

November News 2016



**Karen Isaacs and daughter Madeline at the Iron Mountain
Ride & Tie**

Picture by Becky Siler Pearman Photography

Getting ready for a nighttime start at the Old Dominion ride and tie



Courtney Krueger cooling off
at the old Dominion ride



2015 points champions

Pictured L-R are Courtney Krueger (Man-Man team - partner Mark Landers not pictured) Liara Gonzalez and Barb Mathews (Woman-Woman team), and Dave and Rhonda Venable (Man-Woman team). Dakota, owned by Rhonda Venable was high point horse.

Chesapeake Ride and Tie



This ride and tie event is one of the most picturesque ones in the East. It takes place at the Fair Hill State Natural Resources Management Area in Maryland. It's close to Pennsylvania and a mile away from Delaware and is an area that was once owned by William DuPont, Jr., an avid equestrian. This event features water crossings, a covered bridge, and trails across fields and through woods. The ride and tie teams who come to Chesapeake say it's one of the best locations because of its natural beauty.

by Kristie Bradner



Greg Bradner at the vet check



Renee Brachfeld on
Shawnee at the finish

Pictures taken by Kristie Bradner

East Coast Regional Ride and Tie Championship



Barb Mathews



Carrie Baris and Diana Burk



Chelsea Portwood and Alison Zeytoonian



Nicki Mutton and Clamity Jane



2016 East Coast Ride and Tie Championship

by Kristie Bradner

Saturday, October 1, was the perfect day for a championship ride and tie at the Clemson University Experimental Forest in Pendleton, SC. Race director Sara Boelt ordered up some superb weather which remained from morning through evening and then continued into the next day. Thirteen teams toed the line for the 30-mile race, three did the 15-mile event, and two did the equathon.

The race start was a short distance from the horse stalls/camping area, giving horses, riders, and runners a few more minutes to warm up in the cool morning air. The predominant clothing color of the day was blaze orange, and this is why: a youth hunt club event was scheduled in the same location as the ride and tie, and most folks thought it would be a good idea to be *visible*. Fortunately, we found out, the hunt wasn't to begin until mid-afternoon. Still....

There was a measure of excitement for various teams throughout the race. Right after the start, Inferno, the horse with Janice Heltibridle and partner Sally Thigpen, threw a shoe. As horses, riders and runners hustled into the woods, Bob Heltibridle quickly helped fix that situation. Bishop, whose riders were Carrie Baris and Diana Burk, was new to ride and tie and disliked the concept of multiple riders along with the whole waiting-in-the-woods thing. So, following the mid-race vet check, Carrie and Diana did some hand-offs in quick succession with Carrie riding and Diana running the remainder of the race. Mark Landers took a tumble but managed to regain control of Cruise right away. Then Cruise later played slowpoke which exasperated Mark's partner Courtney Krueger who knew his horse was just feigning fatigue. Only when Reckless, Barb Mathews' horse, showed up did Cruise get a spring in his step, further irritating Courtney: it was too little too late. At one point, Greg Bradner and Shasta passed Inferno, tied to a tree and shaking his head vigorously from side to side. He was clearly unhappy. Moments later, Inferno slipped out of his halter and sped past Greg and Shasta. The runaway was corralled by other racers up ahead, thus ending Inferno's bid for freedom. Joe and Renee Bellafato's horse Dandy also managed to get loose. He trotted up behind Rhonda Venable who thought one of her competitors had closed in on her and Dakota. Turning, Rhonda saw just the riderless horse. So she tied Dandy to a tree where he had no choice but to wait.

Veterinarians Greg Fellers, Nate Hoyt, and Heather Caplan worked the mid-race check assisted by Greg's wife Kathy. One by one, participants trotted their horses out and then hit the mostly single track trail again. Unfortunately for Misty McAdams and Madison Carrol, Beth of Davanna was pulled and the three ended their day there.

The top three finishers in the championship event were Rhonda and Dave Venable and Dakota with a time of 4 hours, 12 minutes; Renee and Joe Bellafato and Dandy who came in shortly thereafter; and Greg Bradner and son Aaron with Shasta. Dutch, whose riders were Cecilia Kucera and newcomer George Schaaf earned Best Condition following the race.

On Sunday morning, some of the riders and horses returned for more time on trail on either the 16-mile ride and tie or 8- or 16-mile equathons. Equathon participants included Karen Isaacs and daughter Madeline on Shasta; Chelsea Portwood and Lea Krueger on Cruise; and Rhonda and Dave Venable on Dakota. Barb Mathews and Liara Gonzalez tied for first place with Carrie Baris and Nicki Meuten on the 16-mile short course.

A big thank you goes to Sara Boelt and her team for organizing a great ride and tie, to Barb Mathews for organizing the Friday pot luck, and to our wonderful veterinarians. You are stupendous!



Cool Ride and Tie



1st place long course Ride & Tie
Melissa Montgomery and Alison



1st place 8 mile Equathon
Colleen Kelly
Serena Connelly

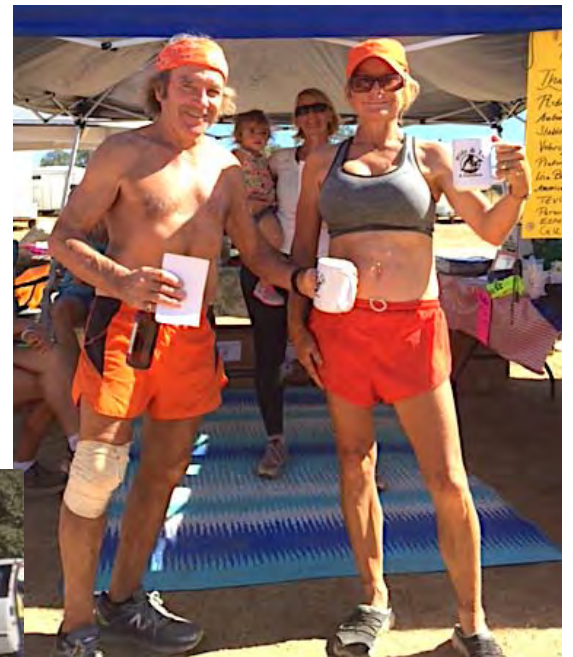


Team Pink for Breast Cancer
awareness month. Chris Grey and
Diane Lundy



Dave
Wisniewski
and Melody
Stoneburner
on Scarlett.

Second place
team long
course R&T



Irish Mike Whelan and R&T
president Gunilla Pratt

The Cool Country
Drill Team Riders
from Cool Hills
Ranch. Owned by
Chris Grey.
(in pink)



Coollest Ride and tie and Equathon

by Susan Smyth

Last spring I wrestled with the decision to put on the Coolest Ride and tie and Equathon. It can be so much stress with all the logistics, planning, concerns of weather, and will they come. With Roger Ward, Liz Begnovich, and Victoria Ordway constant enthusiasm, and badgering, a decision was made and planning went into the works. Cathy M. agreed to design the trail. Chris G. Cool Hills Ranch offered to host the event, and Dave W. offered his creative abilities to get the word out. Despite the organized chaos, the event was a success. Everyone seemed to have a great time and one contestant called this event the "Coolest best kept secret for the most fun!"

The long course had 9 contestants. New members Elysha Storm and Chrisie Echart wearing butterfly wings and riding Keeko were having so much fun they elevated to the long course. Melissa Montgomery and Allison Dubois riding Duncan were 1st and best condition. Dave Wisnieski and new member Melody Stonburner were hot on their tails with Dave letting lose of a few "Yeah".

John Hall and Marcy Buckner riding Fly Away Joe got 1st on the 14 miles course. Mother, daughter team Serena and Colleen took 1st in the 8 mile Ride and tie.

The Equathon 14 mile ride and 6 mile run provide to be a popular event with 15 entries. Tabetha Gray and Laura Oddabashian on Olly were first on the short course equathon. We had a great raffle, lunch, and awards. I can only say next year will be bigger and better and time for some of the equathoners to try Ride and tie. Thank you to all who entered, volunteered, drove so far and gave me the support to put on this great event.



The President's Message

Gunilla Pratt

We are coming to the end of the Ride and Tie season and getting ready for next year. Be sure to get your membership renewal in as soon as possible.

We had a great and exciting year with a lot of new members thanks to **Godfrey Sullivan** and his generous donation for new members. R&T had a total of 85 new members. Let's continue to spread the word on how great R&T is. I am also very excited about all the interest we had in Equathon.. The Cool R&T had 18 Equathon teams thanks to Susan Smyth, race director, and Dave Wisniewski for his help on getting the word out.

I also want to thank everyone for sending in pictures and articles for the newsletter.

Keep them coming next year. Send to gunillapratt@gmail.com

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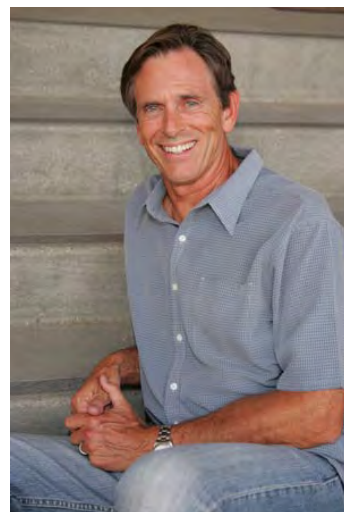
Deadline for next issue is January 10th, 2017

Steven G Pratt M.D., FACS, ABIHM

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*. *SuperFoods for Pregnancy, The Right Choices for Healthy, Smart Superbaby*. Dr. Pratt teaches that if your "tank" is filled with the right foods, you will increase your chances of living a longer, healthier life.

For more information on Superfoods, Healthy Choices and great vitamin recommendations, go to www.superhealthyliving.com

Also Check us out on



MUSCLE POWER

by Dr. Steven Pratt

Hippocrates, the “father” of medicine, reportedly said in about 480 BC: “Walking is man’s best medicine”. Regular exercise, which includes brisk walking, is associated with a lower risk of several cancers. And, with a lower risk of cancer recurrence and death among survivors. This is particularly true for breast and colorectal cancers, two of the most common cancers worldwide. Scientific data suggest a possible dose-dependent benefit of exercise against colon cancer, and most likely postmenopausal breast cancer. Of even greater significance, a study published in the Mayo Clinic Proceedings (2014), found people with the highest exercise loads have a 40% lower cancer-related mortality than the general population. KEEP ON RIDING, KEEP ON RUNNING, AND KEEP ON MOVING THAT BODY- YOUR LIFE MAY WELL DEPEND ON THIS ADVICE !!!!



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Save the Date

47th Annual World Championship Ride & Tie

**July 22 – 23, 2017
Orkney Springs, Virginia**



**Long Course Saturday
Short Course & Equathon Sunday**

Race Director: Janice Heltibridle (540-233-0710)
jheltibr@shentel.net

ALL COMPETITORS MUST BE MEMBERS OF THE RIDE AND TIE
ASSOCIATION .

Additional information available at www.rideandtie.org

Junior Riders Impossible Made Possible

This year was my first equathon. I was full of nerves knowing that I had very good competitors. My first equathon was at the forty-sixth annual ride & tie and equathon world championships. The scariest part out of everything was my horse freaked out right before the race began. But, if I was to do well, I would have to let go of those nerves. I knew that I would have to have faith in my horse, in my partner, and in myself. Once Rufus yelled, "GO" I knew it was game time. All the horses took off full speed as expected. Nothing about this was a "controlled start." The course was tough, challenging, and put my horse to his limits but we persevered. After I had finished the riding portion of the race, it was time for my partner Wyatt to do the running. Once I had crossed the finish line it was my goal to pulse down as fast as possible for Wyatt to do what he does best. Wyatt has an amazing pace, mile time, and is overall an awesome athlete. Not only was he amazing physically but, he was a team player, and a great partner. In the end, we were both happy and grateful for the experience. I couldn't believe my eyes when I saw Wyatt finish. We won world championships! Wyatt, Rocky, and I were and are the 2016 Equathon World Champions.

I am grateful for my experience and I cannot wait to compete again soon. -Marlaina Kent

Did you know that the horse has the largest eye of every land mammal?

All about Horses

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TROT
CANTER
BLANKET
MORGAN
HAY
RACE
STRAW
SHETLAND
WALKING
PAINT
QUARTER
SADDLES
PINTO



Giddyup and Run 2016 R&T

by Joanne Mitchell

The 2016 Giddyup and Run Ride and Tie held at Catoosa Ridge Stables near Crossville, TN was very cool, literally. Not to mention sustained 20 mph winds on Saturday. Saturday night it went down near freezing-unpleasant tent camping. At the Friday afternoon vet-in most people were wearing long sleeves or jackets for the first weekend in April.

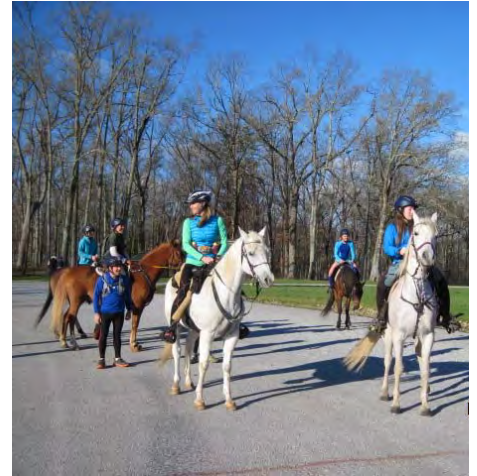
At the Friday night meeting we heard about the first Ride and Tie in Equador and possible future events from Pablo Jarrin, one of Dr. Castro' students who had been to the Big South Fork East Coast Regional Championship last fall. We had a lot of youth (Lindsay Spoon, Eden Carnes, Emma Lakatos, Hailey Barlow, Lily Turaski, Holly Monroe, Sara Basset, Ella Davis and Madeline Isaacs) and first timer people (Rosie Wells, Hailey Barlow, Terrina Drumm, and Carolina Joura) and first time horse (South Wind Mary Poppins). Except for the Bellafatos, most of the rest of us live on Eastern time and were adjusting to the local Central Time zone so most competitors phone would have the correct time on their cell phones. On Saturday morning, we let the 25 and 15 milers start first and then set off for the shorter distances. All went well until we saw Holly and her trainer (a newbie) WALKING back to camp. Apparently, Holly had taken a curve a little too fast for the horse and came off. Her trainer thought it best to walk back to camp. Holly's helmet was compromised. Upon arrival, one of competitors parents was a sports medicine doctor and another parent was a physical therapist. The medical people thought it best to call it a day even though Holly's mother and sister had planned to participate that afternoon. We heard that when they got home in Chattanooga that afternoon, Holly was already asking to go OUT to eat for dinner. (well played Holly! and a new helmet to boot!)

It's a good thing the ride manager was so relaxed. There was a lot of switching around at the last minute. On Saturday, Malyndia Long coerced her sister, Rosie Wells who was visiting in the area to compete. (It was on Rosie's bucket list.) This sorta moved partners and horses around during the two-day competition. Not to mention lame horses, plans that get switched

Good thing some participants carried cell phones. Joe Bellafato called management during the competition looking for his wife who had the horse. Figuring out where the horse was tied, management figured out where all three heartbeats had to go to finish the course. The Bellafatos decided to stay for Sunday's competition to better their time (and win).

Tom Isaacs and Courtney Krueger were the ONLY guys participating with their daughters.

Tom Isaacs had thought about reneging on Sunday but his daughter said he couldn't wear his shirt if he did. Had the word "FINISHER" on the back. continued pg 15



Bobby Mitchell staying
warm

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Our Triumphant Return to Ride and Tie!

By: Brenna Sullivan

In 2000, my mom, Karen Sullivan and I did our first Ride and Tie in at the Quicksilver Ride and Tie in Almaden, California. I was in 7th grade at the time and she had to twist my arm into participating, promising that she would run most of the event! We took our old TWH/Arab cross mare named Chancy who proved herself worthy of the mental challenge and we had an absolute blast!! The following year, we attended the Ride and Tie Championship in Euer Valley, CA earning beautiful belt buckles we still wear everywhere.



Chancy with Brenna and Karen Sullivan at Quicksilver in 2000

Unfortunately, that was the temporary end of our Ride and Tie days as I got involved in high school, college, work and life got in the way. Earlier this year, Mom decided to get in shape again and started running. After pulling my horse from Tevis this year, I also decided to buckle down and get more fit for 2017. We thought having a goal would be a fun way to keep motivated so we discussed the possibility of trying a Ride and Tie again after 15 years. We looked on the calendar and saw that the Coolest Ride and Tie was only 3 hours away from us and had a great course.

We had our goal set and started hitting the trails in earnest! The one problem was the apparent lack of a suitable Ride and Tie horse. My endurance mare is 16h; my mom vetoed her because she is 'too tall'. I have a 14 hh Peruvian, but he was also vetoed for his lack of any natural athletic ability. The young horse was too young, so all that left was Whiskey; the slightly neurotic mare I had gotten for free the year before. She was fit (she had some LDs and a 50 under her belt), but we worried she wouldn't deal well with the mental aspect of Ride and Tie—mainly being tied up while horses trotted on by! The good things she had going for her was her perfect size and smooth gait; Whiskey is a Tennessee Walking Horse and definitely has the glide ride!

We arrived in Cool on Friday night and Whiskey camped like a pro! Mom and I were in a slight quandary about what distance we should attempt. After looking at the course map, we decided that the short course (14 miles) would be a great way to get introduced back to the sport! On Saturday morning, I saddled Whiskey and walked her around ride camp. She was a bit on edge, but listening to us. Mom decided she would take the first riding leg. We attended the ride meeting and lined up at 8:00am for the start!

The ride started into a wide meadow. Mom and Whiskey gaited off into the distance and I settled in for the first couple miles of running. The riders and runners were whooping and laughing. Hey, this was FUN! I happened upon Whiskey tied to a big oak tree off the trail standing patiently waiting for her 'people.' She stood still while I hopped on and continued down the trail. Looks like we had our Ride and Tie horse after all! Mom and I greatly enjoyed winding through the beautiful trails in Cool and trading off every few miles. Whiskey exceeded our expectations and we both ended the Ride and Tie feeling like we could have done more. The horse sailed through the vet check and we enjoyed the food and camaraderie of the award ceremony later. We both had a blast and agreed that 15 years is way too long to wait to do another Ride and Tie!



2016 Big South Fork Ride and Tie

by Joanne Mitchell

The Big South Fork Ride and Tie went smoothly the weekend after Labor Day 2016.

We had a lot of youth (Lindsay Spoon, Sierra Granger, Ella Davis, Sara Basset and Madeline Isaacs). They is the FUTURE of Ride and Tie.

Except for the Bellafatos, most of the rest of us live on Eastern time and were adjusting to the local Central Time zone so most competitors phone would have the correct time on their cell phones. We still had competitors rushing around, getting ready for the start.

On Friday morning we let the 4 thirty mile teams leave around 7:15 am, which was about 15 minutes after the 50 mile Endurance Riders. Followed shortly by the 2 ten mile teams. I cautioned the 2 ten mile teams that there were gonna be TWO black Arabians on their course, a gelding and a mare. Look underneath if you have to! What are those chances?

The Friday thirty mile teams had two horses named Kruz (black Arabian) and Cruise (grey Arabian) competing with the safety rider on Cruz (bay Arabian). What are those odds? All the 30-mile teams were either in the Masters or Century division. What can I say-we're getting older? One teammate got barely off course but his other human had already made the turn so Janice had a nice LONG run back into camp.

On Saturday morning we let the 2 fifteen mile teams and the 6 thirty mile teams all start at the same time since they were all going to the same Vet Check. The 15 mile teams were done at the Vet Check and got a ride back to camp with my husband, Bobby who was the horse ambulance for the Big South Fork Endurance Ride going on simultaneously. One of my 30-mile RAT teams did not finish at the end due to metabolic conditions. The 15-milers got to cross the river once. The 30-milers got to cross the Big South Fork River both going AND coming back. Refreshing.

The Endurance Ride Limited Distances had a 64% and 62% on the same course Friday and Saturday respectively. All my events had 100% completion except for the 30 mile Saturday RAT which had 83% completion.

On Sunday morning, one of the horses for the 10-mile Ride and Tie did not vet in, so I had one entry in the 10-mile ride and tie and 5 Equathon (3 solo and 2 teams). The horse part of the Equathon and the ride and tie did the same marked trail. The 4-mile run part of the Equathon did a nice little hiker-only trail through some really pretty rock features and a nice primitive farmstead.



Liara Gonzalez and Barb Mathews on Reckless



Renee Bellafato on Kruz



Beth Brinkley



Stush Sadowski's First Ride & Tie on Kestrel

Photos by Becky Siler Pearman

cont. Giddyup and Run

From Courtney Krueger: My Easter Sermon (the week before) was titled "If you don't go home bloody, you ain't been mountain biking" based on a nugget of wisdom a teenager once gave me. At about mile 18 on Saturday, I got tangled in a thorn bush. When Sarah caught me she noticed the blood flowing down my face and said, "Well, if you don't go home bloody..."

Also from Courtney: Cruise broke his tie rope when Nicki Meuten untied Reckless when they were tied close together. When Carrie caught me (she was riding Cruise at the time) she was carrying the broken rope. I told her to drop it and I would try to fix it as I ran. She did and cantered off. I then realized that I had the tie rope and she had the horse who would be needing a tie rope soon! She wrapped his biothene reins around a tree and luckily he didn't test them. I figured out a fix and we completed. This is the THIRD time Cruise has gotten loose during his fairly long Ride and Tie career. Purely coincidently, all three have been at Joanne Mitchell rides!

And from Courtney: I have never had a better birthday than the one this weekend. It was almost embarrassing to constantly hear people wish me a happy birthday. The cake on Saturday was great!

From Carrie Barris: Courtney - remember the tick you pulled off my back? The spot was red and angry, worse today. So, Joanne, after reading your email I asked the school nurse to look at it (perk of working at a school and my first line of defense with any medical situation) and she recommended I see a doctor. Just left Urgent Care and was prescribed doxycycline. He thinks it's infected and I'm reacting - not Lyme or anything. But good looking out! [She also got poison ivy.]



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~Winston Churchill

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