



Janice Heltibridle, Ellen Hart, and Rush Creek Bobby on their way to completing the 100 mile Ride & Tie at the Old Dominion Weekend at Orkney Springs, VA aka "The Beast of the East." Janice, Ellen, and Bobby also completed this epic course in 2021. They have two more 100 mile races on their calendar for this year!



Board of Directors

Officers

President:Sara Boelt (2024)Vice President:Chris Amaral (2024)Secretary:Carrie Baris (2023)Treasurer:Steve Anderson (2024)

Directors

Bob Heltibridle
Lani Newcomb(2025) Statistician, Chair of the Communications Committee
(2025) Veterinary Scholarship, Nominating Committee
(2025) Sanctioning OfficerRhonda Venable
Courtney Krueger(2023) Newsletter Editor
Alison Zeytoonian (2023) Horse of Distinction Committee

Board Member Emeritus (Lifetime board members)

Steve Shaw Mary Tiscornia

Head Veterinarian

Greg Fellers

For More Information about Ride & Tie

Ride & Tie Rules: <u>www.rideandtie.org/rules</u>

Ride & Tie Schedule: <u>www.rideandtie.org/race-schedule</u>

Ride & Tie race results/points/individual stats: www.rideandtie.org/ride-results

Ride & Tie Store: www.rideandtie.org/store

Help for Race Managers: www.rideandtie.org/resources/ride-manager

Past Ride & Tie Newsletters: www.rideandtie.org/resources/newsletters

To Join or Renew your Membership: www.rideandtie.org/membership

Educational and fun videos on YouTube: www.youtube.com/@therideandtieassociation1531

Questions and community:

Join the Ride and Tie, the East Coast Ride and Tie Folks, and/or the Coolest Ride & Tie pages on Facebook

Board of Directors 2023 Election

In accordance with our By-Laws, the nominating Committee submitted names to the Board of Directors of individuals to serve for a three year term which shall begin on September 23, 2023. No additional nominees were submitted to the board before the March 9 deadline. The nominees for this year are Carrie Baris, Barb Mathews, and Melissa Montgomery.

The election begins on May 5, 2023 and ends on August 31, 2023.

In order to vote, you must be a member of the Ride & Tie Association.

Please go to https://app.rideandtie.org/rt/vote in order to cast your vote.



Happy Summer Fellow Ride and Tiers!

I hope this newsletter finds you well.

Have you ever stopped to think about how AWESOME our fellow Ride & Tiers are? Even though it is a competition, everyone is always cheering each other on or offering to help.

Many of you know, I teach riding lessons and will often be at an R&T with several of my lesson kids. I went to Giddy Up and Run in April. I took 3 teams, consisting of me, 4 lesson kids, and Meredith Parks, who was an adult newbie. We were off to a good start, when one of my students, Cera Owens took a fall off one of the ponies. I immediately went to her to see where it hurt. At the same time, I was sort of barking orders at everyone else to get horses stopped, etc. We all thought she had hit her shoulder (which she did), but then looked at her arm and noticed it was really starting to swell.

All of a sudden Amy Kerrigan and Natalie Rogers came along. They were each doing an iron Equathon. I was on the phone with ride management trying to figure out a meeting point to get Cera back to camp. Amy and Natalie stopped and stayed with us until we had a plan. They even offered to stop their rides and go back with us. We told them we had a plan and to please continue to ride.

So, we walked Cera out out to where we met with volunteer Ken Pasternak who was able to take Cera and me back to camp. Meredith took the other kids and horses and got them back to camp. Off to the hospital we went where we discovered that Cera had broken her arm. This long story is to

say that ride and tiers are AWESOME!! It truly takes a village! Cera is now fully healed and is planning on doing a ride and tie with me this month.

This newsletter issue has several stories about the Ride & Tie family stopping to help others, mentoring others, and even a mention of a University of Tennessee vet who shaved a competitor's chest! All of these are more examples of our awesome Ride & Tie Family!

I hope you'll soon be out competing with, helping, or being helped by a member of the family! The 51st Championship at Biltmore in September would be a great venue and event for you to do just that!

Ride, Run, and Have Fun!

President Sara Boelt riding T-Bop on right at Ride in the Pines. Adalyah Osteen riding In Your Pocket on left. Runners L-R: Maci Robbins and Jennifer Owens

Photograph: Becky Pearman

Sara Sara Boelt.

Sara Boelt, President of Ride and Tie

East meets West Peter and Martha Klopfer: the first East Coast team to compete in Ride & Tie by Courtney Krueger

June 1975 was going to be a significant month in the lives of Durham, NC residents Peter and Martha Klopfer. Martha would turn forty and they would celebrate their twentieth wedding anniversary. Martha wanted to do something a little different to celebrate. She remembered an article from a horse magazine that highlighted a strange new sport called Ride & Tie. The fifth ever World Championship was being held in Paso Robles, California on June 15. Martha had grown up riding horses in Griffith Park in Los Angeles. Peter was an avid runner. To Martha, Ride & Tie seemed a good way to combine those two interests. Peter wasn't so sure. He made a half-hearted agreement with Martha that if she would run a marathon, he would take riding lessons. She not only ran a marathon, she set the North American Women's age record! Peter kept his end of the bargain and took riding lessons. The instructor he chose was an old English Cavalry officer.

In the meantime, Martha wrote to Ride & Tie founder Bud Johns asking about the chances of someone renting or loaning them a horse if they came from North Carolina to California to enter the 1975 Championship. Cliff Lewis agreed to let them use his endurance horse Blackjack. East was ready to meet West.

They traveled to California a few days before the race to get to know Blackjack. The day before the race, Martha walked the field where the race would start. It was full of gopher holes which filled her with anxiety and worry. What if Blackjack broke a leg right at the start? The next morning, however, she says she didn't have time to worry. When Bud John's



Martha and Peter in the Early Years

iconic black hat started the race, Blackjack was through the field before she could take three breaths! Her plan was to ride conservatively and carefully. "Blackjack had different ideas" she says. They found themselves immediately with the front runners. Shortly she realized Blackjack's right rein snap was unsnapped. She was on a galloping horse with little control! He kept chasing the other horses until they reached a field where she reined him to the left (her only choice), got him to stop, and re-attached the rein.

They planned their first exchange to be at six miles. Peter says, "By the time I got to Blackjack, he was just standing on his head, after watching all the other horses go by." They took off nearly out of control. Going down a sand dune, Blackjack stumbled badly. Peter's instructor taught him to make a "bridge" of the reins across the withers at a canter or gallop. He was doing that and says that as Blackjack went down, "I basically did a handstand and went back into the saddle." After that Blackjack settled down and they continued the race with less drama.

Close to the end of the race there was a water stop. When Martha arrived on Blackjack, she found Chuck Stalley struggling to get the bridle on his horse Peanuts. She waited until he finished before moving on. Later someone told her she didn't have to do that. "He was the competition" they said. Displaying the sportsmanship that exemplified her 35 year Ride & Tie career, Martha answered, "No. He was another rider and we take care of each other out there."

The Klopfers finished their inaugural race in ninth place overall and first place in the Man/ Woman team category. They were hooked. They competed in 8 World Championships amassing three top Man/Woman finishes, two top tens, an eleventh, and a thirteenth place. Peter has 625 career miles. Martha has 707.

Perhaps their favorite race was the first international Ride & Tie held at the Earl Bathhurst's forest preserve in the Cotswolds in England in 1979. They borrowed an Arabian horse who came right off the track. They spent a week training it for Ride & Tie and then started the race. The Earl

didn't want folk tying horses to his trees, so he installed hitching posts every mile. That altered the strategy a little bit. They were also facing stiff competition. Two of the other teams were members of the UK National Pentathlon team. However, the combination of a racehorse who only had one speed and veteran Ride & Tie strategy allowed the Klopfers to win the race. Peter remembers that rather than the "Yahoos" that often end races in the States, they were met with polite clapping, shouts of "Good show, Good show!" and mugs of Guinness beer!

Now in their eighties, they are still quite active. In July Martha competed in the USA Track and Field Nationals in the 800- and 1500meter events in the 85–89-year-old age group. She also regularly rides, though she has transitioned to dressage.



The Klopfers in 2007



Martha riding her horse Edmond in 2020 picture from The Dressage Foundation website

To hear a full interview with more stories and wisdom from the Klopfer's 35 year career, go to the Ride & Tie Association's YouTube channel www.youtube.com/@therideandtieassociation1531

West meets East Rick Noer, a West Coast Ride & Tier moves to the East

by Courtney Krueger

A number of people in Ride & Tie history have competed in races on both the East and West Coasts (see the article in this issue on Peter and Martha Klopfer), but Rick Noer may be the only person to move from one coast to the other and continue their career in their new home.



Rick discovered Ride & Tie in 2003. Tom Gey and Carol Ruprecht showed up at the Snail's Pace Running Club in Fountain Valley, CA one evening asking if anyone wanted to learn about a crazy sport. Both Rick and Mike Whelan accepted the invitation and neither ever looked back.

Rick has competed in fifteen Ride & Tie World Championships. He

boasts a win in the World Championship short course at Humbolt, CA in 2007. He also boasts 1,781 career Ride & Tie competition miles.

In 2016 he moved from California to Virginia. He had already competed in the East before, so the move was just an opportunity to teach his new East Coast friends about West Coast competition. He says that the competition on both coasts is remarkably similar. "People tend to look after the welfare of the horses first and are also always willing to give a hand, even to the competition" (editor's note: you will find this theme several times in this issue).



Photo: Becky Pearman Rick riding Rumor while doing an Iron Equathon at Ride in the Pines in April, 2023.

But let's return to the beginning and experience Rick's wisdom forged by experience. Rick says he failed to complete his first race because he hurt his foot and couldn't mount the horse. That didn't deter him from trying again. Later in 2003 he entered the World Championship with Melanie Weir on her horse Kamanche. This was his first of six Championships with Melanie Weir, four of them on Kamanche. They finished dead last (30th) in 2003. They improved to 28th in 2004, 25th in 2005, and then 11th in 2006. They teamed up again in 2010 and 2011 on LP finishing 14th and 11th respectively.

He says that learning what can go wrong on the trail and how to fix it has been a theme in his career. That explains the last place finish in his first race and paradoxically explains his love of the sport. When something goes wrong, you just must figure out how to adjust or fix it and keep going.

In 2010 at the World Championship at Mt. Adams, the horse broke its halter at the first tie. Rather than trudge back to the start in defeat, Rick and Melanie figured out how to construct a halter out of straw rope so they could continue the race. By the time they got the "new" halter constructed and the reins attached to it (they were not using a bit) they were dead last. But they kept plugging along and finished that race in 14th place out of 32 horses. That taught Rick not only the need for improvisation but also the value of consistency. "Consistency is key," says Rick "You don't have to start first to finish way up in the pack. Look after your horse and yourself and just keep moving."

He also learned the value of competing in his own way and at his own comfort level. He says, "The first year I did Ride & Tie I was kind of scared to death. I was scared to go faster than a trot. I was really self-conscious about getting on the horse in front of other people. I was afraid of falling off. Usually, the only times I fall off are when I am in front of a crowd! I told Ted Ruprecht about it. He said to me, 'Rick, that's OK. Just go out and have a good time and keep riding.' He gave me the confidence I needed." He then smiles and says that moving from the trot to the canter was great because the canter is actually nicer!

Rick credits people on both coasts for mentoring him like Ted did. In 2016 he became a mentor himself as he agreed to mentor and partner with New York Times bestselling author Christopher McDougall of "Born to Run" fame. Their first race was in October at Fort Valley, VA. McDougall is 6'4" while Rick is 5'3". They used a set of ladder stirrups which worked beautifully. The following year the whole team (including Hank the horse) came to the World Championship in Orkney Springs, VA. They finished a very respectable 17th.



Rick Noer and Christopher McDougall finish the 47th World Championship in Orkney Springs, VA in 2017 (note the ladder stirrups).

Photo: Kristie Bradner

One final unique quality to Rick's Ride & Tie career is that from that first evening at the Snail's Pace Running club until now, he has never owned a horse. Every one of his more than 2,000 combined Ride & Tie and Equathon miles have come on borrowed horses. He demonstrates that horse ownership is not required in this equine sport. There tend to be enough people with horses looking for partners and/or looking for folk to keep their horses fit. All they usually ask is for someone to put in sweat equity and a few bucks for the chance to ride and compete.

Rick was in his fifties in 2003 when he started in this sport. You do the math and then do a bit of admiration for this bicoastal competitor who is still going strong! Consistency indeed, is the key.

To hear a full interview with Rick Noer and many others, go to the Ride & Tie Association's YouTube channel <u>www.youtube.com/@therideandtieassociation1531</u> What's Your Workout?



REPRINTED WITH PERMISSION

These Two Runners Have a Horse in Their Race

Couple take turns running and horseback riding dozens of miles in Ride & Tie event

By Jen Murphy. Photographs by Carlos Bernate for the *Wall Street Journal*. May 27, 2023



When Dave Venable agreed to his first Ride & Tie event, his strategy was two-pronged. First: Run fast. Second: "Hold on like hell."

The quirky sport involves two runners who alternate riding one horse on a race course ranging from 20 to 100 miles.

Venable estimates he'd ridden a horse five times prior to that 2009 race. His wife, Rhonda Venable, is a lifelong horse rider. When her Ride & Tie partner had a last-minute race conflict, he filled in. "I gripped the saddle horn so tight it rubbed the skin off my palms," he recalls. Despite his inexperience, the couple captured first place in the 30-mile event and went on to become a dominant force on the race circuit. Teams are awarded points throughout the year and the Venables were the 2022 champions in their division.

Ride & Tie started as a promotional event for Levi Strauss & Co. in 1971. Today, it is a global sport with around 200 participants and events held year-round.

One team member starts off riding, leaving the second behind to catch up on foot. Anywhere from a halfmile to 3 miles ahead on the trail, the first rider dismounts and ties the horse to a tree or post, then runs ahead.



The first runner catches up to the tied horse, unties it, mounts and continues riding, bypassing the second runner. They continue leapfrogging to the finish. Crossing together isn't a requirement, but the Venables try to do so.

Dave, 66, and Rhonda, 61, live on a farm in Toano, Va. Both come from endurance sports backgrounds. When they met, she was a runner and he was a cyclist. He soon embraced running and they competed in ultramarathons before Ride & Tie.

He has more than 3,400 miles of Ride & Tie racing under his belt and she has 3,300.

They aren't as spry as when they started the sport, but say strategy helps them compensate. He is 6 inches taller than her-adjusting stirrups after each exchange costs valuable seconds.

"We position the stirrup between as far as Rhonda can reach on her tiptoes, and I ride in an overly bent leg position," he says.

The Venables compete in 12 to 15 races a year, sometimes as a team, sometimes with different partners. Rhonda Venable also participates in the Equathon discipline, where she rides a 10-to-15-mile loop, then runs a 5-to-15-mile loop. She was the 2022 overall Equathon points champ. They are preparing for the 2023 Ride & Tie World Championship in Asheville, N.C., this September.



Traditional Workout

When the Venables started competing, they would run 15 to 20 miles once a week, and 3 to 6 miles twice a week. With age, they've reduced their mileage to avoid injuries, he says.

They run 3.7 miles two to three times a week, always on trails. Dave supplements his runs by cycling 100 to 120 miles a week. He alternates between road riding and mountain biking. They have a small gym in their basement. Leading up to a big race, Dave follows up runs with a 30-minute StairMaster session.

Three times a week he does a strength routine. He uses dumbbells to perform curls, triceps extensions, rows and shoulder presses. He performs single-leg glute bridges, back extensions and crunches on a stability ball and uses his Smith machine to do squats. He stretches every morning to help with back pain.

Dave cross-trains by cycling 100 to 120 miles a week

Farm Workout

Rhonda prefers to use the couple's 36-acre farm as her gym. They own eight horses.

"I lift a lot of horse manure with a pitchfork and wheelbarrow," she says.

She walks a minimum of 5 miles a day, according to her Apple Watch. She also trains her horses for Western and English riding shows. To work on balance, she shoots arrows from the back of her horse on the farm.



The Venables train their Ride & Tie horses twice a week on the trails of York River State Park. They also split farm chores. Dave says it often takes him 90 minutes to stack 30 110-pound bales of hay.

Diet

Fueled by soda: Dave teases his wife that 60% of her calories come from Mountain Dew. He prefers Coca-Cola, but limits it to races. "I ride and run part of the race with a 16-ounce bottle of Coke in hand," he says. **Keep it simple:** "Three ingredients is a lot," Dave says. The Venables don't eat out, but also hate cooking. Meals or often some combination of chicken, pasta and a vegetable. **Race calories:** Peanut butter and jelly sandwiches.



Gear

Sneakers: Competitors run and ride in sneakers. Dave wears Asics Gel-Kayano (\$160) and Rhonda is loyal to Brooks Adrenaline GTS (\$140).

Apparel: They wear running shorts and tall socks. They put a sheepskin cover on their horse's saddle so their legs don't get torn up.

Helmet: Competitors must ride in a helmet. Rhonda runs while wearing hers. Dave takes his helmet off so he doesn't overheat. "Some people share a helmet, but when we tried that, I left it on the ground and had to go back for it," she says.

Write to Jen Murphy at jen.murphy@wsj.com

Good Sportsmanship at Coolest by Steve Anderson

Editors note: Way back in 1975 Martha Klopfer demonstrated she understood good Ride & Tie Sportsmanship at her very first race. That story is recounted in an earlier article in this issue. This article proves that good sportsmanship in Ride & Tie is still alive and well in 2023!

The Coolest race started out well enough with everyone spreading out and doing great. The 23 mile l course began with a 13 mile loop. There was an aid station about 8 miles into that loop. As I am running towards the aid station my partner George Hall is in front on his horse Little Joe.



George Hall on Little Joe

Photo: Be HumBull Photography

As I come around a bend, a horse with no rider is trotting towards me and George is behind it on the ground with Little Joe in tow. As the horse gets closer, I can see that the leather reins had broken off

about an inch from their snaps to the bit. The rider was either thrown or used the reins as a tie rope. I asked George for the tie rope from Little Joe so I could clip it onto the halter of the lone horse to lead into the aid station (by my estimation we were 2 miles away). George gets on Little Joe and rides to the aid station while looking for a person on the ground. I cinch up the stirrups to the saddle to keep them from bouncing while we jog to the aid station. Soon enough a guy comes jogging towards me, smiles with "you found my horse"! He asks, "Did you see my



Steve Anderson in his iconic yellow at Coolest. Photo: Be HumBull Photography

partner behind you?" "No," I said, "didn't pass any one or see anyone for a long time." I gave him the tie rope and told him to make reins from it and get back into the race. I took off running towards the aid station. We all caught up with each other at the Vet check where both partners thanked me for helping out and giving my tie rope.



Scenes from the Season So Far



Rick Koup on Ray at Old Dominion in June. In April he passed his 1,000th career mile. Photo: Becky Pearman



Martha Nelson and Trevor Cook at the Night Ride at Old Dominion in July. Photo: Carrie Baris



Eryn Lohmeyer on Troika at Coolest in July Photo: Be HumBull Photography



Sarah Amedure and Elizabeth VanAuken complete their first Ride & Tie at NY Adventure in May. Photo: *Rob Sawyer*



Chris Wolfersheim and Matthew Child at Ride in the Pines Photo: Becky Pearman



Each year Ride & Tie offers a scholarship in memory of our first head veterinarian Jim Steere to a veterinary student based on essays they submit to our committee. This year's winner of a \$2,000 scholarship is Cara McNamara. Cara is a current fourth-year veterinary student at the University of Pennsylvania School of Veterinary Medicine. Her primary clinical interest is equine reproduction and neonatal care. She currently plans to pursue a large animal theriogenology residency following graduation and a rotating equine internship. Her interest in reproduction stems from her involvement in the Equine Science program and Quarter Horse breeding program at Pennsylvania State University during her undergraduate education. Congratulations Cara! Her essay is on the following pages.



Understanding the Coggins Test

by Cara McNamara

Most horse owners are familiar with what a Coggins Test is and that their horse gets one once a year – a blood sample is taken from their horse, a picture is taken and about a week later they (hopefully) receive a paper stating that their horse is negative. But if you asked the owner what exactly the test is and what it detects, how many of them would be able to tell you?

What does the Coggins Test do? The Coggins Test is a diagnostic test for Equine Infectious Anemia (EIA), a viral infection that leads to a potentially fatal disease with no treatment. EIA affects all equid species, including horses, donkeys and mules. Affected horses can present with a variety of clinical signs in different forms. The more severe acute form is characterized by fever, jaundice, bleeding from the nose, progressive weakness, bloody feces, depression, weight loss and abortion in pregnant mares. Horses that survive the acute phase progress to the more commonly seen chronic form, which can be associated with limb swelling (edema), weight loss, severe anemia and repeated episodes of fevers or no clinical signs at all. Horses with inapparent infections are often only diagnosed when tested prior to transportation, showing, or being sold. In rare cases, EIA infection can also lead to sudden death.

	F	ORM SER	IAL NUMBER				GVL	
GVL - EQUINE INFECTIOUS ANEMIA LAB	ORATORY TEST			SALAN PL				
1. LAB/ACCESSION NUMBER	2. DATE 2020-104	BLOOD DRAWN 01	3. TEST REQUESTED BY VET AGID		4. REASON FOR TESTING Annual			
S. CURRENT HOME PREMISED OF EQUIN	E RANCH / FARM / STABLE /	7. NAME & A	DORESS	8, NAME (& ADDREST OF VE	ERINARIAN	Sit	
6. COUNTY OF CURRENT HOME PREMISES OF EQUINE			VETERINARIAN NATIONAL ACC			CCREDITATION	CREDITATION NUMBER	
CERTIFICATION OF FEDERALLY ACCRED certify I am a category II federally accredite	ITED VETERINARIAN d veterinarian, authorized, in th	e state where the	sample was obtained, by r	me, from the a	animal described bei	w.	~	
SIGNATURE OF FEDERALLYACCREDITED VETERINARIAN			Cat Cat				G	
HORSE								
9. TUBE NUMBER	10. FREE	EZE BRAND	11. REGISTERED NAM	VE	12. COLOR / COAT OR HAIR COLOR(S)		NOR(S)	
3. BREED OR SPECIES	14. AGE	OR DOB	15. GENDER		16. MICROCHIP, BREED, OR REGISTRATION NUMBER		GISTRATION	
			6		10			
ARRATIVE DESCRIPTION		OTHER MARKS AND BRANDS:			Series and	S		
17, HEAD:			18. NECK AND BODY:					
19. LEFT FORELIMB:			20. RIGHT FORELIMB.					
21. LEFT HINDLIMB:			22. RIGHT HINDLIMB:					
ABIES VACCINATION	and the second second		All Dans in the State	C. Contraction		S. 1. 1. 1.		
YPE	VACCINATION DATE	PRODUCT	SERIAL NUMBER	EXPIRAT	TION DATE	ADMINISTER	ED BY	
OR LABORATORY USE ONLY	AREADING A DURA D		A MARSHAN AND					
			ATE RESULTS ATED 10-08	26. OFFI Negative		27. TEST TY AGID	PE USED	
	28. LABORATORY RE	emariks						
29. SIGNATURE OF NXSL APPROVED EIA TECHNICIAN			30, INTERIM RESULT REFERRED FOR CONFIRMATION No					
9. SIGNATURE OF NYSL APPROVED EIA	TECHNICAN							

What exactly is a Coggins Test?

The Coggins Test is a blood test that detects antibodies to EIA, specifically called an agar-gel immunodiffusion test. This is the official test for EIA as determined by the USDA, but there are other tests that detect antibodies. Because EIA is a reportable disease in every state, only licensed and accredited veterinarians can perform and submit a Coggins Test to USDA-approved laboratories. The results expire one year after the testing date, hence testing needs to be completed annually.

Detection of antibodies will result in a positive result, indicating the horse is infected with EIA. It may be in either the acute or chronic form but the horse will remain a lifelong carrier of the virus and will remain positive on all future Coggins tests. Unfortunately, positive horses can act as a source of infection for other horses in the vicinity.

How do horses get infected with Equine Infectious Anemia?

Horses acquire the virus indirectly from the blood of an infected horse. This is most commonly through vector species such as blood-sucking insects, especially biting flies such as deer and horse flies. These insects can carry the virus and spread it when they take a blood meal from a horse. The virus can also be spread from the reuse of unsterilized medical equipment and lip tattoo equipment, blood transfusion and other sources of blood contamination that inadvertently spreads blood from one horse to others. Less commonly, the virus has been shown to be spread in-utero from a positive pregnant mare to her foal, and also through milk and semen.



Horse flies, one of the significant transmission sources for EIA

What happens if my horse is positive?

Unfortunately, there is currently no treatment for EIA and horses will remain permanently infected for the rest of their lives. Additionally, they will remain a source of the virus and can spread it to other horses in the vicinity. Because of this, the recommendations are to either quarantine and isolate the horse at least 200 yards from all other equids or to humanely euthanize it. Therefore, identification of infected equids and prevention of infection is key to controlling this disease.

How can I prevent EIA in my horse?

In addition to their annual Coggins testing, you can take some additional measures to prevent introduction and transmission of EIA on your farm. Prioritizing horse health and sanitation through strict biosecurity measures will help prevent inadvertent spread of blood between horses. This includes never reusing needles for vaccinations and medication administration as well as requiring a negative Coggins test and a 14-day quarantine period for any new horses being introduced into your herd and/or interacting with your horse. Fly management strategies should also be implemented on the farm to help reduce the likelihood of viral transmission and infection. Unfortunately, there is currently no vaccine that is approved for use in the U.S for EIA.

What should I do if I suspect my horse might have EIA?

In the case of suspected EIA, you should immediately call your veterinarian. While you wait for them to arrive, you should isolate the suspected horse(s) at least 200 yards away from any other equids on the property and reduce exposure to biting flies. Once your veterinarian arrives, they will take a blood sample for a Coggins test to either confirm or rule out EIA.

There are many other diseases that can resemble EIA, such as Equine Viral Arteritis, Piroplasmosis, Leptospirosis, autoimmune hemolytic anemia or purpura hemorrhagica. It is important to confirm if it is truly EIA or one of these differentials, as many of these diseases can be treated and have a better prognosis than EIA.

When might a Coggins Test be required?

The most common reasons that proof of a negative Coggins test may be required is for the following situations: equids being moved interstate, equids being entered into competitive events, horse auctions or sales or equids changing ownership. However, it is also recommended for the introduction of a new horse of unknown EIA status onto a farm such as for boarding reasons or any other situation in which horses will be exposed to a new equid of unknown EIA status. It is also recommended to do one as part of the pre-purchase examination.

Can I be infected with EIA?

Fortunately, there is currently no evidence to demonstrate that humans are at risk of being infected, either from a positive horse or from flies that may be carrying the virus. However, biosecurity measures and strict sanitation should still be maintained when interacting with positive horses.

<u>References</u>

Equine Infectious Anemia. AAEP Horse Health. <u>www.aaep.org/horsehealth/equine-infectious</u>-anemia

What is a Coggin's Test? Penn State Equine Extension. www.extension.psu.edu/what-is-a-coggins-test

Equine Infectious Anemia. USDA-APHIS Animal Disease Information. <u>www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/equine/eia/</u> <u>equine-infectious-anemia</u>

Equine Infectious Anemia. Merck Veterinary Manual. <u>www.merckvetmanual.com/generalized-conditions/equine-infectious-anemia/equine-infectious</u> <u>-anemia</u>

Pictures

Figure 1: What is a Coggin's Test? Penn State Equine Extension.

Figure 2: Black Horse Fly. Proactive Pest Control Pest Identification.





Scenes from the Season So Far



Lara Bayles, Erin McCardell, and Xander at Foxcatcher in April Photo: Erin McCardell



Yvonne Marie Kuder on Cue Ball at the Hokey Pokey in Dunellon, FL in January Photo: Yvonne Marie Kuder



Buck Mtn Boogie 25 mile winners, George Hall and first time R&Ter Curtis Ullerich on Little Joe Photo: Pam Peace



Andrew Murray, Blake Patterson, and Chase Perkins (who convinced a University of Tennessee vet to shave his chest for the number!) at Giddy Up and Run in April. Photo: Reva Nail



Kimberly Stephens on Bell with Adrianne Diehl-Rodgers at No Frills in April Photo: Dom Turner



A huge thanks to Springer Mountain Farms Our latest SILVER sponsor!



Would your company like to Sponsor Ride & Tie?

____ Bronze Sponsor (\$250-\$499)

- Placement in newsletter
- Placement on website on Sponsorship page

_Silver Sponsor (\$500-\$999)

- Placement in newsletter
- Placement on website on Sponsorship page
- 10% discount off ad rate for newsletter
- Sponsor banner, if provided, will be displayed at the Regional and World
- Championships

___ Gold Sponsor (\$1,000-\$1,999)

- In addition to the Silver Sponsor:
- 20% discount off ad rate for newsletter
- Regional Championship Award Sponsorship representation

_Platinum Sponsor (\$2,000-\$2,999)

- In addition to the Gold Sponsor:
- 25% discount off ad rate for newsletter
- World Championship Award Sponsorship representation
- Permission for use of the phrase "Official product of The Ride & Tie Association"

For More Information contact Treasurer Steve Anderson (360) 202-4338 <u>steve.anderson1@juno.com</u>

Stories from "Giddy Up and Run" by Joanne Mitchell

For the Ride and Tiers

The April Giddyup and Run Ride and Tie is Tennessee's first event of the season. The weather for this year's "Giddy Up and Run" at East Fork Stables in Jamestown, TN was very rainy, unusually windy, and cold but our participants were sunny in nature and had a blast.



Regardless of the weather, they had FUN! [Except for junior Cera Owens who broke her arm in a freak accident-all better now]. On top of the Ride & Tie, we offered a Pack Burro Race for the third year in a row!

L-R on foot: Carrie Baris, Mark Landers, Lisa Broyles, and Amy Kerrigan with Barb Mathews waving from behind. Mounted: Chris Lang.

For the Burros

The property that is now East Fork Stables, was used for coal mining, hence the tie to mining for the pack burro racers. I have had the only pack burro race east of the Mississippi River for three years. There may be another in Massachusetts this fall. On Friday, March 31 we had seven burros compete in the four mile event and two burros (from



Michigan) in the seven mile event. On Saturday, April 1, we had three burros compete in the four mile race and one burro compete in the seven mile race. Many had never been to East Fork before and were wowed at the different accommodation levels.





Maurertown, VA 22644





Dr. Lani Newcombe, board member and only member of the 4,000 mile club, at *Ride in the Pines* in April demonstrating that she is one of our "coolest" Ride & Tiers.







The Ride and Tie Association

Ridentie