthier life.

Dr. Pratt has been on the Oprah Show where Oprah Winfrey nick named him “The Food Dude.” He has also been on the View, The Today Show, CNN and many other TV and radio shows. Dr. Pratt also stresses that while diet and physical activity are essential, super health is achieved by adopting a network of efforts, including sleep and stress management. With health being his passion, Dr. Pratt has worked with public school districts to incorporate a super foods breakfast and lunch program. It is .With Dr. Pratt’s enthusiasm and carefully picked Super Foods, he makes a healthy lifestyle a fun, enjoyable, and lifelong endeavor.

Dr. Pratt and his wife Gunilla are also R&T sponsors.

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~ Toni Robinson