

# RIDE & TIE *AND* EQUATHON NEWSLETTER



## 49th World Championship in Tennessee

Chase and Elizabeth Perkins, Andrew and Alyssa Murray, Blake Patterson and Holly Wormsley.. they all represent Murray Meadow Stables owned by Andrew and Alyssa..



Pictures from the World Championship 2019  
Photos by Sierra Gerringer Photography



George Hall made  
the trip from  
California  
George has  
completed 37 World  
Championships



Head Vet Greg Fellers



Ride Meeting



Chris Lang



Courtney Krueger



Carrie Baris



Rhonda and Dave Venable



Farzad Faryadi, Eros, and pup at  
the end of the race



## 2019 Ride and Tie World Championship

Article and photos by Kristie Bradner

New teams, new participants, new trucks and trailers, and even new pups came to the 2019 Ride and Tie World Championship this year on August 17-18. The event's location, East Fork Stables in Jamestown, TN, was bustling with anticipation and enthusiasm, and organizer Joanne Mitchell did a spectacular job of coordinating everything. Big thanks go to her and her team of volunteers along with all the vets and vet students who worked so hard to keep the event a positive experience for everyone involved.

The weather over the weekend cooperated....to a point. While there were no summer rain clouds in sight, the temperatures rose to the mid-90s and the humidity soared the day of Saturday's races. It was just as warm for the events on Sunday. Staying hydrated was key for humans and horses alike.

The weekend of competition began on Friday evening with Logan Harris and Luke Palmore on Brody completing the 8-mile Fun Ride and Tie. On Saturday morning, the 35-mile Ride and Tie Long Course Championship Race started with Joanne dropping a black hat in memory of Bud Johns, and teams took off down the road and onto the lovely trails at East Fork. There were some challenging places such as a steep decline of smooth rocks followed by the inevitable climb up, but by and large the well-maintained trails gave neither feet nor hooves any problems. While many trails were wooded, it was the longer stretches under a cloudless sky that affected everyone; at times, the sun was brutal.

Prior to the start of the 35-mile race, one team's horse threw a shoe and there was quite a delay before that horse and rider could get going. Then, during one of the two mid-race vet checks, another horse was pulled because he didn't pulse down in the allotted time. During the race a few folks got lost – one very much so – and another horse lost a boot, another a shoe. The various setbacks were unfortunate issues for individual teams but ride and tie races don't promise their participants smooth sailing. On the plus side, an App used this year for the first time was extremely helpful in locating riders who had gone off course. It also showed crews back in camp where their teams were.

George Hall joined us from California as did head veterinarian Greg Fellers and his wife Kathy, and it was great to have their participation once again. George secured a partner, Farzad Faryadi, after his initial partner and then his replacement *both* had to pull themselves out of competition prior to the race. Michael Sullivan deserves a big thank you for relinquishing his spot as Farzad's partner so George could race!

Several newcomers were in the 35-mile Long Course Championship Race: the teams of Andrew Murray and Blake Patterson; Jesha Marcy-Quay and Amanda Jo Calvird; and longtime endurance riders Debbie Lashley and Sudi Lenhart who decided it was time to give ride and tie a try. The Venables shook things up when Rhonda Venable teamed with friend Chris Lang, another newcomer, and Dave Venable raced with son-in-law Rob Harris. Sara Boelt was pleased to finally partner with her friend Andrea Basset, something they had not yet been able to accomplish. The youngest participant was teenager Caleb Mason who teamed with Carrie Baris on Comet.

Rhonda Venable and Chris Lang on Ray won the 35-mile Ride and Tie Long Course Championship Race with a time of 6 hours, 30 minutes. Shortly behind them were Karen Isaacs and Beth Brinkley on the ever-capable Shasta. Barb Mathews and Liara Gonzales on Gator came in third. During the Saturday evening dinner, Ray, a recent arrival at the Venables' farm, received the Best Condition award.

Also on Saturday, the team of Ella Davis and Sara Bassett entered the 21-mile Ride and Tie Short Course Championship Race, but one rider optioned out of completing the event due to a previous injury. Three teams completed Saturday's 21-mile Equathon with Lily Turaski and her boyfriend Tolson Hallaver Bell on Freedom winning that event.

On Sunday, with heat still a factor, there were three teams in the 8-mile Ride and Tie race. Sara Brede, her daughter Marcy, and their mule Dolly came in first. The 21-mile Equathon Championship event had ten teams: seven with a horse and two humans, three with a horse and a solo human participant. In the solo division, Rhonda Venable and Ray tied for first place with Dave Venable who rode Dakota. In the team division, Alyssa Murray rode Titan, a black Tennessee Walking Horse, for 12.3 miles, and her husband Andrew ran the 8.3 miles with a winning time of 3 hours 12 minutes.



Greg Bradner and race director Joanne Mitchell on the morning of the race



We love our volunteers! Joan Grant at the aid station



Newcomer Andrew Murray



# West Coast Regional Championships



Tom Gey and Carol Ruprecht 2nd place (right)



Jim Clover and George Hall with Little Joe



Elaine Ruprecht and Kayla Erler 4th place. (right)



Steve Anderson and Debbie Hanson-Bernard (Left)

First Place Jim Howard and Wyatt Landrum (R)



First time Grandma. Elaine Ruprecht



Veteran Ride & Tier Sequoya (Ward) and her first time partner Sarah claimed 3rd place.




## West Coast regional championships

### Long Course - 35 - 35 mi





<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Jim Howard	Wyatt Landrum	Magic Sirocco	6:03:00	1
Thomas Gey	Carol Ruprecht	Unknown	6:35:00	2
Sequoia Russ	Sara Goodwin	Mardi Gras	6:39:00	3
Elaine Ruprecht	Kayla Erler	Zephyr's Maverick	7:00:00	4
James Clover	George Hall	Little Joe	8:08:00	5


### Short Course - 15 - 15 mi

<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Debbie Hansen-Bernard	Steven Anderson	Buddy	3:35:00	1







1971 **50<sup>th</sup> ANNUAL RIDE & TIE WORLD CHAMPIONSHIP** 2020



# RIDE & TIE

## WORLD CHAMPIONSHIP

RACE DIRECTOR—SEQUOYA RUSS  
707-845-6039 DUNCME2@GMAIL.COM

**Humboldt Redwoods State Park**  
**June 21, 2020**

Mark your calendars for  
the 50th World  
Championship R&T  
next year 2020

If you would like to be a  
sponsor for this event,  
please contact us. This will  
be the biggest event ever!  
Don't miss out!  
[rideandtie.org](http://rideandtie.org)

If you or you know someone  
that is in vet school, the Jim  
Steere Memorial Scholarship  
fund is looking for essays to win  
a \$1000 vet scholarship.  
Contact Melinda Faubel-  
Newton, DVM for more  
information.  
[mnfaubel@gmail.com](mailto:mnfaubel@gmail.com)



**TRAIL RUNNER**

## Butte Strong R&T and Equathon



Dean Moon and son Benny Moon



Gunilla Pratt and Kurt Miller with Little Joe



Jessica Olejik, Rachel Manley. Dancer Mae had a great time in the 13 mile Ride and Tie!

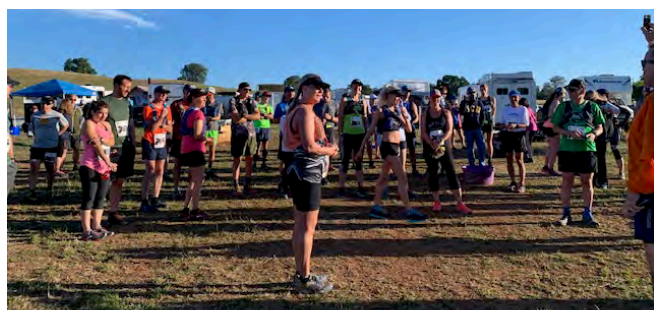


Butte Strong race results June 1, 2-19 Cool, CA Race director: Susan Smyth

RAT 21	time		
1	3:33	Melissa Ribley	Kim Barger
2	3:41	Gunilla Pratt	Kurt Miller
3	3:57	Elaine Ruprecht	Megan Chapman
4	4:05	Jaime Seaton	George Hall
5	4:19	Andrew Gerhardt	Marlena Conjer
6	4:29	Liz Begovich	Leigh Wayne Miller
RAT 13			
1	2:30	Sandy Smyth	Emily Cortez
2	2:55	Rachel Manley	Jessica Olejnik
3	3:47	Becca Stone	Nikki Petersen
RAT 8			
1	1:30	Lynnett Batt	Brain Graber
2	2:03	Katie McFarren	Sarah Heubner
Equathon 13/8			
1	2:57	Heidi Smith	Bethany Draeger
2	3:11	Denise Meehan	Scotty Walker
3	3:16	Tracy Bakewell	Kyle Bakewell
4	3:21	Kim Ellis	Jamie Johnson
5	3:23	Kate Kohagen	James Garing
6	3:24	Jerry Lucas	Courtney Armsbaugh
7	3:30	Guila Orth	Taylon Sortor
8	3:32	Dean Moon	Benny Dean
9	3:38	Carrie Gale	IRONMAN
10	3:39	Katrina Moore	Martin Whitcomb
11	3:57	Shera Blume	Suzanne Armsbaugh
12	4:30	Emma Orth	Diane Lundy
13	4:34	Mary Tisornia	Jennifer Tiscornia
14	4:35	Hillary Bates	Megan Zimmerman
15	4:39	Matt Lease	Mariah Gray

Butte Strong race results June 1, 2-19 Cool, CA Race director: Susan Smyth

Equathon 8/8			
1	2:41	Roger Yohe	Brian Peterson
2	3:22	Teri Giovanine	Samantha Hodges
3	3:47	Nicole Jolly	Ray Sanchez
4	3:48	Lisa Cundall	Lisa Haynes





## Race Schedule

### **Sep 6-8, 2019, Big South Fork R&T**

location: Big South Fork National River and Recreation Are 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 19-21, 2019, Meadow Creek Mountain Mingle**

Parrottsville, TN -- 50, 30, 25, 15, 10 mile ride and tie distances, 25 (15/10) mile and 17 (10/7) mile equathons -- race directors: Courtney Krueger and Carrie Baris Contacts: ck@firstcumberland.com, carriebaris@hotmail.com

### **Sep 20-22, 2019, Chesapeake Fall Ride and Tie**

Location: Fair Hill DNR, MD -- 40, 30, 25, 20, 15, 10 miles -- Ride and Tie contacts: Lani Newcomb and Janice Heltibridle Contacts: give2bute@aol.com, janiceheltibridle@gmail.com

### **Sep 28, 2019, Ride the Loup**

Okanogan, WA more info coming soon!

### **Oct 5, 2019, Coolest Ride and Tie & Equathon**

Location: Cool, CA -- Ride manager: Susan Smyth, (916)316-2096 Contacts: Susansmythjackson@gmail.com

### **Oct 25-26, 2019, Fort Valley R&T**

Location: Fort Valley, VA -- 50, 30, 15 mile ride and tie distances, 25 (18/7) mile equathon. Contacts: susntrader@loudounwireless.com



Old Dominion R&T



Courtney Krueger at the Old Dominion R&T



For all R&T members get your 15% off at Riding Warehouse.

Go to this link:

<https://www.ridingwarehouse.com/trail.html?from=group>.

Contact Susan Smyth for the check out code.

[susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com)



This shot of Stevie Brown (ride & tie rider) and officer Smith (of Shenandoah County VA Sheriff's office) shows just how horses can bring us all together.

*Photo by Becky Pearman*

## 49th Annual World R&T Championship Results

**Mileage: 35/21**

**BC Long Course 35: Ray**

**Starters:**

**Ride and Tie**

M/M 4,0

M/W 1,0

W/W 7,1

**Total: 13,1**

### Long Course 35 - 35 mi

<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Rhonda Venable	Chris Lang	Ray	6:30:00	1
Karen Isaacs	Beth Brinkley	Shasta	6:35:00	2
Barbara Mathews	Liara Gonzalez	After While Crocodile	6:41:00	3
Charleyse Charlton	Amy Kerrigan	Tye	8:40:00	4
Courtney Krueger	Mark N. Landers	Calypso	8:40:00	5
Jesha-Marcy Quay	Amanda Jo Calviro	Macchiato	8:55:00	6
George Hall	Farzad Faryadi	Eros BF	9:00:00	7
Carrie Baris	Caleb Mason	Comets Kurino	9:04:00	8
Debbie Lashley	Sudi Lenhert	Georgia Rose	9:40:00	9
Sara Boelt	Andrea Bassett	SHF Baasro	10:25:00	10
Andrew Murray	Blake Petersen	TN Valley Hotrod	10:56:00	11
Julianne Cyr	Caroline Palmore	Brody	12:44:00	12
Dave Venable	Rob Harris	Dakota	DNF	

### Long Course 21 - 21 mi

<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Sara Bassett	Ella Grace Davis	Teaoka Bopp	DNF	

**Date: August 18th, 2019**

**Mileage: 21/21**

**Equathon**

**Starters:**

M/M 1,0

M/W 0,7

W/W 2,

**Total: 3,7**

### Iron-21 - 21 mi

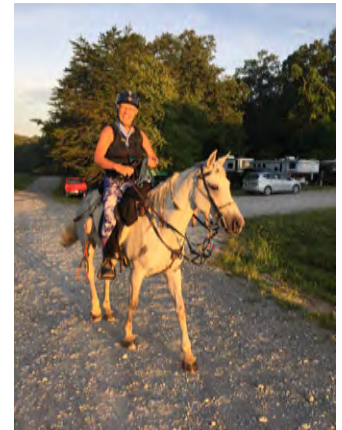
<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Rhonda Venable	Rhonda Venable	Ray	4:24:00	1
Dave Venable	Dave Venable	Dakota	4:24:00	1
Sara Bassett	Sara Bassett	Teaoka Bopp	4:31:00	2

### Long Course - 21 - 21 mi

<u>Partner 1</u>	<u>Partner 2</u>	<u>Horse</u>	<u>Time</u>	<u>Place</u>
Andrew Murray	Alyssa Murray	Titan	3:12:00	1
Amanda Jo Calviro	Justin Chamber -Smith	Patty	3:16:00	2
Courtney Krueger	Carrie Baris	Comets Kurino	3:18:00	3
Chase Perkins	Elizabeth Perkins	TN Valley Hotrod	3:28:00	4
Holly Wormsley	Blake Petersen	Texas	3:38:00	5
Lea L Krueger	Mark N. Landers	Calypso	4:21:00	6
Sara Boelt	Farzad Faryadi	SHF Baasro	4:22:00	7



Amy Kerrigan- after the race.  
Photo by Kristie Bradner



New ride and tier Debbie Lashley before the race start.  
Photo by Kristie Bradner



Tykey Truett and Jeff Cobb. Both of them are 76 years old and they did the Equathon.  
Photo by Sierra Gerringer

**Check out our new R&T store.**

<https://squareup.com/store/ride-and-tie>





**Coming SOON in time for the  
2020 50th Anniversary of Ride & Tie!  
An Updated Edition of**

# **~~40~~ 50 Years of Madness** **A History of Ride & Tie Championships**



**If you have a photo or paragraph you would like to  
share for this book, send them to**

**history@rideandtie.org BEFORE October 31, 2019 !!**

**We're looking for fun, amusing, or inspiring stories of how ride & tie has impacted  
your life. One or two paragraphs only please.**

**Photos needed too! Action photos are always preferred over posed shots, but we  
realize they are hard to get. Send us a photo or two that you love from a Ride & Tie  
Championship (World or Regional) you have competed in or helped at. Please also  
include the year, location, and names of horses and people if possible, and don't  
forget we must have written permission from the photographer to use the photos!  
(He/she can email a statement of permission).**

**Get your photos and stories in the book for posterity!**

**Especially needed are years 2010 thru 2019.**

**Thanks!**

**Annette Parsons**

**history@rideandtie.org**





Chris Knoch (L) with Greg Brown 1993  
Championship in CA

## Chris Knoch

November 5th, 1964 - April 7th 2019

Chris was a very competitive Ride & Tie from the late 1980s into the late 1990s. (was also a Ride & Tie). Chris also did endurance riding, and is one of the 40 people on Planet Earth who has completed the Triple Cripple Crown - Tevis Cup 100-mile Endurance Ride, Western States 100-mile run, and a championship Ride & Tie.

Chris and his wife, Cheryl, moved from central California to Alturas about 1995 to ranch on his family's land. They had two daughters. Cheryl and Chris teamed up for the championship ride & tie in the mid to late 1990s. He was race manager a few times for the Bay Hills Ride & Tie and later for the Mountainside Ride & Tie at Whiskeytown Lake.



## Ronald Eldon Nehring

October 4th, 1947 - May 24, 2019

Ron competed in many Ride & Ties from the 1970's into the 90's. He represented the United States at the first Indoor USA-USSR Dual Track Meet and qualified as an alternate for the 1972 Olympic team in the 4 x 800 meter men's relay. Although the half-mile was his specialty, he ran the 1972 Boston Marathon and finished with the elite group.

Ron moved to Utah in 1973 to reconnect with his longtime friend and future wife, Dr. Kristina Hindert. They married in 1974 and settled in Salt Lake City where they raised their three children, Lincoln, Jesse, and Kyle. In late 2002.

Ron was diagnosed with cancer and underwent chemotherapy and massive radiation treatment. The radiation so damaged his arteries that he suffered a massive stroke in 2008 and thereafter a series of complications from the treatment. But even after the stroke, Ron persevered, notably cycling 2400 miles from St. Petersburg, Russia to Venice, Italy in 2010; finishing the Boulder Mountain Tour ski race in Sun Valley, Idaho that same year; cycling throughout Tuscany in 2011; and completing the Santiago de Compostela pilgrimage in 2013.



## Mark Richtman March 17, 1955 - May 29, 2019

Mark Richtman was perhaps the greatest age group runner ultra-running has ever seen and certainly one of the greatest endurance athletes of his time. On Wednesday, May 29, Mark went out in his kayak in Tomales Bay and never returned. There was a point in his career in the sport of Ride and Tie where he had won more World Championships than anyone else. As a runner, he ran the kinds of times runners half his age would've sold their souls to achieve. At 47 he finished third overall in the 2002 Western States 100-miler, running 17:59 and finishing behind only the soon-to-be legend Scott Jurek and Leadville 100 champion, Steve Peterson. In 2015, he set the world record for the 60-64 age group for 50k on the track at Desert Solstice, and ran 6:13 for 50 miles at Jed Smith at age 56.



Chesapeake Fall Ride & Tie  
Trail Riding Club, Inc.  
10/15/20/25/30/40 Mile Ride & Tie  
SEPTEMBER 20, 21, 22, 2019  
(Sponsored by the Chesapeake Trail Riding Club, Inc.)

Great facilities, showers, secure horse stalls....What more could you ask for?

DATE: 10 mile - Friday, Saturday and Sunday	15 mile - Saturday
20 mile - Sunday	25 mile - Friday
30 mile - Saturday	40 mile - Friday and Saturday

LOCATION: Ride site is Fair Hill Department of Natural Resource (DNR) Area, Elkton, Maryland. The nearest large town is Newark, DE. Terrain is rolling hunt country through woods and fields, with some gravel road. Fair Hill has excellent facilities, including bathrooms with showers, excellent stabling, plenty of flat parking.

FEES: 10/20 Mile on Sunday - \$50.00 (no stall), \$85.00 (with stall); 25/30/40 Mile - \$95.00; Multi-day discount - \$240 max, any distance combination. Fee includes entry, Saturday dinner and stall with one bale of straw. Extra straw will be available on site at cost.

STABLING: ALL HORSES ENTERED IN EVENTS FRIDAY AND SATURDAY MUST BE STABLED. A separate stall deposit check for \$25.00 must be included with the entry. This check will be returned or destroyed when your stall is stripped, swept, and inspected.

**Meadow Creek Mountain Mingle Ride and Tie September 19-20-21, 2019**  
**Meadow Creek Mountain Ranch**

Thursday, Sept. 19 30 Mile Race \$110 Friday, Sept. 20 50 Mile Race \$120 Friday, Sept. 20 25 Mile Race \$110 Friday, Sept. 20 15 Mile Race \$90 Friday, Sept. 20 10 Mile Race \$80 Friday, Sept. 20 Equathon 10 Ride/7 Run \$100 Saturday, Sept. 21 50 Mile Race \$120 Saturday, Sept. 21 25 mile race \$110 Saturday, Sept. 21 10 mile race \$80 Saturday, Sept. 21 7 Mile fun race \$60 Saturday, Sept. 21 Equathon 15 Ride/10 Run \$110 Saturday, Sept. 21 Equathon 10 Ride/7 Run \$100 LATE FEE after September 10 \$50  
EARLY BIRD – Register before September 1 -\$10 RIDE ALL THREE DAYS -\$50 RIDE MANAGER for another RIDE and TIE this year -\$25 JUNIOR RIDER (15 years or younger) on a team -\$50 Individual R&T Membership \$40 Family R&T Membership \$25 TOTAL

**Courtney Krueger at 864-933-4912 or email [ck@firstcumberland.com](mailto:ck@firstcumberland.com)**

1041 Kile Lake Rd., SE Cleveland, TN 37323 To avoid late fees, please ensure entries are postmarked by September 10, 2019.

**FORT VALLEY RIDE AND TIE AND EQUATHON**

Friday, October 25, 2019, and Saturday, October 26, 2019 (NOTE NEW DATES)  
50 Mile Ride & Tie 30 Mile Ride & Tie 15 Mile Ride & Tie 18 Mile Ride/7 Mile Run Equathon

Ride Camp: The base camp will be at Favilla's field (previously named Fitchett's field), a primitive grassy venue. This location is subject to change. Please check the Old Dominion website ([www.OldDominionrides.org](http://www.OldDominionrides.org)) closer to the ride date for any changes. Base camp will open on Wednesday, October 23rd at 2 pm, and close at 6 pm on Sunday, October 27th. Camping needs outside of these times can be met by the nearby Fort Valley Stables ([FortValleyStable.com](http://FortValleyStable.com)). Email them at [fvs@shentel.net](mailto:fvs@shentel.net).

AERC Ride Manager: Claire Godwin 240-687-1450, [CRGodwin84@gmail.com](mailto:CRGodwin84@gmail.com). Entries should be sent to Susan Trader, 16813 Clarkes Gap Road, Paeonian Springs, VA 20129, 540-882-9721, [SusanTrader@loudounwireless.com](mailto:SusanTrader@loudounwireless.com).



## **Giddyup and Run Ride and Tie APRIL 2019**

### **By Joanne Mitchell, manager, TN mentor, lifer**

Since the Giddyup and Run is one of the first ride and ties of the season on the East Coast, the first weekend in April, you never know what the weather will provide. This year the weather was a nice jacket in the morning and t-shirts in the afternoon. No rain the whole time. What a difference from the blowing snow/rain/sleet from last year!

I usually do some pretty easy trails that early in the season. However, this year's course offerings were simple red, white and blue loops that were the World Championship Ride and Tie preview. If the competitors whined and complained too much we would consider re-routes for August. We took accurate timing information on each loop (thank you Tykey Truett) so we could plan for August. Comments included-"well that's a championship course."

We had a new volunteer from Illinois, Megan Wolf who was vacationing in the area with her family. I think she is hooked if we can find a horse and partner for her. (Karen Isaacs is in charge of horse finding for the championship. Hint. Hint.) She noticed that everyone was very friendly and answered all her questions. Megan is a six-foot-tall jogger but really wants to try out our crazy sport. Her young daughter is taking riding lessons.

We had a new couple from Georgia (she rides, he runs) who experienced the equathon and ride and tie for the first time. I think they enjoyed their stay in the cabin with the hot tub and the local attractions. Sara Boelt got a newcomer, Ingrid Sander-WELCOME! There were a couple of new horses also-welcome Prince, JJ and Coments Kurino!

This was the first time many of us had seen the new yellow hats. Sorta goes with this year's navy/white shirts. Here's the photo of the University of Tennessee Vet school truck, including Drs. Faye and Hines in the middle.

The awards were unusually as always. There was even a comment-Thank You, what is it? For the old folk award which was a very long shoehorn.

Don't forget to vote for the 3 new directors at [www.rideandtie.org/vote](http://www.rideandtie.org/vote). Even though there are three open slots and three candidates, it still makes a difference.



Welcome our new board  
members.  
Gunilla Pratt  
Susan Smyth  
Lani Newcomb

If you would like to write an article or send  
pictures for the Newsletter, please contact Gunilla  
[gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)

## COOLEST RIDE & TIE, EQUATHON and FUN RIDE October 4<sup>th</sup>, 2019

All proceeds go to benefit WSTF or Local trails.

**2018 proceeds provided a new corral for Dru Barner Equestrian Park**

**Ride and Tie: 22-mile-Long course, 14-mile short course and 8-mile mini course.**

**Equathon: Long course 14-mile ride/8 run  
Short course 8-mile ride/8 run.**

**Be A Team or Go strong- Ironman.**

**WHERE: Olmstead Staging area.** 7200 St Florian Ct, Cool, CA 95614. Behind fire station. This is a \$10.00 daily fee parking. Overnight parking \$25.00 Friday only. Holiday Market (full service), restaurants, and feed store within walking distance. If you are coming from out of town and need overnight for Thursday contact ride manager. **Start time:** Equathon 8am, Ride & Tie long and short 8:15, Shorter courses 0830. Anytime FUN RIDE/Run! **Vetting:** Traditional vetting Required for any distance greater than 10 miles. **Important!** Pre-vetting 5-6:30 pm Friday and 6:45 am Saturday am required for Ride & Tie and Equathon participants participating in 22- or 14-mile courses

Contact Susan Smyth: susansmythjackson@gmail.com

From May, 2019 to August 27, 2019 42 wild burrows have been shot and killed by an unknown shooter in California. The bodies of these animals were left to rot in the Californias Mojave Desert.

California officials have offered a \$10,000 reward for the arrest of this killer.

The animal is also protected under federal law by the Wild and Free-Roaming Horses and Burros Act of 1971.

### Did you know?

A burrow is a wild donkey.

Donkeys can live for over 50 years.

Donkeys are very strong and intelligent.

A donkey is stronger than a horse of the same size.

Donkeys have an incredible memory – they can recognize areas and other donkeys they were with up to 25 years ago.

A mule is a cross between a donkey and a horse.

China has more donkeys than any other country in the world.

A donkey has been used as a working animal for over 5000 years.

You can't make a donkey do something that he thinks is unsafe.

Donkeys are originally from Africa and the middle east.

Their large ears help to keep their body cool in hot and arid desert conditions.

A donkey can hear another donkey 60 miles away.

Donkeys get very depressed living alone.

They are a heard animal.

The donkeys milk is more like human milk than any other species.

## The BIG SOUTH FORK Ride and Tie

### Big South Fork between Jamestown and Onieda, TN

Friday, Saturday & Sunday September 6, 7 & 8, 2019

4, 10, 15, 20, 30 and 50 mile Ride and Tie distances; Sunday short Equathon

Race manager: Joanne Mitchell 865-250-1645 ENTRIES: \$30-80 per team

Completion awards for all distances Membership in the Ride and Tie

Association is required for insurance purposes. Join online at

www.rideandtie.org or you may join at the ride for \$25 per person or \$40 per

family. Best for newbies to join in September 2019 and get all 2020 included.

FOOD No food available on site. Bring your own snacks. Civilization is at

least 15 minutes away. CAMPING: Free camping in the field. Other people and

horse accommodations are available. For more information please go to

www.rideandtie.org or contact Joanne Mitchell at 423-337-6194 or



This is my wild burrow, Eddie. He was rescued from the BLM. Gunilla Pratt



## Hanging in there when things are hard.

This has been a difficult year for me. In April my brother shot himself at my ranch. He was the caretaker and he was amazing with all my horses. My brother and I were very close. He was my best friend, even when we were little kids. He and I spent a lot of time together. We were so much alike. I had just spent the entire day with him laughing and having a good time. He took his life that evening. I honestly never saw it coming. I have been struggling with this ever since.

One day when I was not doing so well I got a call from Courtney Krueger. (Courtney serves on the board of R&T with me.) He was so amazing and I spilled out all my feelings to him. He was such a good listener, but then again he is a pastor. He really did help me that day. I don't think he knows how much! Thank you Courtney

My friend Susan Smyth was putting on a R&T in Cool CA, a couple of months later, which is about 12 hours away for me. I was not going to go. I was very depressed and no longer had a ride partner since he had moved to Las Vegas. Susan convinced me that I needed to get away so instead of making the drive, I flew up. George Hall let me use his horse and they found me a partner. I was so happy that I listened to Susan because I had a great time and Susan was so good to me. Something about her race was so full filling. Just to be around fun and exciting people was really good for me. The weather was perfect the day of the race. My partner was great and it felt really good to be out on the trails. This made me realize that a good cure for my sadness was to get out and do a R&T. I'm still struggling with my loss but I make sure I get out and run and ride.

The Pastor at my church told me that grief is a place to visit not to stay. I have to thank Susan Smyth for getting me out of my grief.

If you have never done one of Susan's races, you need to do one soon. She puts on the most amazing races. That's why she has so many participants. She makes everyone feel welcome.

The day after my brother's death it rained at my ranch and a beautiful rainbow came out. I knew my brother was telling me he was no longer in pain. The picture on the back cover is a picture of the rainbow.

I lost a husband in 1995 to cancer and an 8 year old son to cancer in 2002. I know the feeling of loss. For some reason suicide is different for me because I keep thinking why I did not see it coming? What could I have done?

Was there a way for me to stop it?

Life goes on and it does get easier but you never forget.

Thank you to my R&T family for all the condolence messages and cards.

I love you all.

Gunilla Pratt.

My Brother.  
Vladimir VandeVrugt  
9/6, 1968- 4/13, 2019



**National Suicide Prevention Lifeline**  
**We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.**  
**1-800-273-8255**





Alison Zeytoonian  
VA Highlands R&T  
*Photo by Nancy Sluys*



Barb Matthews and Farzad Faryadi.  
*Photo by Becky Kirchner Pearman*



Virginia Highlands R&T.  
*Photo by Nancy Sluys*



Virginia Highlands R&T. *Photo by Becky Kirchner Pearman*

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"Like the rainbow after the rain joy will reveal itself after sorrow"  
— **Rupi Kaur**