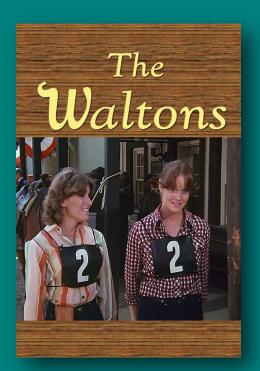
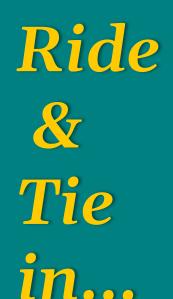
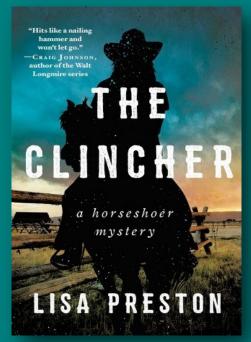


The Movies

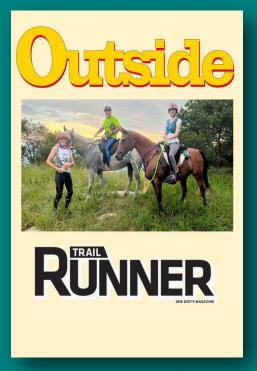


Television





Literature



Print Media

...and in an incredible story featuring Robert Redford and the Mayor of Salt Lake City.



Wow! We are into a good start for the 2023 ride season! But, do we really still have a ride SEASON when we have rides in every month of the year? Just a thought. I am thankful that although our sport is small, we are MIGHTY!

We are continuing our affiliation with AERC, which is great continued exposure for our sport. Oftentimes I am on the trail and endurance riders pass by with encouraging words saying that we are tougher than they are! It always makes me chuckle, but also helps me to keep going.

Have you ever wondered who your board members are and what we all do with our lives aside from loving Ride & Tie? I have been president for 3 years now, but I'd like to introduce or reintroduce myself to you all. I am a horseback riding instructor and run my lesson program out of a summer camp barn in North Carolina. I teach many beginners and lots of kids. Right now, I take care of 16 horses (not all mine) and a donkey. I am all about introducing my lesson kids to ride and tie. You will usually see me at a ride with several kids. As we all are getting older, we need to help juniors get interested in our sport to keep it going.

I challenge everyone to find a new person to introduce to Ride & Tie. Bring them to a ride and show them how fun it is. I always tell my students about our website and all of the YouTube videos. I encourage them to share them with their parents. We live in this insane world, where we all have the capability of watching videos in our palms. Share this information with someone! Network! Who knows, you might write a book or make a movie like some of those featured in this issue of the newsletter did!

Remember to ride, run, and have fun!

Sara Boelt

Note: to see one of Sara's students, Lilah Bleier, interviewed about her experiences with Ride & Tie, go to our YouTube channel found at www.youtube.com/@therideandtieassociation1531



Ride & Tie in Popular Culture Courtney Krueger

Ride & Tie has appeared in popular culture in many ways over the years. In the late 1970s, we were a primary plot device for an episode of *The Waltons*. In the mid 1980s, actor Robert Redford tried his hand at our sport and made a pretty big impact in the town of Park City, UT. 2018 found us on the silver screen in the movie *Destined to Ride* and also in Lisa Preston's murder mystery novel *The Clincher*. And just last year, rookie Martha Nelson wrote about her experiences in *Trail Runner Magazine*. I contacted people associated with these works and am so thankful to them for agreeing to be interviewed, for supplying the pictures in this issue, and for writing accounts of their experiences.

As I worked on these stories, I was reminded of two of the things that I love most about Ride & Tie: First is that ours is a sport open to all. It doesn't matter what one's gender or age or any other characteristic is. All can compete and all have an opportunity to succeed. I also was reminded how much the horses become part of the team. They aren't unthinking machines. They are near equal partners, sometimes saving us from our own bad decisions. You will see these two themes pop up again and again in this issue.

As this issue goes to press, the Arc'teryx company is hoping to bring a film crew and possibly their own Ride & Tie team to the World Championship at the Biltmore Estate in Asheville for the September 22-24 event. We may be back in the popular culture spotlight soon!

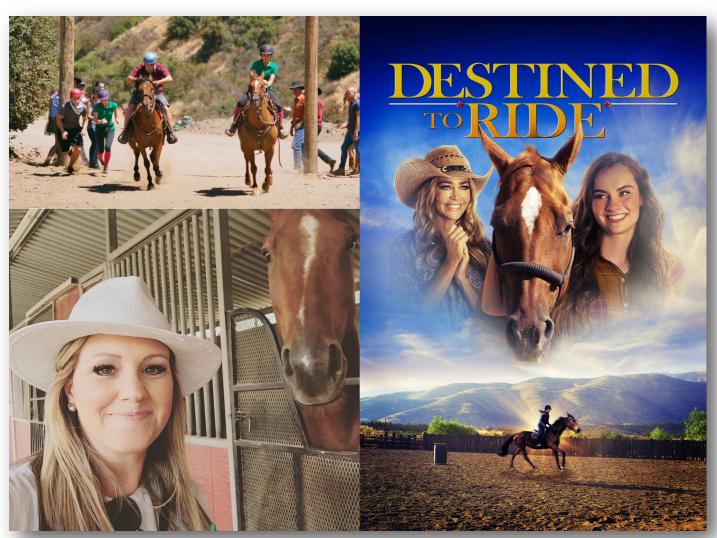
Destined to Ride (and Tie)

How Ride and Tie made it to the Silver Screen Courtney Krueger

Writer/Director Anna Elizabeth James grew up around horses. Her mother was (and is) an experienced equestrian. Her father is a veterinarian. Her uncles are Ride & Tie legends Wayne and Tim Hinrichs. So she was exposed to horses and Ride & Tie from an early age. "In spite of all of that I didn't get the horse bug," she says, "I got another bug just as bad, and that's the film bug." She decided to go to USC's film school at age thirty although she was a young mom with three kids.

After film school, her first feature was *Emma's Chance* which is a film about a young woman who has to do community service at a horse rescue ranch. She falls in love with a horse named Chance and the two of them enter a show in order to raise money to save the ranch. Some of her film school friends teased Anna saying, "You didn't go to this prestigious film school to make little tween horse movies." Anna responded, "Why not? I have kids and I know this world really well."

Sony picked up the movie and had such good results that they came back and asked if she would do another horse movie. They suggested she do one featuring Polo or perhaps Vaulting. Although she knew a little bit about those, she asked in a development meeting if they had ever heard of Ride & Tie. When she explained Ride & Tie to them as "really gritty hard teamwork that demands tenacity and pushes human beings to their limits", she says that their eyes got really wide. "Scratch Polo, Scratch Vault. Let's do Ride & Tie!" At that moment Ride & Tie's debut on the big screen was born!



Clockwise from top: Start of the race in the movie, Destined to Ride Poster, Anna on the set of Emma's Chance

Destined to Ride (and Tie) continued

As Anna began writing *Destined to Ride*, she remembered many experiences watching Ride & Tie when she was a child. She remembered someone getting stung by a bee out on the course. As an 8 or 9 year old, that was pretty intense. That memory and many others made Anna want to use Ride & Tie's fierce competition as a great plot device.





Destined to Ride is a movie with a number of classic plot elements, but with great twists. It is a coming of age movie about a young woman whose mother died when she was a toddler. The film explores adolescent friendship as well as the bond between horses and people. The classic Western theme of a damsel in distress who may lose her ranch to an evil neighbor is predominant. Unlike that classic theme, the strong women in this movie don't need a hero to ride in on a white horse to save them. They do it on their own, riding a horse in a Ride & Tie race!

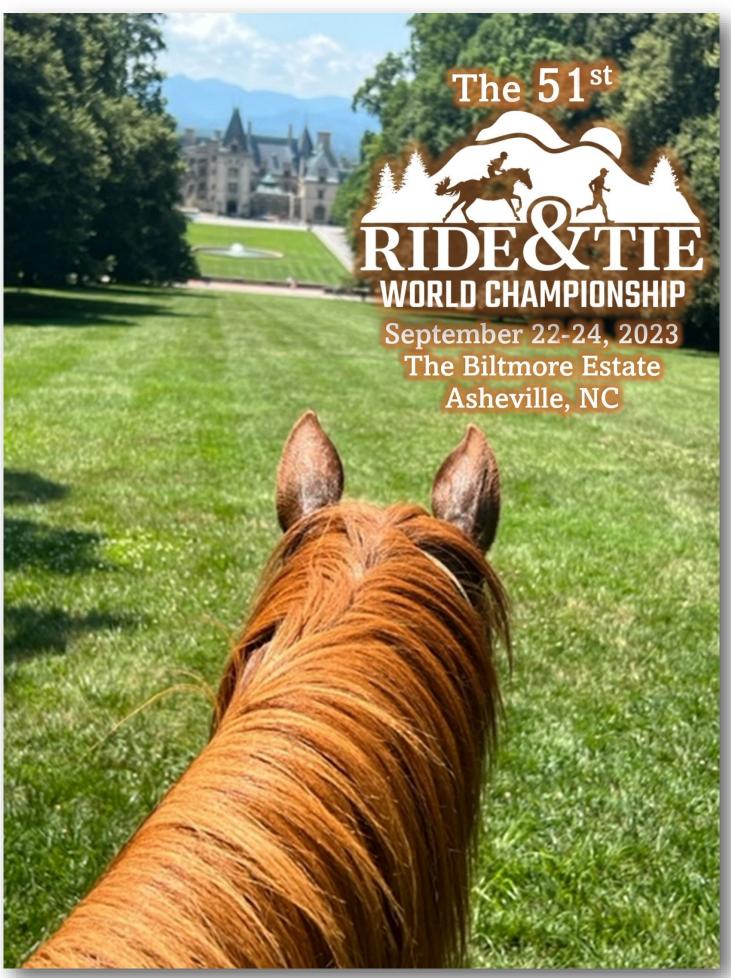
Both *Emma's Chance* and *Destined to Ride* were lower budget movies. Anna couldn't hire perfectly trained Hollywood horses. The main horse actor in *Destined to Ride* is owned by the family whose ranch they used for filming. As a director, Anna was much more cautious than other directors might be because of her horse experience. For example, she banned plastic drink bottles on the set because she knew that if someone crinkled up their bottle at just the wrong moment it might send the horses off in a panic.

Anna loved learning that the winning team of the 50th World Championship was an all female team (including the horse). It was almost an "art imitates life" moment since women successfully competing with men is a major theme of the movie. "As a young girl, watching women race in Ride & Tie was really inspiring to me and it let me know that I could do anything I set my mind to! That's what I love about this sport." She asserts that Wayne and Tim Hinrichs are some of the most intense competitors she knows. She contends that vying in their epic family battles in scrabble and croquet and witnessing their Ride & Tie intensity give her the strength and drive she needs to compete in the intense film industry.

Destined to Ride can be rented or bought on many streaming platforms or purchased as a DVD through Amazon and other retailers. Her thriller *Deadly Illusions* spent time as the most popular movie on Netflix and can still be viewed on that platform. Look for her mystery *Blunt* to be released by the end of this year in theaters and on streaming platforms.

The Ride and Tie Association's YouTube Channel has an entire playlist devoted to interviews including one with Anna Elizabeth James and several others in this issue. To find them go to:

www.youtube.com/@therideandtieassociation1531 Look under the playlist tab "Tongue Tied"



The Waltons and Ride & Tie: Ahead of Their Time

Courtney Krueger

A few years ago a friend at my church excitedly told me that he had seen Ride & Tie in a rerun of *The Waltons* TV show. I was pretty skeptical. *The Waltons* aired during the early years of Ride & Tie (1971-1981) and I wondered how the writers could have known about our sport. My friend told me the episode was called *The Wager* and I looked it up. He was right. Although they called it "Run and Ride" the episode is clearly based on Ride & Tie.

In the episode Mary Ellen and Erin Walton enter a "Run and Ride" race after being repeatedly heckled by two chauvinistic men who think women can't compete against men in such contests. They wager a week's wages and their horse. After training hard, Mary Ellen and Erin beat the men in a dramatic Ride & Tie style photo finish.

Wanting to know more about the episode and how it came to be, I emailed Mary McDonough who played Erin on the show. She agreed to an interview, but said that the one I really should talk with was Judy Norton who played Mary Ellen. "Judy rode then and still rides horses" Mary told me. I told Mary the best of both worlds would be for me to get to interview both of them together. Mary contacted Judy and Judy quickly agreed. Mary and Judy were not merely coworkers a few decades ago. They were and are great friends. That made for a fun and informative interview.

The Wager was filmed for the 1979 season. In those later show years, the writers tried to find ways to showcase the "outside" skills and talents of the actors. By that time, Judy had been riding for several years in the Hunter/Jumper world. Mary laughs saying, "They tell Judy, 'You ride horses, let's put you up in the back country riding and treating people as a nurse.' Then they tell me, 'Mary, you're funny. We are going to dress you up like Scarlett O'Hara.' I'm like, 'What? Have I ever been Scarlett O'Hara? No!' Judy actually rides a horse. That's dignified. Then they come over and go, 'Oh, you get to be in a beauty contest.' What? I don't do beauty contests! 'You get to wear a bathing suit next week.' What?"

However, Mary did have some riding experience and she bravely agreed to be Judy's partner for an episode which would feature this strange race involving horses. The producers promised her that she would be running most of the time and Judy would be mainly the one in the saddle. Mary was running a good bit at that time and it all made sense. Then it came time to film the start of the race. "Who's on the horse?" asks Mary. "Me! The race starts and the horses take off and I'm holding on to the horn for dear life!"

Jeb Sanders, one of their competitors, was played by actor Jonathan Banks who starred in a number of other TV shows and movies over the years. Mary says that she ran into him years later at a party. "You probably don't remember me," she said. Before she could say anything else he said, "Oh, those horses! That was probably one of the most horrifying jobs of my life. I was a young actor then. You go in there and they ask, 'Can you ride horses?' and I answered, 'Sure I can ride horses.' But I did not ride. I did NOT ride.



Sam Barker (Mitch Carter) and Mary Ellen Walton (Judy Norton) at the start



Jeb Sanders (Jonathan Banks) and Erin Walton (Mary McDonough) at the start

The Waltons and Ride & Tie (Continued)

As an actor you always say you can do anything. You get the job and then think you are going to have a stuntperson. But on The Waltons? No!"

Judy says that The Wager is not her favorite episode from the show, but it is the episode she enjoyed filming the most. The horse scenes were filmed on the back lot of Warner Brother's Studios and in Franklin Canyon, CA. Her most exhilarating sequence was when they wanted to show Sam Barker, played by Mitch Carter, neck and neck racing with Mary Ellen. A camera car rode right beside the two galloping horses. The two actors had to keep their horses next to the vehicle in camera range while also galloping at full speed. They wanted Sam to be out front to add to the drama of the race. The problem was that Judy was a better rider than Mitch and Judy's horse was faster than Mitch's horse. "I was up on that horse's neck trying to look like I was urging the horse forward, while holding those reigns and keeping the horse back." As Judy tells that story, Mary laughs saying, "They are just lucky that we all lived through that episode!"





The episode is not only entertainment, however. It does have an important message. *The Waltons* was set during the Depression and then in the World War II era. In *The Wager* Mary Ellen is a nurse, but she is about to begin her studies to become a doctor. Erin is a manager at a metal products plant producing war materials. Both of those were jobs women were not thought to be able to do before that time. Judy and Mary say that the writers and producers worked hard to portray women as competent and equal to men. The show helped them learn that that they could do anything men could do. *The Wager* is a great example of this. In the episode Mary Ellen and Erin out trained their male counterparts and demonstrated that hard work and a good horse are the not-so-secret keys to Ride & Tie. Maybe those are the not-so-secret keys to life as well!

Both Judy and Mary were thrilled to learn that two women and a mare won the 50th Ride & Tie World Championship. Champions Jen Titus and Priscilla Anderson are real life examples of how both The Waltons and Ride & Tie are ahead of their times. Judy noted that equestrian sports are the only sports that tend to allow head-to-head competition between men and women. Some might try to claim that is because the horses do all of the work. But Ride & Tie (and *The Waltons*' Run and Ride) requires that both humans and horse be fit and well trained. When that happens, gender doesn't tend to be an issue.

You can find my interview with Mary and Judy on the Ride & Tie YouTube channel at www.youtube.com/@therideandtieassociation1531 Look in the "Tongue Tied" playlist for this and many other interviews.

The Wager is episode 11 of season 8 of The Waltons. It can be purchased to stream via YouTube, Apple Play, Google Play, or Vudu for \$1.99. It can be viewed free with commercials on Amazon Prime Video's Freevee



2023 Summer and Fall Calendar

All dates are tentative
For more information go to
www.rideandtie.org/race-schedule

5/6	Still Prineville	Prineville, OR
5/27-5/28	Jo Tate Memorial	Washburn, MO
5/28	New York Adventure	New Berlin, NY
6/3	Coolest	Cool, CA
6/9-6/10	Old Dominion	Orkney Springs, VA
6/10	Trout Lake	Trout Lake, WA
7/8	Bandit Springs	Prineville, OR
7/8-7/9	Buck Mountain Boogie	Mad River, CA
7/15-7/16	OD Ride and Tie Weekend	Orkney Springs, VA
7/28-7/30	Top O The World	Spencer, ID
8/9-8/12	Pine Tree Pioneer	Fryeburg, ME
8/11-8/13	Louise Riedel Memorial	Arkdale, WI
8/18-8/23	Spanish Peaks Pioneer	La Veta, CO
8/25-8/26	Iron Mountain Jubilee	Cripple Creek, VA
9/8-9/9	Big South Fork	Oneida, TN
9/8-9/9	Hector Half Hundred	Hector, NY
9/16-9/17	Lava Cast Forest Memorial	La Pine, OR
9/22-9/24	WORLD CHAMPIONSHIP	Asheville, NC
9/30	Coolest	Cool, CA
9/30-10/1	Flamingale Equathon	Andrews, IN
10/14	Hunting For Bigfoot	Wiggins, MS
10/20-10/21	Fort Valley R&T	Fort Valley, VA
10/28	Bar H Boogie	Lake Mathews, CA
11/10-11/12	Trace the Trails	Athens, TX
11/25	JD's Carolina	Patrick, SC

RUNNER



The Wildest Kind of Trail Running You've Never Heard Of

Ride 'n' Tie racing was the precursor to the Western States 100, but its cowboy roots persist in a niche sport that's thriving today.

JANUARY 26, 2023

MARTHA NELSON

The morning sun blazed over "Fair Hill," a 5,000-acre fox-hunting estate built by Delaware's famous du Pont family. The estate's pristine wooded trails, open meadows, bubbling creeks, and 17 horse barns offered an ideal venue for last fall's Chesapeake Endurance Ride.

On the morning of September 17, 2022, the barn was abuzz with riders and horses dodging between rows of chrome horse trailers in search of curry combs, electrolytes, and the rest of the pre-race checklist. Anxious horses whinnied across the meadow.

I arrived the night before with neither a horse nor a trailer, just a belly of nerves and a pup tent I pitched between beefy pickup trucks. I was a trail runner who, earlier that summer, barely survived my first "Ride 'n' Tie," a topsy-turvy trail race where two runners share one horse and switch back and forth between riding and running. But like a moth to a flame, I kept coming back. When Chris lost his partner to COVID-19 and asked me to fill in at the last minute, I couldn't say no. As soon as I hopped on our trusty steed, Ray, Chris went AWOL and Ray caught on that the woman in his saddle had no idea what she was doing.

The Rise of Ride 'N' Tie

In my 28 years of trail running, I'd heard stories of the legendary "Ride n' Tie" and its connection to the birth of 100-mile runs for people 50 years ago in California. I learned it's no coincidence that the Western States 100-mile Endurance Run (WSER) began in California shortly after Ride n' Tie" was invented there in 1971.

The first Ride 'n' Tie was dreamed up by Bud Johns, a young California marketer at Levi Strauss & Co, to promote the American denim company's rough-and-ready cowboy image. The race begins with one team member running. The other rides the horse a short distance (typically 5-10 minutes) before dismounting, tying the horse to a tree, and setting off on foot. The trailing runner reaches the horse, unties it, and rides in pursuit of the leading runner, eventually passing them and tying the horse to another tree. Rinse and repeat for 20-100 miles.

An observer in Bud Johns's book, *What Is This Madness?*, remarked, "If you took the Kentucky Derby and the Boston Marathon to Outward Bound, you'd have yourself a Ride & Tie."

Teammates decide for themselves where to tie the horse, and it takes years for a team to perfect their timing, making the sport just as much chess as masochism.

The Wildest Kind of Trail Running You've Never Heard Of (continued)

Gordy Ainsleigh had the rare skill combination of marathon running, endurance riding, and youthful gumption to try his hand at Bud Johns's early Ride 'n' Ties. When Ainsleigh's horse went lame before the 100-mile Tevis Cup horse ride, which is the oldest modern-day endurance horse race, organizers offered a crazy suggestion: If anyone could get off their horse and run the 100-mile course on foot from Olympic Park to Auburn (the same as the WSER course), it was a Ride 'n' Tier like Ainsleigh.

Ainsleigh suffered mightily as he ran behind the horses through valleys with scorching, 107-degree heat. But horse veterinarians checked his vitals at every race medical stop and assured him that he could safely continue. If he wanted to. He finished the course in under 24 hours, inspiring others to join him the next year. WSER became an official race in 1977, as 16 runners lined up adjacent to the horses, and a stand-alone race followed the next year. Over time, runners dwarfed the horse race and WSER launched into one of the biggest running events in the world. The child ate the parent.



Trial by Fire

I scanned the vacant rolling meadow all the way to the horizon, puzzled by the absence of Chris. The math didn't add up. Chris was supposed to be ahead of me on foot. He was a fast runner, but not faster than the horse. I should have caught him by now, or at least been able to spot him running ahead in the open meadow. I glanced down at my watch again, re-checking my math. Ray, the horse, flicked his ears and swished his tail, signaling his agreement that something wasn't right.

Ray spotted them before I did, and rolled into a canter in pursuit. A group of women endurance riders was visible on the far hillside, gossiping and laughing and having a grand time as the race's caboose. The endurance ride started ten minutes before Ride 'n' Tie, and I was surprised to catch any of them so quickly. I noticed their classy riding gloves, britches, and boots, which made me feel sheepish and disheveled in my muddy trail running shoes, torn running tights, and bike helmet. Riding is all about style, but mine got sacrificed in an effort to protect my body on the horse while preserving some comfort on the run.

"Seen a guy running in a bike helmet?" I shouted as I approached. The women shook their heads and my chin dropped in despair. "Ride with us!" the women chorused. That seemed smarter than wandering alone in unfamiliar forests and fields in search of a man I barely knew, while riding a strange horse who ignored me (and rightfully so, since the last time I rode consistently was years ago, in childhood). But if Chris hadn't passed the endurance riders, he'd strayed off course and was probably behind me. I wheeled Ray back towards the forest, over his objections. *It could be worse*, I reminded myself as I turned Ray around.

Earlier that summer I'd learned why the sport is dubbed "Ride 'n' Die." My maiden race was Virginia's Old Dominion 20-mile Ride n' Tie, I survived the most terrifying minute of my life when the horse broke into a high-speed gallop down a dirt road in pursuit of a rival horse. My last-ditch effort managed to turn the animal around and jammed him into a steep hillside alongside the road. My mount stopped short, and I flew up his neck, grabbing its mane to avoid flying off. "I've had enough of this nonsense," I declared as I shimmied down my steed's side. Hoots of lighthearted laughter burst from Courtney Krueger, the other rider, as he tied his horse next to mine, affirming that I passed my trial-by-fire.

The sun slid behind the mountains and I rode the final miles by headlamp, entrusting myself to the horse's night vision as we picked our way over loose stones in the pitch dark. The horse was as exhausted as I; his stumble down a rocky hill nearly took us both down. But the melodies of the forest came alive under the stars. Whippoorwills echoed eerily through the darkness and barred owls caterwauled. I slipped into a dreamlike trance, wondering how I could ever convince my trail-running friends to try this magical mayhem.

The Wildest Kind of Trail Running You've Never Heard Of (conclusion)

In Search of Lost Ties

I must have learned something from my first Ride 'n' Tie, because at Chesapeake, I guessed right. Chris had missed a turn in the forest maze and was chasing me from behind, wondering if I'd ever turn around, or if he'd need to run the entire course on foot, like Gordy Ainsleigh.

We were jubilant when we finally found each other. I would have hugged him had I not been on top of a horse. Ray must have thought Chris and I were idiots because we kept missing turns in Chesapeake's forest maze, which leads to problems bigger than losing time, when a horse is involved. Once, Ray and I went careening off-course into a hunting area where two bowhunters stood with camouflage paint smeared on their faces and arrows slung behind their backs. Ray reared up in fright and my heart stopped. Ray eventually decided that the hunters were harmless and moved on, but something came loose in the process, and Ray began limping like a car with a flat tire.

I hollered for Chris and hopped off so he could suss out the problem. I bit my lip while he lifted Ray's hooves to inspect for damage. I feared nothing more than harm coming to a horse in my care.

"Yes!" Chris cried. Ray wobbled, thrown off balance by the horseshoe he'd hurled. Chris pulled a rubber boot from the saddle bag and wrapped it around Ray's shoeless hoof. We were back in action.

Running was supposed to be my strength, and I worried more about saddle sores than overheating when I got dressed that morning. When every running lubricant in my kit failed to protect a saddle sore that got infected and wouldn't fully heal on my left calf, I wrapped my upper shin in duct tape and layered a soccer sock and pants over top. I feared excessive sweating on a hot September day might unravel the bandage and make the friction worse, but the tape held. I thought dressing for swim-bike-run triathlons was tricky, but at least those events have transition zones to swap into outfits specialized for each event. Ride 'n' Tie transitions are too fast and too frequent to change stirrup length, let alone pants.

There is no right way to dress for a Ride 'n' Tie. Just different degrees of wrong. I made an uncomfortable situation worse by not carrying a bottle because I thought designated water stops were for runners and horses. Chris laughed at me when I told him I was stopping for a drink. I never came so close to drinking from a horse trough.

Ray braved one last rickety bridge over screaming trucks and trotted across the finish line. He passed his final vet check, and Chris and I high-fived in celebration. I officially survived my first summer of ride 'n' tie. I'll never lose the scar from my calf's gangrene saddle sore, but I'll also never forget the patience and kindness of everyone who took a rookie under their wing and forgave all my blunders. I thought decades of east coast ("Beast Coast") trail running prepared me for anything, but it takes a new level of crazy to bring a horse into a trail race. I've never feared for my life in a trail race, but I've also never had so much fun or excitement, either.

I'll still be the rookiest rider when the 51st Ride 'N' Tie World Championship kicks off on September 22-24, 2023 at the Biltmore Estate in Asheville, North Carolina. Don't be fooled by the posh venue. If no one gets helicoptered out, it will be a win.

Year after year, WSER runners retrace Gordy Ainsleigh's steps from Olympic Valley to Auburn in honor of his venture into the unknown. But if they truly want to follow in his pioneering footsteps, it's time to saddle up.



September 22-24, 2023 Biltmore Estate - Asheville, NC

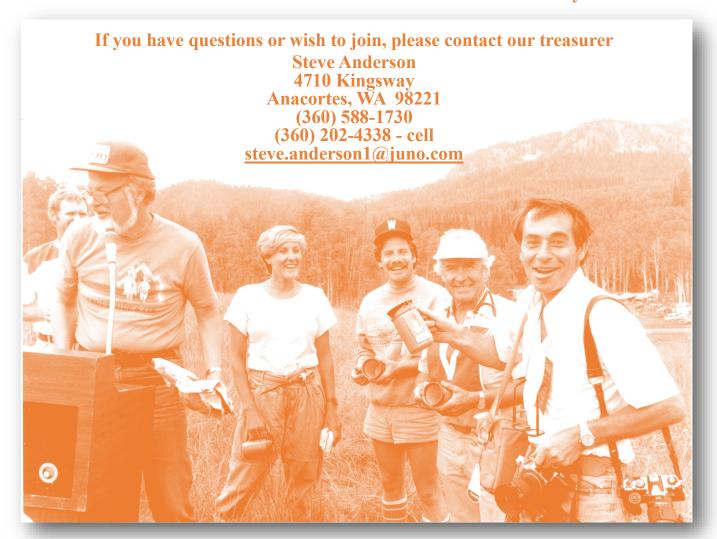


Leave a LASTING legacy!

Bud Johns, the founder of Ride & Tie, knew how instrumental endowments and legacy programs are for the financial stability of non-profit organizations. He made sure that Ride & Tie was in his estate plan soon after the Association was founded.

You can join the Ride and Tie Legacy Circle by making a tax-deductible contribution of any size and/or by including the Association in your estate plans.

Join the circle! Make a donation now and/or include the Association in your Estate Plan



I like a lot of dirt to play in!

How Lisa Preston used Ride and Tie to Stop a Killer Courtney Krueger

Lifetime Ride and Tie member Lisa Preston is a former paramedic and police officer turned writer who featured Ride & Tie in one of her novels. She exclaims "Trails are my happy place...I chose my home by how good the trail accesses are and how many trails there are....I like a lot of dirt to play in. That's my happy place." She can often be found running, riding, or hiking the dirt trails near her carefully chosen home in Arizona.

One day more than twenty years ago, when she lived in Washington in another carefully chosen home,

her horseshoer happened to ask her if she had ever heard of "this Ride and Tie thing." She responded, "Oh yeah, but you'd need somebody with a sporty little Arab and you'd need a running buddy who had some adventure guts!" He said, "Well I shoe for these loons up the hill who do that." She responded, "They sound like my kind of people!" He put her in touch with lifetime member Don Betts and within weeks she did her first Ride & Tie and then did the Championship that year.

As a natural storyteller, Lisa gives wonderful accounts of incidents in her Ride and Tie career. Once her partner missed a turn while mounted. By the time he figured out his mistake and came back, Lisa had already run past. Not knowing this, he tied the horse and began running. Lisa says she ran for more than three hours and eighteen miles that day! It was, of course, her partner's job to go back for the horse when he realized his error. "He knew there was a problem, but the only thing you can do horse because he is the one who tied it!"



a problem, but the only thing you can do is forward progress: that's my job. He has to go back and find the

She also remembers competing in a championship with Jenn Shelton who was a world class runner. She heard about Ride and Tie from Lisa and said, "I want to do that with you." Lisa asked her if she could ride. "Sure, I rode as a kid." Lisa says that as a person who also rode as a kid, that gave her plenty of street cred. The night before the race Jenn hops on Lisa's horse Savvy and says, "OK, how do you make it go?" After some late night prepping, they began what Lisa hoped would not end with a trip to the ER. Lisa warned Jenn that on the way into the first vet check, she was going to loosen the horse's girth in order to help her come down quicker. "Don't you dare leave the vet check without tightening the girth" Lisa warned. Jenn promised and came into the vet check hollering, "I have to tighten the girdle. I have to tighten the girdle!"

When she initially began writing professionally, Lisa wrote a couple of psychological thriller/suspense novels. During the same time period, she also wrote a non-fiction book on horse feeding, supplements and nutrition which all horse owners know has its own share of thrilling psychological suspense!

When her agent suggested that she follow up her early success with a series, Lisa decided she wanted a main character who would be unique and fresh in the genre. She decided to write a mystery series featuring a young woman who was a horseshoer. Her agent agreed that the female horseshoer niche was definitely available! Perhaps that long ago conversation with her horseshoer linked Ride and Tie with horseshoeing for Lisa. Ride and Tie features prominently in "The Clincher" which is the first in her series of horseshoer mysteries featuring the young and unpretentious Rainy Dale.

I like a lot of dirt to play in! (continued)

In the series Rainy is recovering from a difficult past and trying to make it on her own as a horseshoer. As a shoer, she has access to many different people in many different walks of life. She is paid to notice small details – how much has the hoof changed in the last month or are there signs of disease or problems? Her access and her skills of observation mean that she can't help but start investigating when a client dies under mysterious circumstances.

Lisa sets up the Ride and Tie scene several times in the novel as it casually appears from time to time. Then, in one of the climactic scenes late in the novel Lisa not only uses Ride and Tie as an exciting plot device but demonstrates how much she knows our sport from the inside out.

"The Clincher hits like a nailing hammer and won't let go. . A new and distinctive voice in crime fiction. -Craig Johnson, author of the Walt Longmire series horseshoer mvsterv SA PRESTON She writes

Guy was a good man, a novice riding bareback under a full moon because we were going to go stop a killer.

I ran on.

It's a quiet feeling, remote and peaceful and a little scary, running a trail under moonlight. And, I thought, this Ride and Tie is what life is like. It's being on your own, but being part of a team. Pulling together, but doing your part. I ran like I was running for more than myself and was winded when I saw Misty pawing under a pine tree. I'd probably only been alone on the trail a few minutes since Guy rode by. Not to be accused of dilly-dallying when I ought to be pulling my load, I untied and hopped on Misty in one leap, sorting out the mecate as she trotted off under me.

Bless her, the little mare had it all figured out now. Catch Guy, lope past him a ways, and when I slowed her, pick a tree that looked like a nice place to rest.

It occurred to me that this Ride and Tie thing is a type of race more natural to a horse than anything else we ask of them. These beauty beasts are built to run a piece and rest, run a piece and rest. They were never meant to run three or a hundred miles straight, or tussle with steers, blaze around barrels in an arena, or jump five-foot fences thirty times in a row. Folks have made horses do a lot of nonsense.

Some pretty hard riding was required to catch Guy, and I wasn't on the ground very long during my afoot spells. Realizing that he was making more mileage running than me, I swore under the moon that next time I hit the dirt, I'd make Guy ride his heart out to catch me.

The Clincher, page216

To find out what happens, purchase the novel. You won't be disappointed, but be warned: once Rainy Dale wends her way into your heart, you will also be purchasing the next two novels in the series!

To find and purchase Lisa's books (both fiction and nonfiction) go to www.amazon.com.

To find Lisa's website go to www.lisapreston.com

To find an interview with Lisa about Ride & Tie, her novels, and her adventures, go to the Ride & Tie YouTube channel at www.youtube.com/@therideandtieassociation1531

To find Lisa herself you will have to find a good dirt trail where she will most certainly be riding, running, or hiking!

In 1984 Ted Wilson, mayor of Salt Lake City and actor Robert Redford competed in a Ride and Tie in Park City, Utah. They had become friends through both environmental activism and a shared love of outdoor activities. In 2018 Ted wrote to his friend Robert Redford recounting that memorable day. What follows is that account.

Robert Redford and the Ride and Tie (Die) Ted Wilson

[In the 1970s] Redford and I became good friends, even buddies. Mutual interest in environmental issues, a dedication to the mountain sports skiing and climbing, and good chemistry found us getting out to ski, climb, hike and during more quiet times talking environmental issues.

Bob was not yet as famous in those early days. He had successfully made Barefoot in the Park with Jane Fonda and Downhill Racer but was yet to stir the acting world big time as he did later in Butch Cassidy and the Sundance Kid with Paul Newman. He had more private time then. Today, in spite of being in his early 80s, Redford concentrates on two or three pictures a year as actor or director. His energy is simply amazing.

Redford called [one day in 1984]. He asked me if I wanted to join him in racing in a Ride and Tie in Park City, Utah. "What's a Ride and Tie?" I asked. He explained it came from the early 19th Century when two riders had one horse. To both mount the animal would be too heavy. To maximize pace, one rider would ride ahead for a distance and then tie the horse off. The second rider, having run the distance before the tie, would untie the horse and become the rider. In the meantime the first rider had covered a fair distance and would be caught by the horse rider. Leap-frogging in this manner maximized speed for two men and a horse. The sport had become relatively popular.

After Redford explained, I started to chuckle. Bob saw no humor and continued in a serious way. Look he said, I am a horseman and you are runner. I run some and you ride some. I own the horse, Cheyanne, and she trusts me. You just turned in a 2:58 marathon. Let's do it!

Bob's optimism was infectious. But the reality is that we were absolute rookies in a sport engaged by experts. On the other hand, our rookie status meant we were free to really screw it up. His idea was brilliant if we did not care to win. We were free to fail!

Reflecting on the call, I began to sense how clever my buddy Bob was. I was not so clever but I was learning in politics to be suspicious of offers dangled before me. Redford, good friend, I thought: You'll be on the horse most the time and I will be chugging through dust, mud, and hills for most of the mileage on my feet.

I turns out I was exactly right! Redford is a very clever man. Please continue reading my tale of woe!

I arrived at Sundance at 5:00am the morning of the Ride and Tie. Bob was still fussing about but after 30 minutes we took off for Deer Valley. Not yet a ski resort, Deer Valley was the epicenter of three rugged ride and tie loops that covered 32 miles. That mileage figure blew my mind. I had run ten marathons of 26.2 miles and knew what a total effort was. Redford and I were flirting with havoc.

Having made a pit stop in Heber City, the starter's gun had gone off just as we pulled our horse trailer into race central. Bob's horse wrangler met us there and went quickly about saddling Cheyanne. I took off running immediately with plans for Bob to pass me on Cheyanne and then tie her off at the end of seven miles. I would ride the horse maybe three miles or so and meet Bob at the first vet check.

The race officials cared a good deal for the horses. They are all examined at the end of the two main loops. Dumb jokes, like "Why aren't you checking me?" were met with derision by the vets as they explained the horse didn't know what she is getting into and you do. Still, sensing I would be running lots more than riding, it might be a good deal for me if Cheyanne flunked the test. At this point, Cheyanne would easily recover and I would have an excuse not to do most of the running. So far, Redford had run three miles and I had done seven.

Robert Redford and the Ride and Tie (Die) continued

If you're doing a ride and tie, be the horse expert.

Leaving the first vet check and into the second loop, Redford began running up a long hill. I caught him in short order and tied Cheyanne to a tree after a mile or two. Redford found our horse and then passed me. We did several ties and trade-offs for running on this loop. Bob was doing his best to run some more even though I was marathon trained and he wasn't. I appreciated his effort and felt better about team- work.

The second vet check at the end of 22 miles brought Bob and me back together. Now we were both hoping Cheyanne would flunk the test and we would be given a noble ending. Cheyanne had slowed a good deal and had become a walker. Earlier she had managed a slow but continuous lope. Redford was tiring and I neared a point known in marathon racing as "The Wall." It happens normally at about 20 miles. You lose a good deal of your energy and it takes mind over matter to keep up any pace at all.

While Cheyanne's tongue was wagging, the Vet came back shaking his head. "Sorry guys, but your horse looks finished today." As Bob and I considered the announcement, we both expressed sorrow. But neither of us could hide the personal relief we felt. The course of nine miles ahead of us was in the lower elevations and was dusty and hot. It would be a difficult and knarly 9-miler!

Suddenly, my quitting hopes ended when Bob started to argue with the vet. "Cheyanne's a mountain horse. She hikes every day. I know she will come back strong in a few moments. Give her 15 minutes.

The vet agreed. I think Redford was asking for a re-check for Cheyanne's sake. He loved the horse and wanted her to be proud of what she had done right to the end. Redford is fond of animals and Cheyanne, his faithful mountain horse, was at the top of his list.

"Well, I'll be damned," I thought when the Vet reappeared. He blurted out, "Her temperature is down, her breathing has slowed, and she has taken a lot of water." "She's OK to continue."

Bob and I had a quick huddle. With nine miles to go, we needed to strategize carefully. We agreed he would run three of the final miles and I would manage six on hoof.

Our pit crew, consisting of Bob's Sundance manager Brent Beck and his wife Faye, my wife Kathy, and Bob's wife Lola were asked to drive to the three mile marker and wait for Bob to show up on Cheyanne where he would tie her. Later, I would show up running and take Cheyanne as far as she showed strength.

Leaving the vet check with new purpose, I took off running and Bob was off on the horse. I ran and ran and ran some more. Eventually I covered the three miles and stumbled upon the pit crew. My hopes soared: Cheyanne would be tied there and I could get a break as far as the horse could take me. The race was miraculously starting to pan out.

But, no Cheyanne!! And, no Redford!!! I told the crew I had just run the three miles and neither man nor horse was anywhere to be seen. This seemed impossible and it conjured up theories about what had happened.

Scratching their heads, the crew was coming up with stuff like, "Maybe he took a bathroom break." Or, maybe "there was an accident we don't know about." But mostly, we didn't know what to do.

My theory was that Bob passed the 3-mile marker before the pit crew got there. It made little sense but absent a better answer I said I would run ahead. Even without finding our supporters, Bob would surely eventually tie up the horse and we could finish it up from there.

I ran seemingly forever. My temples pounded. The sun on my back was a torch. I felt like there was a pound of burrs in my socks. My body odor had grown to where I couldn't stand myself. My mouth turned to cotton. I left my water behind thinking the finish line was near after I found Bob and the horse.

Robert Redford and the Ride and Tie (Die) conclusion

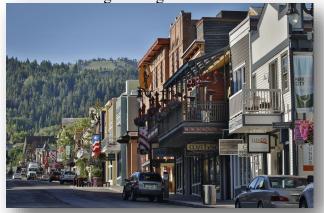
I drifted off into a state of semi-consciousness. My mind and body separated. This disconnection occurred in previous marathons I had slogged through. All I knew was the whole day would work out – as soon as either a tied horse or Redford appeared ahead of me.

But, There is an end to all suffering. Mile after mile passed. Eventually I spied what appeared only a dream. It was a green park and people and drinking fountains and a white board announcing winners. An amazingly festive scene was filled with the joy humans experience when a great effort is ending.

And there was Redford and Cheyanne. The horse was tied to a tree as agreed. Just not the tree I needed. Redford had time to change clothes and wash his magnificent mop of hair. They had both been there in that luscious park for some time during my death march.

Redford later explained. He took off from the Vet Check dedicated to the plan. Soon he came to a junction where a course warden supposed to provide directions was missing. A left turn instead of a right turn was mistakenly made. He explained he didn't know he was off course but began to wonder why the course, with no security, was headed down the main street of Park City. But it appeared to him to be a fitting ending. Many races finish in urban splendor on city streets.

During the day, Redford had carefully concealed his identity by wearing sunglasses and an odd hat. He didn't want his presence in the event to disturb either the race or his effort. Now he was high in the saddle on Main Street people recognized him and began to shout things like, "Where's Jayne Fonda," and "Did the Sundance Kid leave Butch Cassidy somewhere?" Bob caught the humor of it all and got into the full swing of it. So, what the hell he thought. It wouldn't do much good to go back.



Main Street Park City, UT today

He crossed the finish line in the park. Unaware of Bob's diversion a race official asked, "Where's Wilson." Not yet realizing what had happened he said, "Wilson could not be more than fifteen minutes out." "Amazing," the man said. "You guys are in second place!"

Redford still didn't know I was strung out in the heat with many nasty and awful miles to go. He expected me at any moment. It made it easier to accept a round of beers from an adoring crowd of women. He thought I would be sharing soon along with a handsome trophy for second place.

We were eventually dead last. At least disqualified due to a failed course warden!

Water dripping on marble eventually will eventually carve a dent. And I would eventually find the park from the proper direction. Redford by now was festooned with an adoring crowd. A rumor had it, vigorously denied by Redford, he had been invited to a nearby condo to take a shower to help restore his stardom. As for me, I smelled worse than Cheyenne and was relegated to the edge of the party. A kind ten-year old girl said to me, "Hey, there are free Cokes over there *if* you're a runner!"

Redford, sometime later, "Ted, that Ride and Tie was fun. Let's do it again sometime." I answered, "Ok, Let's call it Ride and *DIE*."



Board of Directors

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Rhonda Venable (2025) Sanctioning Officer Courtney Krueger (2023) Newsletter Editor

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Steve Shaw Mary Tiscornia

Head Veterinarian

Greg Fellers

For More Information about Ride & Tie

Ride & Tie Rules: www.rideandtie.org/rules

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

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. They submitted brief biographies and pictures which can be found on the next page.

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.

Board of Directors Nominees

Carrie Baris

My name is Carrie Baris and I began my Ride and Tie career a decade ago with a ride at Clemson in South Carolina. Since then, I have completed over 3,000 competitive miles in ride and tie, and many equation miles as well. I also bought my own ride and tie pony, and we have competed in numerous races with various partners. I plan my weekends around races through our season, and try to bring in as many new people as possible, as well as partnering with friends.

I have made the best group of friends through this sport, and I can honestly say it has influenced my life for the better.

My favorite thing about this community is the openness of its members. I have borrowed horses from many, many different people and love how generous everyone is with their time and their mounts.

Over the past six years, I have served on the Board of Directors, most of them as the Secretary. This year I am taking on the added responsibility of managing the World Championship Ride and Tie at the Biltmore Estate in Asheville, North Carolina, I believe strongly in diversity, equity, and inclusion and welcome ideas concerning how we can bring a more diverse group of people into our sport. I hope to have a large showing at the Championship this year, and would love for both our veterans and newbies to come run with us at Biltmore!

Barb Mathews

My first Ride and Tie was at Big South Fork in 2010. I was hooked from the start. What could be more wonderful than running and riding horses on beautiful trail with your friends. I have contributed to Ride and Tie by managing rides and I have introduced many new people to the sport. I think these experiences will help me be a good representative on the Ride and Tie board.





Carrie Baris

Melissa Montgomery

I would love to help this group grow in popularity as a sport! To bring it back to the glory days of 100+ participants in the championships! I believe my knowledge and participation in not only Ride and Tie, but Endurance and Ultra Running could be an asset to the sport.

Back in 2011, I by chance stumbled upon the sport of Ride and Tie. I couldn't believe my luck, the combination of two of my favorite sports, horseback riding and running! My first attempt, we did it all wrong, but had a fabulous time and enjoyed the electric atmosphere where everything can go sideways, but still smiling faces everywhere! I now drag everyone I know into the sport...some willing...some I have to hog tie.

When asked what it's like, my description is "Controlled chaos, FUN people, loose horses, a little blood, lots of good stories!"

I've entered into most of the Ride and Tie's offered on the West Coast, tried to find a horse for the 100 miler on the East Coast, but didn't have any luck (Maybe this year?)

I love the sport, people, horses and positive atmosphere that it offers. It would be an honor to serve on the board and keep this going strong for many more years.



Melissa Montgomery

The election will begin on May 5, 2023 and end 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.



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