

Ride & Tie and Equathon Newsletter



Left is Andrea Bassett on SHF Baasro
Lily Braden on Teaoka Bopp and Eliza Buckner on the ground. It was
Lily and Eliza's first R&T.

Giddyup and Run Ride and Tie APRIL 2021
By Joanne Mitchell, manager, TN mentor, lifer

The Giddyup and Run is Tennessee's first ride of the season. This year we started with a tornado EF-0 touching down about 10 miles from East Fork Stables. Weather was pouring rain Thursday, with some early evening hail. Friday turned out nice weather, blue skies and warm. I let the 35/27 milers out on the trail first at 7:30am, as they had the farthest to go. Then let the 12, 8 and 4 teams out at 7:50.

The Friday 12 horse/8 run Equathon was a hard-fought race at the finish. The Murray/Wormsley horse came in first but did not come down to criteria as fast as the Townsend's horse did. Kevin Townsend rode Shadow bareback on the horse part of his solo Equathon. Both men came into the homestretch with sight of each other and the timer, Kathy Blair and other staff/crew listened for thirty minutes to the smack talk after the finish. "You're an ANIMAL". "You're a BEAST".

The afternoon event of the first time in Tennessee Burro Race started at 12:40. One couple had truck trouble before arriving. The other couple agreed to wait til they got there. These burro racers were accompanied by three ladies from NC who picked this event to be their first trip since the Covid pandemic began. Burro racing in TN has begun! Scratch, the burro was so cute in his pack saddle! Wish he would have fit in my suitcase!

While burro racing is not a Ride and Tie sponsored event, I had the UT vets there to give a cursory once-over for these equine partners. I did not want the Humane Society down on my back any reason. All four burros (one mammoth, 2 standard and 1 mini) checked out OK. One burro did not finish-he thought he was a jack and the jennies did not appreciate that. This was supposed to be a G-rated event! The other three burros completed the 3-1/2 mile course. The winner was Jasper, the black donkey on the far left pictured above.

There were four scratches for Saturday events due to the predicted weather pattern. Amazing to see how many different weather apps people had. I let pretty much everybody start around 7am to avoid the green/yellow/red weather radar. By mid-morning the monsoon began. There was not a single team that came in dry. We had one team that got off course a little and the two runners came in but no horse. Oops. Thankfully it happened near camp and cell service does work at East Fork Stables. Horse found, video produced (<https://youtu.be/TSdFceTMdyk>). My safety rider, Debbie Lashley was forcing a smile in the rain. My drag rider, Lauren Irwin was dry but still picking up ribbons. All contestants/staff returned to camp OK.

Weather conditions can make a ride manager nervous. I should have lost my entire pandemic twenty pounds!

With Covid, there was no ride briefing or no award ceremony. The check-in bag contained the shirts, vet card, and predicted awards. Most of the participants had at least one vaccine shot. Things are slowly getting back to normal.



Message from the president of Ride and Tie

Hi to everyone,

After much discussion, the Ride and Tie board has decided to postpone the 50th World Championship until 2022. We explored many options, but with continued closings due to Covid, it just wasn't in the cards for this year. Ride and Tie was born in the West and we feel that the 50th should be out West.

As things are more open on the east coast, we will be hosting the East Coast Regional Championships at Big South Fork between Jamestown and Oneida, TN on September 10-11.

Let's keep moving forward this year and look forward to the World Championships in 2022.

Sara

In late December 2020 Ride and Tie and AERC entered into an Affiliate relationship. Part of the implications of that are that if your Ride and Tie Race is held in conjunction with an AERC race you MAY be able to receive a stipend of \$250-\$750. The Ride and Tie Association will be giving up to ten stipends during the year. The Board of Directors will determine which rides/races receive a stipend. The greatest qualifying factor will be that the Board wants as wide a geographical diversity as possible. In order to apply for a stipend you need to fill out the sanctioning forms at least 60 days before your race. The updated form has a section that will allow you to apply if you choose.

Regardless of whether you plan to apply for the stipend, if you are planning on a Ride and Tie race this year, please fill out the form as soon as you can. I, Courtney Krueger, am managing a calendar. Please see the calendar on the website and let me know if (1) your race is included and (2) the information on the calendar is correct.

Anne Langstaff

Anne has always had a love for running and did her first ride and tie when she met Rufus in early 2000. Anne and Rufus became long term partners winning most of the southern CA R&T races. Anne did Western states two times with one finish. Her first Western states she had to drop out at mile 63 due to a stress fracture. After seeing pictures of Burro racing, Anne decided to give it a try. She contact Breakfast Burritos, the non profit organization that puts on the races. Not only did she complete the course but she came home with a rescue Burro from California Breakfast Burritos.



'Burros Run' brings 153 entries By KELLY COSNER

On the morning of Saturday, April 10th, the mouth of the Indian Wells Canyon experienced a colorful desert sunrise, a cool breeze and the braying of donkeys. The location was the staging point for the 2nd annual "Run With The Burros, California" event which saw participants of all ages, competing with or without donkeys in the first Pack Burro Racing event of the season.

Hosted by local couple Karin Usko and John Auburn, founders of the pack burro racing group California Breakfast Burritos, this year's event saw 153 participants and 52 of those had a donkey teammate by their side.

At 7am, to the echo of a gunshot, the participants left the starting line in staggered groups based on one of three course lengths. The 10 mile course saw participants up and over the eastern side of Five-Fingers and into Short canyon, while the 17 mile course saw them straight up the Indian Wells Canyon, through the Nadeau Magnolia Mine homestead and back along the western side of Five-Fingers through water crossings and moderate terrain. Those who braved the 26.2 mile marathon traversed both of the aforementioned courses combined.

Two local competitors earned 1st place in their categories; Brian Hildreth in the men's category, without a donkey, on the 26.2 mile marathon course and Laura Ortiz in the women's category, without a donkey, on the 10 mile course.

Karin and John would like to thank the numerous volunteers and local businesses for their support and donations without which the event would not have been made possible.



From Starwood Equine Veterinary Clinic 1725 Woodside Road, Redwood City CA

CARING FOR YOUR GERIATRIC HORSE: THE IMPORTANCE OF ROUTINE BLOOD WORK

There will come a time in your horse's life where their career path will change from equine athlete to retired equine partner. Our goal is to discuss steps you can take to offer a smooth transition. After all, the effort they have put into their jobs for us warrants a well-deserved retirement plan!

While going about your daily barn chores, it is vital to create a routine for you and your horse to establish his or her "normal." This routine can be as simple as giving them a thorough daily groom to check for any lumps, bumps, cuts, or scrapes and note any body condition score or coat color changes. Setting a baseline allows you to recognize any deviations in behavior or wellbeing more easily. An examination is critical in the later stages of their life when identifying subtle changes can help address health concerns early.

Just like people, horses' organ and immune system function change with age. The Starwood veterinary team recommends collecting annual blood work to assess current health and act as a baseline for future reference and comparison.

Starwood Equine now offers in-house lab work, providing its veterinarians and clients with rapid results to plan treatment more effectively. This bloodwork provides valuable insights into your horse's health. A complete blood count (CBC) looks for any signs of anemia or systemic inflammation, while the blood chemistry looks at muscle and organ system function. Assessing organ function can help monitor response to long-term medication use - that many geriatric horses receive.

Adding regular testing to your older horse's annual examination is not only an easy way to assess your horse's overall health but also will display any early signs of potentially serious diseases. Typically, routine bloodwork includes CBC and chemistry. However, Starwood also has a [stall-side SAA that measures systemic inflammation](#) within minutes on the farm.

Based on your horse's presentation, we may also recommend screening for endocrine conditions, including pituitary pars intermedia dysfunction (PPID or Cushing's disease) and Equine Metabolic Syndrome (EMS). Although EMS and PPID can occur at any age, PPID is most commonly found in horses over the age of 12, and EMS is often detected in horses between the ages of 10-20. These endocrine changes can affect many aspects of your horse's wellbeing, including their performance and energy, the propensity to infections or hoof inflammation (laminitis), muscle mass, hair coat, and fat distribution. Early detection through bloodwork helps to manage the signs of PPID and EMS before they become serious.

In all, this bloodwork helps to monitor current and future conditions that may not be visible to us externally. Regular evaluation can increase the chances of extending the comfort and life of your beloved senior companion.

Time to vote for Board Members.

Get your vote in by August 15th. Winners will be announced in the September Newsletter.

Voting link: <https://app.rideandtie.org/rt/vote/index.php>

Jeanne Abbott

As a new member and competitor to R&T I believe that the perspective from a 'Newbie' should always be considered. I bring many years of equine competition (thru the advanced- FEI level ,Carriage driving groom/ navigator), running competition (5k- Boston marathon) as well as triathlon (sprint-70.3) experience with me. I am newly retired so I have the time to devote as well as the means and desire to travel and volunteer, when not myself competing or helping to promote this sport's resurgence. I do not fear the use of social media or learning new methods of communication and promotion. You could not ask for a more enthusiastic new-comer to Ride and Tie AND Equathon! I sincerely hope you will consider me for the board and assisting this organization.



Steve Anderson

I have been a member and participant of R&T since 1995 and I have been on the Board since 2006. Before that I was managing all the race data for the Association. I am still doing this and am also the Treasurer. My goal is to continue taking care of all finances and keep things running smoothly. I would appreciate your vote.



Rhonda Venable

I would like to be a board member for the Ride and Tie Association Board of Directors. I live in Toano, Virginia with my husband Dave, who is also a member, and our four horses and three ponies. I have been a member of Ride and Tie for over eleven years . I have been in charge of year end awards for the club for the past seven years. I am retiring from teaching the first of March this year and would love to give back to the club that has done so much for me. From the first time I competed with my daughter and husband on our old Quarter Horse Tanner to winning Worlds I can honestly say there is no other sport that I have competed in that provides the perfect combination of physical challenge, enjoyment and comradery. I have mentored many new Ride and Tiers including many of my own family. With six grandchildren (four of which have competed) I can personally say I will help this sport expand and get more youth involvement. Probably the thing I love most about this sport is the high number of families that compete together. Even if you don't compete with a family member we quickly include you into the Ride and Tie family. It truly is a sport that people of all ages and abilities can enjoy.



Janice Heltibridle

I have been a member of Ride & Tie since 1994 and previously served on the board from 2014 to 2020 as director, Vice President, and President. I managed the first World Championship ever held on the East Coast in 2017 and have over 5,000 competitive R&T miles. I am totally immersed in the sport as my long suffering husband and ACE crew person can attest to. Every event is different because there are so many variables that come into play you NEVER know just what will happen. Recruiting new folks...and encouraging seasoned participants to step outside their comfort zone to try a longer distance is a never ending saga with me. I love giving back to the sport that has been such a huge part of my life and would be honored to serve on the Board again to help promote the sport and represent the members' interests within and outside the organization.



Sara Boelt

I have served on the BoD for the past 3 years and am the current President. I have managed several ride and ties over the years as well as the 2016 East Coast Championships. I would like to continue to help the association move forward over the next few years. I teach horseback riding lessons and contract horseback opportunities to a summer camp in North Carolina. I love the friendships that are formed at rides between all of us. Over the years, I have tried to introduce new folks to our fun sport, especially youth. Thank you for your time to consider me.



Rufus Schnieder

I started R&T in the early 90's. My first championship was Sun Valley Idaho. The sport fit me well since I am a running coach and a farrier. I have been the race director for many southern California races. When I'm not the race director I'm always there to volunteer my time. I have introduced many people to R&T over the years. I have been on the board in the past holding many positions and I look forward to serving again. I really would like to make a huge effort to increase the number of races and memberships in the western states.





Horse of Distinction

The Horse of Distinction award was established in 2009 to honor horses who have distinguished themselves in the sport of Ride & Tie by making a significant contribution to the sport. Horses must be nominated to be considered. Horses in the Horse Hall of Fame are not eligible. People who nominate a horse will receive a confirmation of their submission, and may later be contacted by one of the judges. The winner will be announced at the annual World Ride & Tie Championship.

To nominate a horse complete and submit the on-line form. A printable version to submit by mail is also available. www.rideandtie.org



The History of R&T



Bud Johns invented the sport of Ride & Tie, staging the first ever Levis Ride & Tie on June 6, 1971 near St. Helena, California. At the time, he was working for Levi Strauss & Company as public relations director. Levi's was seeking a rugged sport to promote its similarly reputed line of outdoor clothing. As a writer, reader, and student of history, Bud had read of historic accounts where, out of necessity, two people had covered vast distances using one horse between them. One would proceed on horseback while the other ventured forth on foot. At some distance out, the rider would tie the horse to a tree and proceed on foot, thus providing his partner with a rested mount when he reached the horse. In this manner, people could cover more ground faster than if they had both walked, or if one rode and one walked. "What a concept for a race!" thought Bud, and the sport of Ride & Tie was born. Bud organized the first Levi's Ride & Tie in 1971 at St. Helena, California. You can read, in Bud's own words, his account of the sport's conception and first 15 years of its history in his engaging book *What Is This Madness?*. You can also purchase online from Amazon and other online booksellers, a history of Ride & Tie Championships thru the first 40 years of the sport, "40 Years of Madness: A History of Ride & Tie Championships" by Annette Parsons to learn more about early races and competitors.

Levi Strauss was a German-American businessman who founded the first company to manufacture blue jeans. His firm of Levi Strauss & Co. began in 1853 in San Francisco, California.

Levi was Born in Germany February 26th, 1829 and died September 26th, 1902.

At the age of 18 he came to the US and in 1853 he became a US citizen.

He opened a mercantile shop in San Francisco, during the gold rush. He realized people working in the gold mines needed a strong pair of pants for the heavy duty work. Levi and one of his customers came up with the idea of a heavy duty work pants which they named Levis.

When Levi Strauss passed away, he left his business to his four nephews. At that time the business was worth \$6 million. The equivalent to \$177,300,000 in 2019)

Sugarloaf spring fling ride and tie, awesome as always, this time Lori Lyttle and Lisa Broyles were joined by two newbies, Adison Broyles and Jillian Clayton



Carrie Baris at the Sugarloaf R&T
Photo by Becky Pearman

By
Courtney Krueger

Often in the pages of this newsletter we read of a long time Ride and Tie who has completed his or her course in life. They are remembered for the decades they competed in Ride and Tie, the dozens of races they ran, and the thousands of miles they completed. Today I want to pay tribute to a man who only attempted one Ride and Tie race and didn't even complete that one. Nevertheless, that one race changed his life and mine.

Late in 2019 I was contacted by Maureen O'Daniel and Philip Cullen about Ride and Tie. Philip was a triathlete and also enjoyed trail riding. When he heard about Ride and Tie, he knew he wanted to give it a try. We talked a couple of times on the phone and they decided that they would come down from their home in Kentucky to the Take No Prisoners Ride and Tie at Kings Mountain, SC to volunteer. Philip wanted to observe a race before jumping into one.

The race was in late February, just before Covid closed everything down. A week before the race, Barb Mathews found out that her partner couldn't make it. She was looking for a new partner.



With a big grin on my face, I called Philip and said, "Instead of volunteering, why don't you compete? That's our biggest need right now." He talked to Barb and decided that he would jump right in!

The day before the race Maureen and Philip arrived and found where all of us Ride and Tie folk were camped. We all nearly instantly bonded with them. They were enthusiastic and friendly and so wonderfully curious about Ride and Tie. Within an hour they were already part of our Ride and Tie family. Philip did a little test ride on Barb's horse Gator and prepared to compete in the long course the next morning.

Next morning, a few miles into the race, he came off of Gator, hit a tree and was struck by one of Gator's hooves. When Barb found him, he was pretty bloody but determined to continue. Barb is a Certified Nurse Practitioner and she quickly realized he was hurt worse than he realized. She told him his race was over and that he was to remain where he was until she got someone to transport him back to camp and then to the hospital. He ended up spending a couple of nights in the hospital with broken ribs and some other injuries.

Back at camp I felt terrible. He had wanted to come volunteer and I had talked him into competing which ended up getting him hurt. While he was still in the hospital, I talked with Maureen. Some of the first words out of her mouth were, "This won't stop him. He is determined to try again!" In May last year she let me know that he was riding again and making post-Covid plans to compete in Ride and Tie. He retired in the fall and Maureen gave him a horse as a retirement gift! They got in touch with us again to ask some saddle questions and make some plans for future Ride and Ties.



As he trained this spring, he began having some health issues and surprisingly discovered that in spite of his active lifestyle he had advanced coronary disease. He had quadruple bypass surgery on May 4. He initially did fine, but had a pulmonary embolism and passed away on May 10. A friend, Sallie Showalter, wrote a tribute to Philip which begins, "Philip Cullen was irreplaceable. If he wasn't racing, he was volunteering at a race. Or officiating. If he wasn't focusing on triathlons, he was fooling around with trail running or Ride & Tie events—at least until an unfamiliar horse got the better of him last spring..." I just love it that a man who only had the chance to attempt one race and was seriously injured in that race has the tribute for him leading with his love of Ride and Tie!

Philip's life reminds us to never quit trying new things, to never give up, and hold those we love close because we never know how long we may have them. In spite of the limited experience I had with Philip, I am so very thankful he was part of my life and that he will always be a part of the Ride and Tie family.



First Place Team

At Shanghai Trails Endurance Ride, Pierce Ranch TX , 22-mi R&T team, Kris Rugloski & Grace Kanz with mare Marina (owned by Leslie Barlow). It was a very wet, chilly Sunday, after a dry, warm, muggy Saturday. What a difference a day makes!

The Ride and Tie Association is pleased to announce the return of the Jim Steere Memorial Veterinary Student Scholarship. All currently enrolled veterinary students are invited to apply. A total award of \$3000 will be dispersed for this year's scholarship. The outstanding essay that is suitable for publishing in the Ride and Tie Association's monthly newsletter will be awarded up to \$2000 with runner-ups eligible for the remaining award amount.

Ride and Tie is a sport of strategy and requires athleticism from both the equine and human partners. This unique sport was created by Bud Johns. Johns worked for the Levis Strauss & Company as a public relations director. He was seeking a rugged sport to promote its similar reputed line of outdoor clothing. Johns had read of historic accounts where out of necessity two people had covered vast distances using one horse between them. One would proceed on horseback while the other continued on foot. Eventually the rider would tie the horse to a tree and proceed on foot, the horse waiting for the partner on foot to catch up. "What a concept for a race!" thought Johns and the sport of Ride & Tie was born. Johns organized the first Levi's Ride & Tie in 1971 at St. Helena, California.

Dr. Jim Steere served as the Head Veterinarian for the Ride and Tie Association for more than 25 years. He helped develop and implement the veterinary examination guidelines for this unique sport, adapted from the sport of endurance racing. Dr. Steere was also an avid participant of Ride and Tie. Less than one year before his passing in 2010 Steere and his son competed in the World Ride and Tie Championships. The Association is proud to offer this scholarship in his memory.

The essay is limited to 1000 words and must be accompanied by a list of references used in the essay. The topic is at the discretion of the veterinary student. Examples of winning past essays can be requested from Dr. Melinda Newton at m.newtondvm@gmail.com. A cover letter may be submitted in conjunction with the essay, but is not required. All essays must be received by Dr. Newton by 1/15/2022.



Eliza Davis and Dena Draxton
Still Prineville R&T, Oregon



Scientists believe that the first known ancestor of the horse lived about 50 million years ago. This prehistoric horse is called Eohippus and had four padded toes on the front legs and three padded toes on the back legs. (Source: [Chronozoom](#))



Evolution of the horse. [Wikipedia](#)



Running is Courtney Krueger and Alison Zeytoonian. The riders are Mark Landers on Kevlar and Carrie Baris on Comet.



The Ride and Tie Association is organized and operated exclusively for charitable purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code.

As a member of the Ride and Tie Association, you will receive newsletters which cover upcoming events, ride results, annual point standings and informative articles to improve your abilities as rider and runner as well as the abilities and health of your horse. **Membership runs from January 1st to December 31st.**

For anyone joining on or after September 1, the following year will be included.

Competitor Member: (\$25)

Will receive Ride & Tie Newsletter and Handbook, information and entry form for the Ride & Tie Championship, one vote on Association general membership issues, eligibility for all sanctioned Ride & Ties held during membership year and inclusion and eligibility for the national point system.

Family Membership: (\$40)

Immediate Family living at same address. List all names to be included. Same benefits as Competitor Member, two votes per family.

Lifetime Member: (\$500)

Same benefits as Competitor member with no more annual membership fees.

Supporting Member: (\$100 or more)

Same benefits as Member with special thanks from the Ride and Tie Association.

Friend of Ride & Tie: (\$20 or more)

Non-competitive member showing support for Ride & Tie. No voting privileges. Will receive Newsletter.

Upgrade to Family: (\$15)

Mentors are a group of people dedicated to growing the sport of Ride & Tie by introducing (or re-introducing) people to the sport. Located throughout the country, mentors are the Association's "local experts." They are available to answer questions, give advice about what to wear, how to prepare to successfully finish a race, provide opportunities to practice ride & tie, and help team newcomers with experienced people.

California:

K.S. Swigart, katswig@att.net

Bay Area: Victoria Ordway, victoriamosser@yahoo.com, (415) 381-3426

Sierra Foothills: Susan Smyth, susansmythjackson@gmail.com, 916-316-2096

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Coollest R&T By Julia Mock

What a terrific experience Coolest Ride n Tie turned out to be! This was my first ride n tie and it was my goal to compete and finish the twenty mile course with all of us in good condition. I am happy to say that goal was accomplished. There are several things that made this event such a great experience. Obviously, the volunteers who put so much heart into making this event such a success. The trails were well marked and the water stations for horses and runners were always a welcome sight along the trail. Also, the participants I met throughout the day were excited about their horses and ready for a great run and ride.



What made my experience different than others that day was my team.

Most go into this competition with one horse and two runners/riders. I was fortunate enough to work side by side with another team, this made me feel like I actually had a team of six. We decided before the race that we would stick together as runners and tie the horses at the same time. This gave the horses comfort being together, but what I didn't expect, or maybe I did, was how much I needed the support as a runner. I can't thank Drew enough for staying with me and being positive and helping me to keep pushing forward. Doug and Drew were riding Dixie and they probably would have made much better time if they weren't so helpful to me. This is what I mean about what a great event this is. I am humbled by the sportsmanship and kindness that I benefitted from, but this was the attitude of so

many competing. It made for a really great day.

Some highlights of the race for me are when I saw my team of Diana, riding Jetta, pass me up on the trail while I was running. I didn't know this needed to be on my "bucket list" but what a great experience, unique to Ride n Tie. Twice, Diana and Doug took the big climb out of the canyon on foot! I owe them, big! I was happy to see Jetta and Dixie drinking in the clear, flowing creek down in the ravine. That was a peaceful spot and where I live, I just don't see enough flowing water.

I can't remember a time when my cheeks actually felt sore from smiling, but the Coolest Ride n Tie gifted me that. Thank you to all who made this possible.

Coollest R&T and Equathon



First place team R&T long course Kristen Kanarr and Melissa Montgomery Best Condition went to Cryptonight



Long course second place team. Ali Ware and Jackie Quijano. This was Jackie's first R&T



First place short course. Amber Oliver and Megan Zimmerman Horse is Peggy



Carrie Gale and Khalid Iron woman Equathon



65 year old Steve Anderson on the ground. 70 year old George Hall on 15 year old Little Joe (Hall) 1st Man/Man

Photo by Gore/Baylor photography



Charlotte vetting Callie with Dr Mayfield

My partner Tammy and I had often talked about trying a ride and tie in the past, but there was never one that was close enough or short enough for us to consider. We are both working full time and when spare time allows, we are casual trail riders. So, this event at 8 miles was the perfect distance and location to attend. Our day started at 5am with a departure for Cool at 6am. We made the hour drive down Hwy 49 at a nice slow pace, especially descending and ascending out of the American River Canyon. My horse Pete had no idea what was in store for him!

We arrived to a very full parking area but found room for us. After getting Pete out of the trailer, we figured out where to get our packet. After getting instructions about what to do next, I got Pete and walked him over to get the pre-vet check. His head was on a swivel. So many trailers and horses and people to look at. Well, I was informed that his pulse was 60 (based in the vet's reaction, I'm thinking this is bad?) During the trot out, he had to spook at the orange cones while trying to also look at everything else. We got the thumbs up so we went back to the trailer and with a hay bag hanging, all was right in Pete's world again.

On goes the tack (plain headstall not the good one I usually use, regular western trail saddle-sadly no comfy sheepskin here-and saddle bag with of course the tie strap inside.

Now, I am going to give my non-horsey husband a huge shout out. When I explained to him the process of tying up the horse during the race (I had to find some YouTube videos to figure this out), he suggested I use one of our hammock straps. It is an 8 foot length of double webbing that has open loops sewn every 4 inches. With the addition of two bent gate carabiners on each end, it turned out to be the best thing ever. Light and not bulky. Maybe those who are ride and tie veterans already know this but I was super impressed at how well it worked.

With no idea what to expect, Tammy and I decided to hang back at the start so we didn't get jammed up in all the excitement. Also, I really wanted to survive the event without a fall or other incident so this seemed like the best plan. Aside from some super wound up horses and lots of runners, my horse did pretty well handling it all for his first time. We eventually fell in behind a few other horses and trotted out the first mile or so with no incident. Even the mucky water crossings were done without a fuss (what a good boy!) Before I knew it, the photographers were there. It was at that point I realized I had gone 2 miles without a stop. I found a tree to tie to and as I was getting ready to start running, here comes my partner Tammy. She is now dying of heat wearing tights so she decides to change into shorts. We make the switch and off we go. As I watch her gaining distance from me, I take a moment to look around this beautiful place. I pass some dog walkers and another runner not related to this event. The trail turns to a gradual uphill so I put my head down and grind out the distance until I am cresting the top. At this point, I am gazing across a large meadow with the Sierra Nevada Mountains to the east and the Coastal Range to the west. I have to stop for a photo. A bit more and the trail goes down hill. I see my partner in the distance waiting on the trail. She waves, I wave back and she turns to run. Pete is tied up in the shade of a huge oak tree. As I get closer, I can see him eyeing me with a look of 'what exactly is happening right now?'

I mount up and off we go to catch up to Tammy. At this point, all the strategy, if we ever had any, fell completely apart. As the trail started to turn to a narrow single track and the meadow fell away to a forest, Pete suddenly had no intention of trotting-maybe ever again. No matter what I did, he was at a steadfast walk. I had not thought of this scenario at all. I normally ride with spurs as he is not very reactive to most things. My running shoes must have felt like a butter knife because he was just not having any of it.

So...walk we did. Two miles of no people or horses. We saw a deer grazing in the forest and large lizards scurrying across the trail. As we emerged from that and the sky opened up to another meadow, we saw a coyote hunting in a field close by. The trail turned to a wider road and I thought finally we can trot out now! Well, the trotting lasted about 19 seconds and then the road became another narrow single track and forest again so our pace slowed again to a walk. I took note of the garbage pile and thought-Tammy must be done by now. She is not going to be happy.

Just then, a runner came up behind us. As I let her pass, another runner with a dog-not related to this event- passed us as well. That was all Pete needed. He found some courage and started to trot after these people. I was amazed at how fast they were. Woman with the pink tutu, I had a hard time keeping you in sight. The woman with the dog went left at the fork and the ribbons said to go right. Was Pete ever disappointed in that.

Well, with no one in sight anymore, our pace went back to a walk but Pete and I made it to Knickerbocker Creek. We paused long enough to paw the water and have a drink. As we were about to tackle the steep climb out, another runner and rider came to the Creek behind us. This mom was running the course so her very young daughter could ride her pony. What a cute pair they all made! Pete was so excited to have company that we fell in behind the pony and finally made it to the aid station. (Sorry Mom-of-girl-on-pony if she was supposed to wait for you. We were having a pretty good time at the trot on the open trail.)

It was at that time my phone rang with Tammy asking 'where are you?!' Turns out she was a mile ahead of us so we decided to just keep going and see each other at the end. Thank God Pete had that pony to follow or else I might still be out there.

The best part was when Tammy gave her number at the finish, they said 'wait, what? You beat your horse in?' Well yes...yes she did. Pete might be a lot of things but fast isn't one of them. Or being a leader on the trail. So mental note for next time; try and follow someone else as much as possible whether it's another horse or a person. Pete doesn't care.

In the end, we all finished and no one got hurt. Pete finally got his breathing to 60 after several minutes so we passed. We were not last so that is something. Tammy and I learned a few things along the way too(like try and switch off sooner rather than later) so hopefully next time we can be better prepared. It was still an incredibly fun and positive experience.

I also want to say a huge thank you to Susan for putting on this event. Organizing something like this takes so many hands to be successful. If you have ever thought about volunteering, please do when possible so events like this can continue for others to enjoy. See you all at the next short course Ride and Tie.

-Shelly Stewart

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January 2021, I reserved the date for May 15, 2021 for Coollest Ride and tie. Covid-19 infection rates were high in California at that time and spirits were low. There was still uncertainty of whether the Coollest Ride and tie would happen and what restriction would be placed. All that changed when the vaccine rolled out, restrictions lessening, moving us toward normal. April 1st, I was given the green light to move forward with limited numbers. Now for the daunting task of pulling the event together with 5 weeks to go and a return to traveling with my job made for my own challenge. I moved forward to just make it “just happen”. ASRA gave me a two-page list of covid requirements that I initialed and watched as they evolve weekly based on current CDC recommendations, looking better each week. Despite the opening of restrictions, I ended up having to limit our entries due to parking. Auburn State Recreation Area (ASRA) suggested next year we rent the whole area. Can I count on the participants?

Thank you to the amazing Cathy Mason, trail master and Barbara Johnson for pulling the trail and course together and encouraging me to make the event happen. We hiked the trails with nippers, hoes, little saws, and shovels to clean the trail. Definite therapy! Cathy would always tell me, “We need this to feel normal again.” I was the hesitate one. You can Thank Cathy if you did not get poison oak! Rhonda Crayborn and ASRA were more than gracious to work with in preparation and providing checklist. Rhonda made sure our event and starting area was mowed and ready. We can all appreciate that.

Day of the event:

The 20-mile-long course had seven entries. Melissa and Kristin on Kit flew to the finish with Ali and Jackie not too far behind. Third, fourth and fifth was the exciting finish as Elaine flew around two runners’ parts of our Sonoma teams, moving from fifth to third. Emily and Leigh came in sixth with long time Ride and tie members George Hall and Steve Anderson in seventh.

In the 8-mile short course had 14 entries. Megan Zimmerman and Amber Oliver won first place! Super excitement beamed from their smiles! The most exciting moment for me was to see my Grand-daughter Charlotte (age 7) finish her first Ride and tie with her Uncle Mike. He even made her run and change roles at least six times as he straddles her tiny saddle with stirrups not even hitting his knees! We also had a good showing of other juniors in this event 11-13 with the Johnson-Zorn family!

Tevis rider, Allyssa Stalley Gonzalez and Ultra runner husband Nick Gonzalez finished the Equathon in rocket time, coming in first place followed by 14 additional teams. This year we had runners and riders start at once and combined the times of runner finish and horse pulse down. This alleviated the runners out in the heat and put more fun on the trail at once. What I did not think about was the difficulty putting the logistics together to manage the results for this variance. Lessons always to be learned from putting on an event on what went well, what could have been done better and what I would change.

Every time I ask myself why I take on such an undertaking, I am reminded by all your smiles and excitement. I love watching the post come up and all the comments. I love seeing how proud people are of their challenge. I love seeing people having so much fun at a sport I treasure.

Thank you to all of you for coming and participating. For the volunteers, without you this would be impossible. I wish I could mention everyone by name here and Thank each one of you personally. Thank you to sponsor: Ride and tie Association, Echo Valley Ranch Supplies, Riding Warehouse, Platinum performance, Tec NU and Darlene LeVan (Aroma therapy).



Page Fairbank-Drucker and Amber D Norwood. Coollest R&T



Summer Hughes, Denise Fissel With Keeko



All proceeds from Coollest R&T will be donated to Horses Honor Senior Horse sanctuary

Horses’ Honor Senior Horse Sanctuary is the final page of Black Beauty come to life. Elder horses commune under the shade of great oaks, graze peacefully in large pastures and splash in the pond in summertime. They have every need met with a cherry on top.

Our rescue is for life. No more changing hands and circumstances, never the danger of neglect or slaughter.

We are able to do this because of you and the support of other caring people. Thank you. Please visit our sanctuary and enjoy senior horse paradise. Niña and Eric Thompson



Coolest R&T Results Long Course

13

1 st	Melissa Montgomery	Kristen Kanarr	Cyptonight	Melissa Montgomery	3:10
2 nd	Ali Ware	Jackie Quijano	Hawk	Ali Ware	3:26
3 rd	Elaine Ruprecht	Kim Barger	Peter Sam	Elaine Ruprecht	3:33
4 th	Drew Buechley	Douglas Yen	Dixie	Drew Buechley	3:34
5 th	Julie Mock	Diana Triscell	Jetta	Julie Mock	3:34
6 th	Emily Gragg Cortez	Leigh Gragg	Reno	Emily Gragg Cortez	3:59
7 th	George Hall	Steve Anderson	Little Joe	George Hall	4:33

Short Course

1 st	Megan Zimmerman	Amber Oliver	Peggy	Amber Oliver	1:11
2 nd	Serena Connelly	Karina Parker	Snickers	Colleen Kelly	1:14
3 rd	Colleen Kelly	Kiertsen Parker	Diamond	Colleen Kelly	1:15
4 th	Charlotte Cortez-Junior	Michael Cortez	Callie	Charlotte Cortez	1:23
5 th	Alexis Zifer	Bernadette Grismer	Wyses	Alexis Zifer	1:24
6 th	Liz Harris	Page Drucker	Minnow	Page Drucker	1:27
7 th	Hannah Hevseveldt	Anne Williams	Duncan	Hannah Hevseveldt	1:30
8 th	Jennifer Jaw	Benjamin Barajas	Fatima	Jennifer Jaw	1:35
9 th	LeighWayne Miller	Marissa Muscat	Willow	Leigh Wayne Miller	1:46
10 th	Denise Fissel	Summer Hughes	Keeko	Denise Fissel	1:49
11 th	Shelly Steward	Tammy Tiller	Pete	Shelly Steward	1:54
12 th	Myla Johnson	Quin Johnson	Elsa	Quinn Johnson	2:30
13 th	Jack Zorn	Maela Vanderstoep	Blaze	Maela Vanderstoep	2:30
14 th	Callie Johnson	Eliza Zorn	Legend	Callie Johnson	2:30

Equathon

1 st	Alisa Stalley Gonzalez	Nick Gonzales	Al Marah Land Robin	Alyssa Stalley Gonzalaz	1:54
2 nd	Sharon Finston	Chris Otto	Mojave Blaze	Sharon Finston	2:17
3 rd	Paige Downie	Kelsey Grandanini	Kypton	Paige Downie	2:21
4 th	Carrie Gale	IRON 1 st	Khallie	Carrie Gale	2:28
5 th	Brenda Ruedy	Diane Lundy	Bailey	Brenda Ruedy	2:43
6 th	Phoebe Cowlin	Christi West	Patrick's Fire	Sharon Finston	2:48
7 th	Marlena Gerhard Conger	IRON 2 nd	Mister	Jaime Seaton	2:52
8 th	Drew Enes	Laura Odabashian	Diamond		2:53
9 th	Gerrit Vremon	IRON	PIP	Lisa Cundall	2:59
10 th	Stevie Courvette	Savannah Burke	MAK	Stevie Courvette	2:59
11	Carrie Holben	Morgan Squaglia	Chico	Carrie Holben	3:01
12	Sarah Knight	Dallas Irvin	Twister	Sarah knight	3:02
13	Lisa Cundall	Lisa Haynes	Maisey	Lisa Cundal	2:23
14	Liz Begovich	IRON 4 th	Prize	Liz begovich	3:39
15	Lucia Tropeano	Taylor Acosta	Lola	Lucia Tropeano	DNF

Coollest R&T was so cool

Susan, with all her knowledge and amazing volunteers put on a great event. From the trail markings, trail choices, photographers, and well thought out prizes, all very appropriate for any age. This event lends itself to relaxing and a no pressure finish!

I was fortunate enough to have my knowledgeable crew for my horse as well as my sister and mother there for me; since I chose to participate as an Iron women in the Equathon event!

We had a great finish... 1st IRON and 4th overall for the EQUATHON!

Khallie and I will be back for the next event in September 2021!

Thank You
Carrie Gale

How Annual Competition Points are Calculated

Races 20 miles in length or more:

25 points for completing the race, plus
points equaling 2 times the number of miles completed, plus
5 points for each team you beat to the finish line

Races between 10 and up to 19 miles in length:

25 points for each team member, plus
points equaling 1/2 the number of miles completed, plus
3 points for each team you beat to the finish line

Races less than 10 miles:

25 points for each team member

Horse Hall of Fame

Horses that have distinguished themselves in the sport of Ride & Tie may be inducted into the Ride & Tie Horse Hall of Fame. The criteria involve a combination of total career miles, placing, and Best Condition honors.



Rushcreek Greg
1988 Horse Hall of Fame
Award Recipient
Owners Vern & Marge
Biehl



Peanuts*
1988 Horse Hall of Fame
Award Recipient
Owner Chuck Stalley

No Frills R&T and Equathon
Photos by Becky Pearman.



Lessie Longstreet



Kate Kane on Haldor



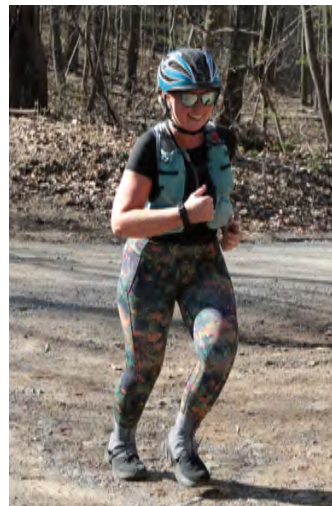
Rick Koup on Stetson and Carrie Baris



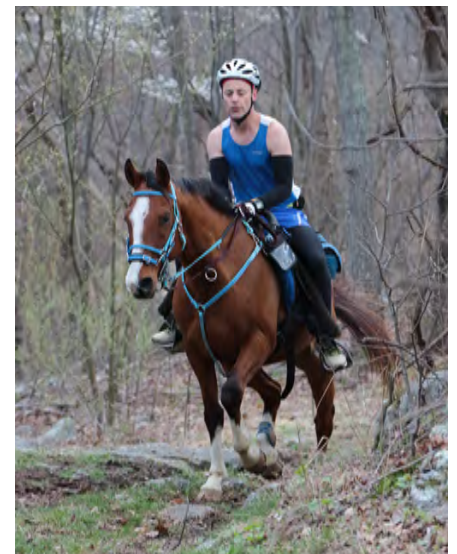
Rhonda Venable on Dakota



Barb Mathews on Gator



Liz Moran



Chris Lang on Ray



Alison Zeytoonian on Pipi *


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I'm always looking for stories and pictures for the newsletter. If you have a story or pictures that you would like to submit for the newsletter please send to gunillapratt@gmail.com

A Quiet Legend by "Michele Roush Rowe, DVM

Sometimes, you can find a hero in your own backyard.

Pat Browning, of French Corral, CA, is one of those people. An 81 year old native of Nevada County, Pat will attempt Tevis this year on his horse, Charlie, to be the oldest finisher in the books. He will try to unseat the late Jim Steere, DVM, who currently holds the record, having finished Tevis in 2005 at 80 years old.

Pat and his wife of 56 years, Nita, and I recently sat down at their dining room table and talked about this upcoming challenge, which Pat seems to be taking in stride as just another day at work. Here are some excerpts from our conversation:

MR: Tell me about your horse, Charlie.

PB: Charlie is eight or nine years old, and I've had him since he was a yearling. He came to me through a friend, who later broke him to ride for me. He came out of Winnemucca, Nevada, and was originally sold as a Foundation Quarter Horse to some people who then got in a big lawsuit over it when they found out the horse was really an Indian Mustang. I wanted a short horse, and he is 14 hands high. He was broke to ride by my friend, Lisa Calder, who was entered in the American Horsewoman's Challenge, and had 6 months to train a horse from only halter-broke. Her horse got cut up in wire 3 months into it, so I loaned her Charlie, and she did the whole thing in 3 months with him. They went to Oklahoma for the competition, and they didn't win, but they did place. He gave Lisa a hard time at first, but once she got through to him, he got it! He put four colts on the ground before I had him marked (editor's note: gelded). They are all taller than him, except for maybe one. Two are out of Thoroughbred mares, and they are spitfires even more than Charlie. The two out of the Quarter Horse/Mustang mares are nice and gentle.

MR: When you say "spitfire," how does that apply to Charlie?

PB: There are times Charlie doesn't like to be caught. If he doesn't want to be caught, I might have to chase him for two hours on the Kubota at 10 mph before he gives it up. Once, he even ran up the teeter-totter on purpose just to laugh at me when I was trying to catch him. MR: The teeter-totter?

PB: Yes, he will walk over the teeter-totter up three feet in the air, pivot it, go down the other side, turn around, and go back over it. He will also jump over a four foot fence or stack of logs from a standstill if I lead him up to it and ask him to go over. He will walk down a 12" x 12" timber 14 inches off the ground. He will also occasionally throw everything out of the back of the Kubota if he thinks there might be a snack in the bottom. (editor's note: Pat did not seem to be as fond of this last trick as the others!)

MR: How are you preparing Charlie for the Tevis?

PB: Every day, I lead him out to feed the goats behind the Kubota, two miles at 10 mph. About every other day, we go from there and I ride up the back trails (editor's note: "the back trails" consist of incredibly steep, technical short hills over some pretty rough ground). I am also riding out with a neighbor on longer rides.

MR: How about yourself?

PB: I've lost 20 pounds, and I am working on another 20.

MR: Talk to me about your riding gear. Will you carry water on your saddle on race day?

PB: I never did (Editor's note: Pat has three previous Tevis finishes and a total of 2100 recorded AERC miles).

MR: How about this year?

PB: I don't know

MR: Will you use a headlamp?

PB: I might wear hers (indicates Nita, sitting next to him.)

MR: What do you like to eat when you are at a ride?

PB: Hamburgers. Fries. Milkshake. One year before the Western States Run, they asked me what I wanted for breakfast, and I had pancakes, bacon and eggs.

MR: Have you completed the Western States Run?

PB: No. I tried twice, but I pulled once at No Hands and once at Foresthill. I wasn't tired, but my knees hurt too much. Now I've had both knees replaced.

MR: You seem to enjoy the challenge of the 100 mile distance.

PB: Yes, in fact, Warren Hellman and I were the first ones to do a 100 mile Ride & Tie. We did the Swanton Pacific course. I think it was in 1985. I have a picture of Warren on Farmaus dated 1985, and that was the only time he rode that horse.

MR: How many Levi's and World Championship Ride & Ties have you done?

PB: I don't know. 47? I think I started all but two.

MR: What is your favorite part of the Tevis trail?

PB: Good God, I just kinda love it all! Looking back over the mountain from Squaw Peak. I was a junior in high school when I first heard about the Tevis, and I knew right then and there that I wanted to do it.

MR: I know you shoe your own horses. Have you ever used a professional farrier?

PB: Well, one time at Tevis, Farmaus pulled a shoe just before Michigan Bluff, so the ride farrier put the shoe back on, and he hot-nailed the horse so we didn't finish. (Editor's note: I have a photo of Pat and his Ride & Tie partner at the time, Dave Foster, shoeing a horse 30 minutes before the start of a Ride & Tie race because they didn't get around to it before then. The picture shows the horse with two feet in the air, one guy working on each foot! They did diagonal pairs and got the shoes on in time to start the race.)

MR: How many times have you finished Tevis?

PB: Three times. The first time was in 1985, and the boss had told me I would have to work that weekend, so I couldn't do the ride. I loaned my horse to Jeff Windeshausen. Then, Friday morning, I learned I didn't have to work. Since I'd already loaned my horse, I called Nita, and she brought her horse, Josh, that had been out in pasture all winter and hadn't done anything that year. Nita was mad, because she didn't believe it was a good idea, but I said it would be fine, and it was.

MR: Any words of advice for first-timers?

PB: Don't look at the long distance. Look at each 25 miles individually and have fun doing it. Don't overpush the horses, especially uphill. Pay attention. The times I've gotten lost, I was talking and not paying attention.

Good advice from a man who has done quite a lot in his lifetime, and isn't planning to stop challenging himself anytime, soon! Give a shout out to Pat when you see him on the Tevis trail this July 24.



Pat Browning. Age 1

My name is Eliza Buckner. I'm 15 years old. I've been riding for 6 years now and I got the opportunity to compete in the Jamestown Giddy Up And Ride Ride and Tie this past April. It was definitely an experience of a lifetime, everyone was so respectful and kind. If anyone needed anything they would be sure to help out as much as possible. When my partner and I set out on the 8 mile trail the views were absolutely breathtaking and the trails were very well marked to ensure you were confident in where you were going. This was great since it was our first time. When we finished the trail we headed over to the vet check and the vets did a very thorough job of making sure our horses were in the best condition. I met some incredible people while experiencing this amazing discipline and I definitely look forward to entering future races

(Picture on Front Page)



Courtney Krueger Changing a tire. He just passed 2000 competitive miles. Congratulations!



Courtney Krueger doing a happy dance to celebrate passing 2000 career miles in R&T



Second day of meadow creek mingle ride and tie with Lori Lyttle, I enjoyed the 13 mile loop much more with fresh legs and a fresh horse! (Yesterday I had already ran 17 with Adison on Leo and we were pretty tired for the 13 loop) Lori is always so fun and positive. By Lisa Broyles



NY ADVENTURE 30 MILE RIDE AND TIE. Rob and Alex Sawyer. First R&T



Teresa Nelson Barnes is with Buffy Katherman. We had a fantastic time this weekend at Chesapeake Spring. We completed the 25 RAT with an unofficial time of 5:12. It was our FIRST time ever doing a R&T

Did you know we have a ride and tie Instagram? It's @ridentie and we'd love to follow you if we don't already.

Congratulations to our scholarship winners for 2021
Every year the R&T association picks 3 winners for the essay scholarship fund. Each person wins \$1000.
The first of our three winners is Katherine DeWolf.



Katherine "Kit" DeWolf
 VMD Candidate - Class of 2024
 University of Pennsylvania School of Veterinary Medicine

I grew up in Rhode Island, ironically not a place with many horses or venomous snakes. I began riding at the age of four. I eventually found my way to a wonderful local barn that allowed me to explore many English disciplines, and I settled on eventing. Though I have never participated in any long-distance equine sports, I have always loved trail riding and eventually would like to live in an area with access to many trails.

I completed my Bachelor of Science in Equine Studies: Equine Science at the University of New Hampshire in May of 2020. I began working towards becoming a veterinarian in August of the same year at PennVet. My professional interests have changed as time has gone on, but equine reproduction and neonatology has always been at the forefront of my interests. I also have a large soft-spot for the dairy industry, so food animal medicine has also been a large interest of mine.

Besides my education, I spend a lot of time with my dog, Louis, who I adopted last fall when he was only 3 months old. We enjoy hiking, disc-golfing, and visiting Cold Stone Creamery (which he especially enjoys).

So you think your horse has been bitten by a snake, or worse, you *watched* your four legged friend get bit by a snake. What do you do? Who do you call? What is the prognosis?

Snakes in the United States

The United States is home to many different snake species. Fortunately, in the United States there are only four families of snakes that have a venomous bite. These four venomous snake families are rattlesnakes, copperheads, water moccasins (also known as cottonmouths), and coral snakes. Coral snakes typically do not pose a risk to horses due to their small jaw size.

About 90% of all snake bites occur between April and October in the United States. The most common offender is the rattlesnake, primarily due to their large habitat range and less elusive nature.

Horses are typically bitten on the legs, though not always. Horses are also frequently bitten on the face due to their curious nature and poor vision that requires them to often place their head close to objects they're investigating.

Snake bites in horses, even if they're from nonvenomous species, can cause a slew of problems. A bite with little or no venom injected, or "dry bite," risks tetanus and other secondary infections and may warrant veterinary attention. Venomous bites will warrant veterinarian treatment, but are even more severe when the bite is on the head or face, or when the snake releases all of its venom (ex: if it were dying during the bite). Snake venom varies among species. Most contain chemicals that break down tissues, including blood vessels, which can impair blood clotting. Neurotoxic venom, such as that produced by coral snakes and the Mojave rattlesnake (pictured above), can cause severe neurological symptoms. Snake venom can also negatively affect the major organs, such as the heart and kidney as well as major processes such as erythrocytogenesis.

Post-Bite: What to Do (and what *not* to do!)

To start off, it's important to know what *not* to do when dealing with a snake bite (and the snake). Although it seems like a good idea to some, **do not** try to capture the offender. This can put you at risk of being bit as well. You may try to capture a photo of the snake, but **if you suspect the snake is venomous**, refrain from doing this, call your veterinarian, and spend your time attending to your horse instead. **It is not advised** to try to remove the venom (either with your mouth or with suction tools). Also, applying a tourniquet to a bitten limb **is not recommended**. Applying a tourniquet will likely cause other issues with the limb while also failing to halt venom spread throughout the body. Hot and cold packs likely will not make a difference in the case of a snake bite and are not recommended. Hot packs are known to increase blood flow, thus increasing venom spread throughout the body. Finally, the biggest mistake made by owners is a delay in presentation for treatment. If there is any rapid swelling found on your horse or you suspect a venomous snake bite, contact your veterinarian immediately.

Now that we've covered what isn't recommended, here are some things you can do after witnessing a snake bite:

- Assess your horse... is he at risk? Where is the bite? How big is my horse? How healthy is he? Is he currently taking any medications that may heighten his chances of medical emergencies in the case of a snake bite? Are we in a location that is close to or far from help?
- For example: in the case of a face bite, the immediate and largest concern should be asphyxiation.
 - ○ If you suspect the snake was venomous or are unsure if the snake was venomous, **immediately** call your veterinarian. If you notice any sudden and abnormal swelling yet didn't witness a snake bite, **immediately call your veterinarian** .
 - ○ **If the horse was bitten on the face** , your veterinarian will likely instruct you to first assemble tools to keep the horse's airway open in the event of extreme swelling. Wet tubing, a cut off syringe tube, or a hose will work and should be cut 6-8 inches in length (pictured above). The tool should be lubricated and inserted approximately four inches into the nostrils. It should be inserted far enough that it remains in the nostrils by itself. It is advised to secure these tubes with tape as a precaution.
 - This is a good tool to keep prepared and in your saddle bag if you frequent trails where there are venomous snakes.
 - There are commercially made equine airway tools that can be purchased from various companies.
 - **The best first aid is to keep the horse calm and call your vet.** Excitement and unnecessary work is not advised. Increasing a horse's blood pressure will only expedite the travel of any venom throughout the body. If you're away from the stables, bringing a trailer to your horse is incredibly helpful to prevent them from moving too much.

If you suspect your horse has been bitten by a snake, the following symptoms can be possible signs of a snake bite. Looking for a snake bite wound may be difficult if it is not an obvious wound.

Pain, Swelling, Puncture wounds, Hemorrhage, Coagulopathy, Sloughing of tissues near bite site, Cardiac arrhythmias, Shock, Respiratory distress (in the case of a face bite), Signs of envenomation can take hours to appear depending on many factors.

Tissue destruction from a snake bite wound can develop hours to weeks later. This puts an individual at risk because sloughing tissue typically leaves vulnerable wounds that are relatively large in size. These wounds can become gangrenous, so it is important to monitor for any signs of tissue sloughing both during the treatment process and the healing process.

Neurotoxic venom does have its own special set of neurologic signs. These include: muscle fasciculations or twitching, tetraparesis (weakened limbs), ptyalism (overproduction of saliva), shallow or abnormal breathing (example: tachypnea), ataxia, decreased spinal reflexes, and quiet mentation.



Getting Your Veterinarian Involved

Veterinary treatment focuses on four main steps: preventing asphyxiation, controlling inflammation and shock, preventing infection and disease, and countering the venom.

1. Prevent Asphyxiation
 - Typically a concern in the case of bites to the face.
 - Tubing up the nostrils is sometimes required. In severe cases, a tracheostomy may be performed (pictured right).
 - Sometimes, nutritional support by means of a stomach tube is required in patients with nasal swelling who may experience difficulty eating or drinking.
2. Control Inflammation and Shock
 - Fluid therapy, pain medications, ventilatory support, and anticonvulsants are all used when managing a horse in shock or with severe inflammation.



3. Preventing Infection and Disease

- a. Cleaning and treating the wound (with antibiotics) is done in nearly every case of a snake bite. *I.Pseudomonas aeruginosa*, *Clostridium* spp., *Corynebacterium* spp, and staphylococci are found in the mouth of most rattlesnakes.
- b. Tetanus toxoid may be given if there is risk of a tetanus infection.

4. Countering the Venom

- ● Antivenom is dosed to counteract tissue damage and control pain. It is dosed based on the type of venom and amount of venom suspected to have been injected.
- ● It may aid in preventing or controlling coagulopathy.
- ● It is best if antivenom is given in the first 6 hours post-bite, though it can be effective up to 24 hours after a snake bite.
- ● Epinephrine can be given subcutaneously if a reaction to the antivenom occurs.
- **The Prognosis**
The prognosis of a snake bite depends entirely on the individual and the nature of the bite and treatment. Some subsequent complications that have been noted in the field include: chronic heart failure, kidney damage, hemolytic anemia, and other cardiac issues months later. Because of this, owners should watch for any breathing abnormalities or general weakness in their horses after a snake bite. Most individuals who receive rapid veterinary treatment recover fully.

Prevention and Vaccinations

If you live in or are traveling to a location within the United States where you may be at risk of encountering a venomous snake, there is a vaccine available. This vaccine (crotalus atrox toxoid) is a pre-exposure vaccine. The American Association of Equine Practitioners states that this vaccine is only appropriate for individuals who are six months in age or older and that are in good health .

The recommended vaccination schedule is as follows:

Healthy Adult Horse: Primary Doses: 3 given at one month intervals Booster Doses: every 6 months

Foals Over 6 Months: Primary Doses: 3 given at one month intervals Booster Doses: every 6 months

Contact your veterinarian for pregnant mares.

This vaccine specifically protects against the following venoms:

- ➤ Western Diamondback rattlesnakes bites (including Prairie, Great basin, Northern and Southern pacific varieties)
- ➤ Sidewinder
- ➤ Timber rattlesnake
- ➤ Massasauga
- ➤ Copperhead
-

This vaccine may also give partial protection against venom from the water moccasin (cottonmouth), coral snakes, and the Mojave rattlesnake.

- **Snake and horses aren't the most ideal combination to deal with, but with quick thinking and the helping hand of a knowledgeable veterinarian, you and your four legged pal should be back on the trails in no time.**

THERE ARE 22 SPECIES OF VENOMOUS SNAKES IN THE US AND 600 WORLDWIDE. Here are a few:



Red Diamond Rattlesnake



Copperhead



Timber Rattlesnake



Coral Snake

2021 Old Dominion Ride & Tie and Equathon Weekend SATURDAY JULY 17, 2021 "How-To" Clinic 2-4 p.m.

SATURDAY JULY 17, 2021 6:00 p.m. 20, 12, and 6 mile ride and tie and 12/6 and 12/12 Equathon
SUNDAY JULY 18, 2021 7:30 a.m. 20, 12, and 6 mile ride and tie and 12/6 and 12/12 Equathon

Questions: Lani Newcomb, 33715 Snickersville Turnpike, Bluemont, VA 20135, 540-554-2004, give2bute@aol.com.
Ride Secretary: Janice Heltibridle, 6746 Back Road, Maurertown, VA 22644, 540-233- 0710, janiceheltibridle@gmail.com.

Sand Canyon, August 7

Location: Colville National Forest, Calispell Meadows, Chewelah, WA **Distances:** 15 & 30 mile Ride & Tie **Contact:** Amanda Egbert/Shelah Wetter, sandcanyonride@yahoo.com

Pine Tree Pioneer, August 10-14

Location: Fryeburg Fairgrounds, Fryeburg, ME; **Distances** 25 and 50 mile Ride & Tie; **Contact:** Sue Niedoroda, 207-632-9696, sniedoroda@yahoo.com

Summertime Blues – August 21 (TENTATIVE)

Location: Spring Creek NF-21 **Distances:** tbd **Contact:** Lora Bannan, ibstitchin@yahoo.com

Ride the Loup - August 21 (PNER Recognized event)

Location: Loup Loup Pass Ski Area, Okanogan, WA (Central Washington) **Distances:** 14, 30 and 50 miles **Contact:** Terry James, thehondastore@yahoo.com

Iron Mountain Jubilee, August 28-29

Location: Cripple Creek, VA **Distances:** 25, 50 and 55 mile Ride & Tie; Equathon – tbd **Contact:** Barb Mathews, bjdmathews@gmail.com
Website: <http://www.ironmountainjubilee.com/entry-information/>

Mary and Anna Memorial, August 28

Location: Outback Station Event Center, 76231 Hwy 31, La Pine OR, 97739 **Distances:** 11, 25, 50 and 100 mile Ride & Tie
Contact: Max & Darlene Merlich, termaxm@gmail.com or endrncrider@gmail.com
Website: <https://maryandannamemorialride.com/>

Crazy Daze of Summer, September 4-5

Location: Riverside State Park @ Seven Mile Air Strip. 7903 W Missoula Rd, Nine Mile Falls, WA **Distances:** 15, 30 and 50 mile R&Ts **Contact:** Sarah Dafler, 425-445-5994, sarahrdafler@gmail.com
Website: <https://cwranchusa.wixsite.com/crazydazeofsummer>

Big South Fork/East Coast Regional Championship, September 10-12

Location: Big South Fork National River and Recreation Area near Jamestown/Onieda, TN **Distances:** R&T – tbd
Equathon-tbd Contact: Joanne Mitchell, jfgmhorse@gmail.com

Hector Half Hundred, September 11

Location: Hector, NY **Distances:** 15, 30 and 50 mile Ride & Tie **Contact:** Pam Karner, DVM, drpamkarner@gmail.com

Chesapeake Fall, September 17-19

Location: Fair Hill, MD **Distances:** 10, 15, 25 mile R&T, 10 ride/10 run Equathon **Contact:** Cate Peloquin, cpenguin57@aol.com and Janice Heltibridle, janiceheltibridle@gmail.com

Sauratown Mountain, September 24-25

Location: Pinnacle, NC **Distances:** 10, 15, 25 mile Ride and Tie; 10/10 Equathon **Contact:** Helena George, (336) 500-7910 (call or text)

Coollest R&T and Equathon, September 25

Location: Cool, CA **Distances:** tbd **Contact:** Susan Smyth, susansmythjackson@gmail.com

Skymont, October 1-2

Location: Skymont Scout Reservation near Altamont, TN **Distances:** 13 and 25 mile Ride & Tie **Contact:** Ike Nelson, 256-431-6538 (cell), tne1020668@aol.com

Mustang Memorial, October 3

Location: Indian Mills Gun Club, Shamong, NJ **Distances:** tbd **Contact:** Holly MacDonald, hmac34@yahoo.com

Fort Valley Ride & Tie and Equathon, October 22-23

Location: Seven Fountains Rd, Fort Valley, VA 22652 **Distances:** 15, 30 and 50 Mile Ride & Tie; 15 Ride/15 Run and 15 Ride/5 Run Equathon **Contact:** Janice Heltibridle, janiceheltibridle@gmail.com

Trace the Trails, November 5-6

Location: Athens, TX **Distances:** tbd **Contact:** Kerry Lowrey, KareBearLowrey@hotmail.com

Broxton Bridge, November 12-13

Location: Broxton Bridge Plantation, Ehrhardt, SC **Distances:** 10*, 20*, 25 mile Ride & Tie **Contact:** Carol Thompson, carolythompson@msn.com elevator option offered

Spin Around The Rim, November 13

Location: East Fork Stables, Jamestown, TN **Distances:** 10, 15, 25 mile Ride & Tie; 15 ride/10 run Equathon **Contacts:** Lea Krueger, lea3krueger@yahoo.com

JDs Carolina, November 27

Location: Patrick, SC **Distances:** 12, 30, 55, 75 and 100 mile Ride & Tie **Contact:** Carol Thompson, carolythompson@msn.com



“Challenges are what make life interesting. Overcoming them is what makes life meaningful.” – Joshua Marine

7 year old Charlotte Cortez with uncle Michael Cortez.
Photo by Gore/Baylor photography.