

September 2017

# RIDE & TIE

[www.rideandtie.org](http://www.rideandtie.org)

## NEWSLETTER

**47th WORLD CHAMPIONSHIPS  
TOOK PLACE ON THE EAST COAST  
FOR THE FIRST TIME  
Orkney Springs, Virginia**

**EQUATHON**



**2017  
World Champions!  
Rhonda and Dave  
Venable  
Riding Dakota**

**Photo by Becky  
Pearman  
Photography.**



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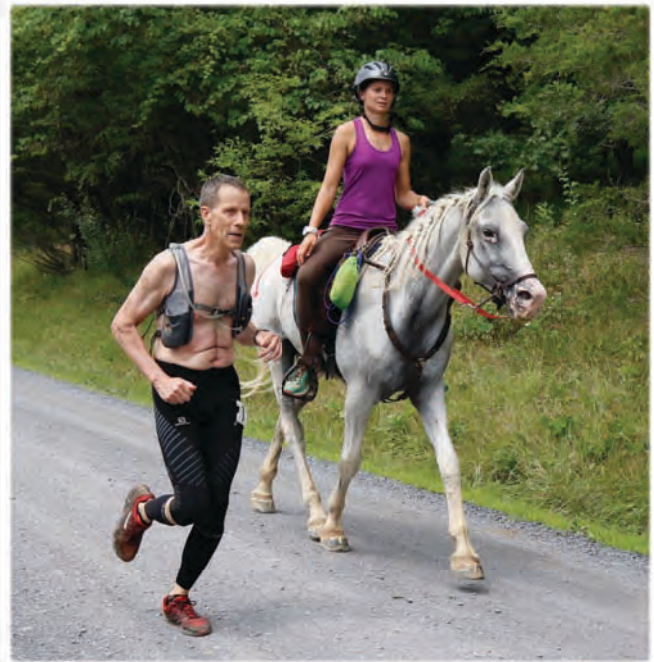




Race Start



Second place finishers Karen Isaacs and Beth Brinkley



Third place finishers Richard Koup and Lindsey Scherer





**LOVING OUR CHAMPIONSHIP  
BUCKLES**

**THANK YOU  
STEVE SHAW FOR YOUR  
GENEROUS DONATION**

**Pictures by Becky Pearman  
Photography**



## More World Championship photos

Drag riders, Duane Martin and wife Beth Martin



Equathon Sarah and Jacob Mountain with Pi.



Dean Hilliard first place short course and Dawn Hilliard first place Equathon



Evelyn and Jeffrey Baig, Nicholas Irianni and Amy Kerrigan



Madeline Isaacs cooling off after the fun ride



Diane Connolly Volunteer



Volunteer – Lenora Keener and Henry Mulbauer





## Coming all the way from California



George Hall and Dave Van Wicklin



Gunilla Pratt and Mike Whelan

**AM AM Winners of \$250.00**  
donated by  
Steve and Gunilla Pratt  
Libby Llop and Turner Boone



**PRO AM Winners of \$250.00**  
donated by  
Byron Grant  
Lindsey Scherer and Richard  
Koup



Our Race Director,  
Janice Heltibridle did an  
awesome job



**Our World Championship  
Veterinarians**



Specialized Saddle  
winner Mary Lou  
Gicker





## Our Future Ride & Tiers



Congratulations to George Hall for  
Completing his 35th World  
Championship

Congratulations to Lani Newcomb for  
Completing 4,000 Ride & Tie Miles





## West Coast Championship

First place, West Coast  
Champions. Wyatt Landram  
and Sara Howard



Mike and Gunilla at the finish.  
Photo by Sierra Westlake Photography



Susan Smyth always organizes a great raffle.  
Photo By Sierra Westlake Photography.



Sandra Cheek  
and Kirsten  
Seyferth



Second Place winners, Ben Volk and Heather Huggins



Rowan Huggins and Tyler Monioz  
Selling Raffle Tickets



**The start** of any R&T race is always a hectic one. Horses as well as runners are full of excitement and nervous energy. Anything can happen. Jennifer Monoiz is an experienced rider and has been doing R&T for many years. As she was heading to the start of the West Coast Championship in Oregon, her horse spooked and jumped to the side. Jennifer had a bad fall which resulted in a compound fracture of her ankle. She spent the day of the race in the hospital having surgery. Get Well Soon Jennifer! by Gunilla Pratt, President



## WHY YOU SHOULD WEAR SUNGLASSES WHILE DOING RIDE & TIE

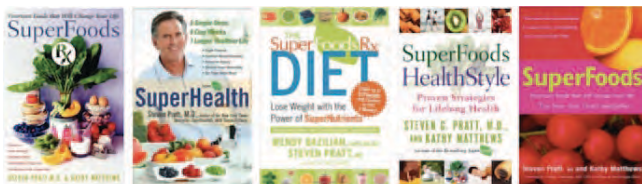
by Steven G. Pratt M.D., FACS, ABIHM

Ultraviolet light (sunlight) plays a significant role in causing pinguecula (the white to yellow to red “lumps” on the white part of your eyeball), pterygia (the fleshy growths which you see on the “unlucky” persons cornea (the clear central part of the eye which lies over your pupil and iris), cataracts, and age-related macular degeneration. The macula is the 20/20 pinhead sized area in the retina and is responsible for your ability to visualize small print and objects at a distance. The only way to protect your eyes from sunlight is to wear a hat with a brim and sunglasses. Good sunglasses must block 100% of UVA and UVB light (so called UV 400 sunglasses). The manufacturer should list this on the package insert or on their website for the tint which is used in your sunglasses. The sunglass must ideally be “wrapped” (not straight across your face) and have an anti-reflective coat on the back surface of the lens so that any light rays hitting the back of the sunglass lens does not reflect back into your eye. In addition, the most damaging light rays to the retina are in the blue light range (400 to about 510 nanometers). Good sunglasses will block blue light to about 432 nanometers. Check with your optical shop to be sure your sunglasses meet the aforementioned criteria. Excellent optical shops will have a machine which can verify the wave-length absorption curve of your sunglass “tint”= ALL UVA & UVB light and some blue light! Each sunglass company has its own standards as to whether they can put a glasses prescription into your sunglass.



Dr. Pratt Recommends Sente Skin Care Products which can be purchased on his website. On his website you can also find other recommendations on food choices, life style choices, vitamins and supplements.

**For daily blogs visit his facebook page**



Dr Pratt's books can be found all over the world.

**Check us out at [www.superhealthyliving.com](http://www.superhealthyliving.com)**

**[www.s.pratt@metagenics.com](mailto:www.s.pratt@metagenics.com)**

for vitamins and supplements



A great big thank you to Godfrey Sullivan for his generous donation  
to Ride & Tie

We had 26 new members at the 2017 World Championship  
in Virginia that received the free entry.

Kevin Black  
Turner Boone  
Marie Carney  
Emily Carroll  
Annie Cekada  
Anne Dewar  
Joe Fisher

Debra Lynne  
Gilbert  
Todd Hacker  
Dawn hilliard  
Breanna Jewell  
Amy Kerrigan  
Libby Llop

Susan Diesel Malazita  
Kyle Mathews  
Karen Monk  
Jacob Mountain  
Sarah Mountain  
Rose Muller

Maria Muzzio  
Natalie Muzzio  
Brian Rook  
Lisl Schmiedicke  
Sarah Schnick  
Richard Stedman  
Leah Swishe

### **My Experience In Orkeny Springs Virginia**

by Gunilla Pratt, R&T President

For the first time in my life I visited Virginia. I have never been much of a traveler except when it comes to endurance riding or ride and tie and I'm usually towing my horse trailer. I'm really not happy about flying but I did this time to compete in the World Championship in Orkeny Springs VA. It definitely was an experience. I can't remember the last time I borrowed a horse. The entire trip I was thinking "is this horse going to be able to complete the 36 miles? What if the horse gets hurt? Are we going to get lost since we are not familiar with the terrain? Will I be able to run in the humidity?" Many more thoughts crossed my mind.

My ride partner Mike Whelan and I came in on the red eye and arrived at the race site Friday morning. From inside of our rental car the camp site was beautiful with green grass and gorgeous trees. It was sunny with just a few clouds. The minute we stepped



out we were slapped in the face with humidity. People from California do not know what 100% humidity is. I was quite shocked at how quickly I adapted to the air. We were greeted by happy people and smiling faces. Immediately we were all laughing and sharing stories. It was a beautiful welcome. When Mike and I met our horse we were pleasantly surprised. He was a beautiful grey and very sweet. Although Sport was much bigger than we were used to we knew he would be great.

I was also greeted by my friend Rick Noer who used to ride with me when he lived in California. He had a tent all set up with everything I would need. It was awesome.

The day of the race Mike rode Sport to the start. This horse was feeling really good and had a lot of energy.

Sport was amazing and completed the race like it was nothing. I was pretty sure he would get best condition but since Mike and I placed 5th, the best condition went to the first place horse. The terrain was a little different than I was used to, I just had to run a little slower and pay more attention. Janice, the ride manager, put on an amazing race. It was very well organized and she had the best volunteers. Even Dr. Fellers, the R&T vet, was thrilled that he was given an ice chest with cold drinks and a canopy for shade and rain. Boy did it rain and rain. Southern CA does not get that much rain in a year. I was also amazed at the enthusiasm everyone had. It was like R&T was a new sport.

I was very happy that I made the trip and I had a great time. Made a lot of new R&T friends. I will be back in 2 years!





## Ride and Tie Is Alive In Illinois

As an ultra trail runner, I am used to the pre-dawn departures for rural locations with a race bag bursting with shoes, clothes, and snacks that include apples, but on this pre-dawn, Saturday morning in early June, things were different. For one thing my daughters were in the car with me, and our bags held riding boots and helmets. We still had the apples, but those were not for us on this adventure. We were heading out to meet Vera and Amy Betzelberger who after several emails, a long phone call, and many text messages graciously agreed to meet my girls and me for an introduction into the world of Ride and Tie.

With temperatures predicted to soar, Vera expedited our arrival with a hat waving us into the parking lot, a quick mixing of beet pulp, a grabbing of helmets, spraying for ticks, and a pre training briefing on the flagging of our one mile or so course, all of which seemed simple enough. Our team consisted of 3 (me and “the girls”, Ava age 12 and Ellie age 13).

Heading out with Ava and I running behind Ellie on Lexus, I quite confidently told Ellie to continue forward past the flags as that most definitely was the correct path. But as we ran on and on, and as Ava grew increasingly red-faced, Amy B. rang me up on my phone (thank goodness she had me strap that to myself) to let me know we had already (in the first 10 minutes) gone completely off course. Oops! So, reversing course, but, “Please, Ellie let Ava up on that mount before she passes out!” Ellie and I now run behind Ava on Lexus to find Amy B. waiting for us on Starr. Ava ties up Lexus (great knot job), I mount, and we are heading out. At the next tie point, I opt for a flying tie because, truth be told, I’m confused and concerned about my knot, so back up goes Ellie. On we go, then another tie, another daughter mounted, we are just mastering this course til I notice that maybe Ava wasn’t quite so ready for the running portion. Red-faced and silent, she’s worn to a frazzle. Amy B., our fearless leader, generously offers to ride her back to camp while Ellie and I opt to complete one more loop - no problem!

So off goes Ava doubled up with Amy B. on Starr back to camp, and off goes Ellie down the brushy, single track, and there I go following on foot. But then through the chirps of the birds, I hear it: the whinny of a horse that can’t figure out why her dear friend Starr has departed so abruptly. Coming up the hill I see Lexus, clearly impatient with all this running in circles and an instinctual desire to return to her herd. A flying tie it will have to be, but Lexus is dancing so much, I’m concerned that my stiff, aged and inflexible trail runner legs won’t work well enough to let me mount my dancing partner. So I take one for the team and send Ellie off to complete the course, little did I know it was to be for the trail ride of her life. Lexus decided she didn’t have a moment to spare getting back to Starr so in record time the two made it back to camp with an ashen-faced Ellie still on her back. I arrived several minutes behind the flying duo to regroup and discuss our take aways of the day.

So in no particular order, our amazing experience with Vera and Amy Betzelberger taught us a few things:

1. Try really hard to stay on course.
2. Figure out the knots on TREES.
3. It’s fine to know how to ride, girls, but you need to RUN too.
4. Even the most sensible, goes- alone horse can have a “herd-bound” moment resulting in a more exciting ride than you anticipated. Just use your tricks to slow down and ...
5. Have fun!!!



Thank you so much Vera and Amy B. You were gracious and informative hosts that helped to motivate our jump off the cliff into this amazing sport.



## **Ride & Tie Race Schedule**

### **Sep 2-3, 2017, Crazy Daze R&T**

location: Spokane, WA - 12 & 25 miles - race manager: Gail Williams (509) 952-1256 Contacts: hadablondemoment@gmail.com

### **Sep 8-10, 2017, Big South Fork R&T**

location: Big South Fork National River and Recreation Area near Jamestown/Onieda, TN - distances: 4, 10, 15, 20, 30 and 50 miles - race manager: Joanne Mitchell 865-250-1645 Contacts: jfgmhorse@gmail.com

### **Sep 15, 2017, Swiftwater R&T - CANCELLED**

location: Cle Elum, WA - 12 & 25 miles - race manager: Shelby Edwards Contacts: eshelby06@gmail.com

### **Sep 22-24, 2017, Chesapeake Fall R&T**

Contacts: cpenguin57@aol.com

### **Oct 7, 2017, Coolest Ride&Tie and Equathon**

location: Cool Hills Ranch. 3320 state Hwy, 49, Cool, CA - distances: 6, 12 & 22 miles - manager: Susan Smyth 916-316-2096 Contacts: susansmythjackson@gmail.com

### **Oct 13, 2017, Run for the Horses Ride&Tie - CANCELLED**

Location: Biltmore Estate, Asheville, NC - 15 & 25 miles - race manager: Sara Boelt 828-273-1627 Contacts: lighttermountevents@gmail.com

### **Oct 14, 2017, Foothills of the Cascades R&T**

location: Molalla, OR - 12 & 25 miles - race manager: Anna Sampson (503) 829-6002 Contacts: sampson@molalla.net

### **Oct 20-21, 2017, Fort Valley Ride & Tie**

location: Fort Valley, VA - 50, 30 & 18 miles - race manager: Susan Trader 540-882-9721 Contacts: SusnTrader@loudounwireless.com

## **The search for the perfect Ride & Tie prospect**

by Kevin Townsend

My wife and I competed in Ride and Ties a several years ago, but after moving and then not being able to find a suitable R&T horse, we left the sport for a few years. But like all horse addicts, my wife is always interested in getting a new horse, so a while back she officially started searching for her next R&T horse. Here are our thoughts on some of the attributes we'd like in our new horse.

**Endurance:** The key factor in R&T is having a horse that can cover the distance. For that we are looking for a horse that has the endurance and the metabolics to finish and vet out. So Arabian blood is a must!

**Toughness:** After having a few horses over the years who seemed to get lame at inopportune times, we really wanted a tough horse with solid bone structure. We've read that mustangs are pretty tough horses, so maybe our horse should be part mustang.

**Height (part 1):** Ann is not particularly tall and she does not enjoy climbing up a tall horse, especially with the frequent dismounting and mounting in R&T. And of course, the taller the horse, the longer the fall. Therefore a short horse would be nice. Maybe our next horse needs to have some Shetland blood.

**Height (part II):** I'm a little taller than Ann, and I'd look silly on a short horse. I'd rather my feet not drag on the ground while riding! Therefore the horse needs to have a reasonable height, something that makes me feel manly! Maybe a thoroughbred can give us that height. **Strength:** Both Ann and I are a few pounds heavier than in our youth. So we don't feel to sorry for our mount, we'd like a horse with some muscle. Maybe a draft horse would work- a Clydesdale might do the trick.

**Body type:** We've had a horse in the past not pulse down well because he just couldn't cool down in the heat. He was just too thick. Therefore we have to have a horse with a slender build so he can cool off easily; maybe a skinny Turkeman horse would fit the bill.

**Disposition:** As we've gotten older, we've realized that we need a nice calm horse. We don't have the \*alls (or intestinal fortitude) to deal with a rambunctious horse running away or spooking at everything. Around here, Tennessee Walking Horses seem to be calm no matter what happens. That's definitely what we want.

**Forwardness:** We have also ridden horses in the past that did not seem eager to move down the trail. It's no fun trying to get a slowpoke to move along. Barbs are supposed to be pretty "forward", so maybe that's the answer.

**Good Brakes:** We've also had a horse that wouldn't stop. We'd have sore shoulders from tagging on the bit all day long. A relaxed horse with good brakes would cure that itch- maybe a Frederiksborg would work.



Comfort: We've also ridden some horses with some pretty choppy gaits over the years. And then we got a gaited horse. Now we know what a smooth gait is. So given the distances we'll be covering, our horse has to be gaited, maybe a Standardbred.

Obedience: In the past we've ridden some horses that always wanted to do their own thing. If the rider cued to turn right, the horse wanted to turn left, if the rider wanted to walk, the horse wanted to trot. So we definitely need a horse that listens well to the rider. I've heard that Lipizzaner horses are pretty responsive to their riders, so maybe that's the answer.

Common Sense: While we want a horse that trusts and obeys us, we also want a sure-footed critter that won't go over the edge of a cliff just because we point him that way. I've always heard that mules were sure-footed and have a healthy sense of self-preservation, so that's what we need: a mule (or part donkey).

Not prone to overeating: We like to keep our horses on pasture where they have the opportunity to roam around. Once we had a pony that would just stuff himself with grass. To protect his health he had to put a muzzle on him. We always felt so sorry for him having to wear that muzzle. So we want a horse that can be on grass and not need a muzzle. Maybe an American Saddlebred is what we need.

Easy keeper: We've also had a horse that just wouldn't eat well. We practically had to pour grain down her throat. And of course, when we travel, we want a horse that's eager to eat. Fjords are reported to be easy keepers, maybe one of them would work out.

Good drinker: We live in a hot muggy climate where a horse can sweat like a pig (which ironically, don't sweat much). So we want a horse that can replace all those lost fluids. Surely a desert breed would know the importance of drinking well. Well, the Akhal-Teke is a desert horse!

Catchability (part I): We used to store tack in a container out by one of our paddocks. It made riding so much more convenient when we didn't have to walk the horse all the way to the barn to clean up and tack up. Sure enough, the tack was stolen. At least our horses weren't stolen. So given all the sticky fingers in the world, we need a horse that a stranger couldn't catch, a shy horse. A wild type horse would probably be hard for a stranger to catch, maybe a Brumby.

Catchability (part II): I still remember when we bought our first horse. Ann has finally realized her lifelong dream of owning her own horse. And now she's crying in the pasture after being unable to catch her brand new horse. We eventually were able to catch her horse, but over the years we've owned several horses who could be a challenge to catch in a big pasture. So we need one who wants to be caught, a horse who come up to us when called. The closest we've had for that is a mixed breed horse that was born on our farm. We can't *stop* her from coming up to us. So we need our dream horse to be born on our farm.

If you happen to know where we can find a horse like this, please let us know! We've paused the search for the perfect R&T horse and have settled on raising and competing an Asgard Arabian. But Ann still keeps an eye out for that perfect horse!

And by the way, if you recognized all the horse breeds I've considered in this article, you must be a horse addict just like Ann!

Other options:

Smart- Morgan  
Pretty- Appaloosa (or a color)  
Good in mud/swamps (Carolina Marsh Tacky)  
Gelding (easy in groups, more levelheaded)  
Mare (can breed a replacement of this perfect horse)  
Deal with cold (furry draft??) since in pasture  
Deal with heat (thin skinned/coated) since ride in heat







Congratulations to our new R&T board members.  
Carrie Baris and Courtney Krueger

## World Championship Long Course Race Results

For more results go to [rideandtie.net](http://rideandtie.net)

5:43:12. **First** M/W Rhonda Venable- Dave Venable  
5:50:09 **Second** W/W Karen Isaacs- Beth Brinkley  
6:09:17 **Third** M/W Richard Koup -Lindsey Scherer  
6:12:27 **Fourth** M/M Courtney Krueger -Mark Landers  
6:17:06 **Fifth** M/W Mike Whelan -Gunilla Pratt  
6:17:26 **Sixth** W/W Barb Mathews -Nicki Meuten  
6:20:02 **Seventh** M/W Diane Wilson -Rob Harris  
7:06:34 **Eighth** W/W Janice Heltibridle -Kelly Pults  
7:11:13 **Ninth** W/W Alison Zeytoonian -Chelsea Portwood  
7:11:54 **Tenth** M/W Libby Llop -Turner Boone  
7:14:03 **11th** M/M George Hall- Dave Van Wicklin  
7:28:47 **12th** W/W Liara Gonzalez -Carrie Baris  
7:29:15 **13th** W/W Lisa Troutman -Ellen Hart  
7:44:11 **14th** M/W Rachel Christie Neidich -Rook Brian Rook  
7:48:19 **15th** W/W Debra Lynne Gilbert -Sarah Schnick

8:17:24 **16th** W/W Anne Dewar- Breanna Jewell  
8:21:06 **17th** M/M Rick Noer -Chris McDougall  
8:25:43 **18th** W/W Annie Cekada -Suzanne Diesel-Malazita  
8:34:01 **19th** M/W Sandra Abe- Farzad Faryadi  
8:40:14 **20th** M/W Greg Bradner -Megan Wilson  
9:17:37 **21st** W/W Lani Newcomb- Kathy Broaddus  
9:39:09 **22nd** M/W Nicholas Irianni -Amy Kerrigan  
9:39:13 **23rd** M/W Jeffrey Baig -Evelyn Baig  
9:52:18 **24th** W/W Maria Muzzio -Marie Carney  
9:52:19 **25th** W/W Natalie Muzzio -Amelia Young  
9:59:26 **26th** M/W Karen Neuenschwander -Jace Neuenschwander  
10:00:52 **27th** W/W Sara Boelt -Melissa Hoose

## Saturday Short Course Results

4:09:28 First M/W Dean Hilliard -Emily Carroll  
4:54:08 Second W/W Brandi Page -Carol Federighi  
6:08:21 Third W/W Virginia Trevisan -Karen Monk  
6:37:58 Fourth W/W Dian SchmiedickeChristina Muller

## Saturday Equathon

3:24:43 First M/W Dawn Hilliard -Todd Hacker  
3:49:22 Second M/M Richard Stedman -Kevin Black

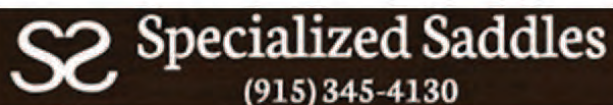
## Best Condition Horse for the Long Course Dakota

Ridden by Dave and Rhonda Veneble

## Sunday Equathon

4:12:43 First M/W Carrie Baris -Farzad Faryadi  
4:36:15 Second W/W Carol Federighi -Lindsey Scherer  
4:36:15 Second M/W Richard Koup -Charla Andrews  
4:55:45 Fourth M/W Sarah Mountain -Jacob Mountain





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# THE RIDE & FIE ASSOCIATION

2709 Road 64  
Pasco, WA 93301-1961



“Those who don't jump will never fly.”  
— Leena Ahmad Almashat