

The Twenty-third
BIG SOUTH FORK RIDE AND TIE
EAST COAST REGIONAL RIDE AND TIE CHAMPIONSHIP
Sanctioned by the Ride and Tie Association
September 10, 11 & 12, 2021



Held in conjunction with the Big South Fork Endurance Ride
Friday, September 10, 2021: 30 mile long course **Championship**,
16 mile open R&T, Equathon available upon request
Saturday, September 11, 2021: 15 mile short course **Championship**,
25 mile open R&T, Equathon available upon request
Sunday, September 12, 2021: Equathon **Championship** Ride 12.5 miles + Run 6.7 miles
4 mile fun run R&T

What is a Ride and Tie? A Ride and Tie is a race with teams consisting of two runners and one equine. The objective is to complete a cross-country course in the shortest amount of time. At the start of the race, one partner begins riding and the other running. After a distance, the rider will dismount, tie the equine at a self-determined place and continue on foot. Soon the other partner will reach the equine, mount and ride to catch his partner in front of him. By "leap-frogging" in this manner, the race course is covered by all three team members. The final team time is when all three team members have crossed the finish line.

What is an Equathon? An Equathon is a race where a rider does a course, comes back to start point. When the equine comes down to veterinarian criteria, the human (can be rider or different human) completes the trail run.

Trails: The event will take place on established horse and hiking trails in the Big South Fork National River and Recreation Area (www.nps.gov/biso/) located about 60 miles northwest of Knoxville. Trails are well maintained with mostly good dirt footing, but there is also some gravel, sand, rocks and numerous creek crossings. When the trail goes in and out of gorges there are 500-foot elevation changes. There was no big secret about the course; however, weather may change the course and we have high water alternates already planned. We plan to use trails on the north and south side of Hwy 297 including the O&W railroad grade. No plans to cross the Big South Fork River for any distance.

Lonely Hearts: The best place to find a partner is on the Ride and Tie website: www.rideandtie.org. The race manager may know of others. Also check the East Coast Ride and Tie Folk Facebook page.

Gluttons for Punishment: Sure, you can enter both race days. Try to change up your teammates (equines or humans) to spread out the fun. Just make a copy of the registration form and release.

Rules (not many-only one page) of the Ride and Tie are on the Website at www.rideandtie.org. There is a park rule that horses must be cross-tied between trees off the trail. There are some stout hitch racks along some of the trails. Helmet use is encouraged for everyone while mounted. Competitors under 16 years of age must wear approved safety helmet while mounted during a race (helmet approved by AHSA, PCA, ANSI290.4 or Snell). Your team can stay together the whole time if you feel safer that way.

Entries and Cancellations: All entries must be received by US mail or e-mail prior to **Labor Day**. After **Labor Day**, all entry fees are **DOUBLED**. After **Labor Day**, if you need to cancel for any reason, we will keep \$25 and return the balance of your check. Joanne Mitchell will check you in and do all paperwork stuff. At the time of this revision, be aware that anything can happen due to Covid-19 for Scott and Fentress counties in TN. Neither county has a hospital. Fentress County has a walk-in clinic. Nearest hospital is Crossville or Knoxville. *You may fill out forms and US mail to R&T Secretary OR do the online entry at www.SERAOnline.org/SOLEEntrySecur.php*

Shirts: will be ordered based on entries **RECEIVED** by **Wednesday August 18, 2021** Mens/Womens/Childrens The shirts will be the "slinky" form fitting fabric so you *might* want to order a size larger than normal.

Ride and Tie Secretary

Joanne G. Mitchell Phone 423.337.6194 landline at home or 865.250.1645 cell till 10:00 PM EDST
570 Sunnyside Road, Sweetwater, TN 37874 JFGMhorse@gmail.com

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Ride and Tie Manager Sara Boelt, (828) 273-1627 lightermountevents@gmail.com

Camping Facilities: Primitive camping for human and horse competitors will be provided in a large field at no extra fee. Note camping can get pretty tight. You have other options including Bandy Creek (people) Campground at (423) 286-7275 and Bandy Creek Stables at 423-286-7433 about a half mile away. Horse water is available from hydrants near the Visitor Center. A stock tank for horses may be provided in the base camp field--please bring your own bucket to dip water. Potable water from a faucet is available within a quarter mile. Only low-impact ground fires are permitted in the field. No hay or grain provided. The nearby Big South Fork National River and Recreation Area Campground with flush toilets and hot showers is available to any that wish to make use of them. (They require a \$2 usage for showers for the "field" campers.) Ice is available at the Bandy Creek Stables. Participants may use other accommodations for horses or people if they so desire, just be near headquarters for the start of the race!

Time: The event will run on Eastern Daylight Savings Time. Please note this may affect your cell phone or watch. Sunrise will be about 7:15 on race day. Sunset will be about 8:00 PM EDST.

Pre-Ride Vet Inspection for horses, mules or ponies will begin at 3:00 PM EDST on the afternoon before your race. Please send a current (within one year) copy of the horse's Coggins Test along with your registration form. If you will be arriving after 6:00 PM, please mark the Late Arrival box on the entry form.

Ride and Tie Briefing will be at the Ride and Tie Registration tent near the Endurance Ride Tent. Briefing time will be posted. Start times are TBD. Could even have two (AM/PM) events of the same distance each day.

Awards ceremony will happen. There will be a Best Conditioned Horse Award on Friday and Saturday long courses. Due to lead time for awards for **Championship** long course, we must have your **Championship** entry by **Wednesday August 18, 2021**.

Food: Riders are to provide and/or carry their own meals and water, either in camp or on the trail. Restaurants are located some distance from camp. There will be evening meals provided for competitors and crew on Friday, Saturday and Sunday. For meal planning, we must have your entry by **Labor Day**.

Volunteers: If you can bring extra people to assist (take digital photos, pass out water, ride drag, pick up trail markings), PLEASE note on entry form.

RAT Memberships: All ride and tie competitors must be *members* of the Ride and Tie Association. *Membership* costs \$25/individual or \$40/family and is good for the calendar year which ends in December. Note that first time members joining after September 1, 2021 will have their membership extend through the end of 2022. Membership forms available the race. Make *membership* checks out to Ride and Tie Association. *For Competitors who have NEVER, EVER done a Ride and Tie before: please join at the event (fill out the membership form)-you will get your first year's membership free and all of next year's dues!* This is thanks to a generous benefactor to encourage new members! Due to the pandemic, if you renewed your dues in 2020, those dues will count towards 2021. (Many events were cancelled in 2020.)

Warning: Under Tennessee Law, an equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risk of equine activities pursuant to the TN Code Annotated Title 44, Chapter 20, Part 1.

Directions: From I-40 EAST or WEST take Exit 317 near Crossville, TN. Follow US Hwy 127 NORTH for 32 miles to Jamestown. Two miles North of Jamestown, turn RIGHT onto TN 154 toward Picket State Park. After approximately 10 miles, bear RIGHT on TN 297 EAST. Go 11 miles and turn LEFT at the Bandy Creek Visitor Center sign. After two miles, this road becomes gravel and the camping area will be just ahead on either side of the road. R&T registration tent will be on left side. From the NORTH or SOUTH: from I-75 North or South, take Exit 141 [Pilot/Subway truckstop] and continue on TN HWY 63 for 20 miles until it T's at US Hwy 27 [motel]. Turn RIGHT and go 6-1/2 miles to first red light in Onieda. Turn LEFT on TN Hwy 297. Go 1 mile. Turn LEFT at stop sign continuing on TN Hwy 297. Go 4 miles and turn LEFT at old country store building. When you come out of the gorge, turn RIGHT toward the Bandy Creek Visitor Center. When this road becomes gravel, the Ride and Tie Headquarters will be just ahead on your LEFT. Please note that this route takes you through the river gorge, a 13% grade with sharp switchbacks.

Endurance Ride: The two-day (Friday & Saturday) Big South Fork Endurance Ride will also be camped in the same field so don't get bug-eyed from the number of rigs in the field. For more information about the Endurance Ride call Eric or Nelia Rueter at 865-986-5966 before 10 PM EDST. There will be a 100 mile endurance ride this year.

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Registration Form

Return this page (front and back) to the Ride and Tie Manager

You must be a member of the Ride and Tie Association in order to compete. Membership forms are available at the race.

Rider #1 Name: _____
 Address: _____
 City, State, Zip: _____
 Phone #s: _____
 e-mail address _____
 If Junior (16 years or younger), date of birth _____
 Shirt Size _____
 Ride and Tie Assn member number and expiration date: _____

Rider #2 Name: _____
 Address: _____
 City, State, Zip: _____
 Phone #s: _____
 e-mail address _____
 If Junior (16 years or younger), date of birth _____
 Shirt Size _____
 Ride and Tie Assn member number and expiration date: _____

Equine Info Name _____
 Age: _____ Sex: _____ Height: _____ Color: _____ Breed _____
 Equine Owner's Signature: _____
 I agree to allow my equine to be tested for drugs: _____
 Please include a copy of your horse's current (within the last 12 month's) Coggins Test.

Is this your first sanctioned Ride and Tie? Rider #1: Yes No Rider #2: Yes No
 Is this your equine's first Ride and Tie? Yes No Is this equine entered in the Endurance Ride? Yes No (butt numbers)
 In case of accident, please notify (names & phone numbers)

Rider #1 _____

Rider #2 _____

Do you have any medical problem(s) which management should be aware of? (will be kept confidential)

Describe rig (so we can find you in camp) or people campground campsite # _____

Will you be arriving after 6:00 PM? (late arrival) _____

Are the combined ages of the humans over 80 (Masters)? Yes No over 100 (Century)? Yes No

Division: Man/Man Woman/Woman Man/Woman

Entry Fee:	30 Mile Ride and Tie Long Course Championship	\$150 per team	_____	Friday
	16 Mile Ride and Tie	\$90 per team	_____	Friday
	Equathon as requested	\$90 per team	_____	Friday
	25 Mile Ride and Tie	\$120 per team	_____	Saturday
	17 Mile Ride and Tie Short Course Championship	\$120 per team	_____	Saturday
	Equathon as requested	\$90 per team	_____	Saturday
	4 Mile FUN Ride and Tie	\$50 per team	_____	Sunday
	Equathon Championship 13 horse/7 run	\$120 per team	_____	Sunday
	Extra Shirts (for crew, family) \$15 each	_____	_____	Size(s) _____
	Extra meals at \$10 each	_____	_____	Friday or Saturday or Sunday
	Exact distances are subject to change!			
			_____	Total

Please make check payable to "Joanne Mitchell" and mail to ride secretary to be received BEFORE **Labor Day**..

Office use below
 Check #(s) _____ \$ _____ Cash for _____ Date received _____

Sign the Release on back of this form.

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Read carefully and sign at the bottom of this form:

Acknowledgement of risk & release of Liability

The Undersigned Participant represents that:

I recognize the element of risk in any activity associated with the outdoors. I am fully aware of the risks and dangers inherent in Ride & Tie such as but not inclusive, of: being thrown from, trampled or kicked by a horse; injuries from falling, wildlife hazards; vehicle hazards, altitude sickness, overuse injuries to mount; fatigue, dehydration and even death to horse and/or rider or runner; getting lost; and difficulty in gaining access to or locating injured participants. The event is in remote areas for extended periods of time, far from communications, transportation, medical or veterinary facilities; and that these areas have many natural and man-made hazards which event management cannot anticipate, identify, modify or eliminate, that accidents can happen to anyone at any time.

I am aware that Ride and Tie is extremely difficult and hazardous for even well conditioned horses and runners under the most favorable of conditions. This event covers difficult mountainous terrain and spans extremes of altitude and temperature. I have been warned that I should not participate in this event unless I and my horse are in excellent physical condition. Knowing the risks and dangers, I understand the possible consequences of participating in such an activity include, but are not limited to the following; physical injury to horse and/or rider-runner from a number of natural factors including, lack of water, hazards of vehicular traffic; narrow, precipitous trails and to those other hazards attendant to riding and running along or across roadways including among other things, the fact that I may become injured or incapacitated in a location where it is difficult or impossible for the event's management to get required medical or veterinary aid to me or my horse in time to avoid additional physical injury or even death. Knowing these facts, I nevertheless in consideration of your acceptance of this entry, hereby for myself, my heirs, executors and administrators, waive, release and discharge **The Big South Fork Ride and Tie East Coast Regional Championship**, the Ride and Tie Association and the officers, directors, and/or members, agents, and employees of each, all medical, veterinarian, and other personnel assisting with the event, or any of them and any other person connected with this Ride and Tie, or any public or private land owners where the trail is located, their representative, successors and assigns, from any and all rights, claims or liability damage for any and all injuries to me or my horse or property, or for damage caused by me or by anyone else (including Acts of God), arising out of or in connection with my participation in the event. I further agree that I will defend, indemnify and hold harmless **The Big South Fork Ride and Tie East Coast Regional Championship**, The Ride and Tie Association and the officers, directors, members, agents, of each, against all claims, demands and causes of actions, including court costs and attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to this Agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have relating to release of unknown claims.

Furthermore, I certify that I have the necessary skills and ability to participate in Ride and Tie and assume full responsibility for myself and my horse for bodily injury, death, and loss of personal property and expenses thereof as a result of my negligence in participating in said activity.

I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this Agreement shall be effective and binding upon me during the entire period of participation as an entrant of the said activity and to any injuries or subsequent complications or conditions arising therefrom.

I acknowledge that I have read all the foregoing paragraphs and know and understand the content thereof:

Rider #1 Signature _____

Rider #2 Signature _____

Minors under 18 must have the following liability waiver signed by their parents or legal guardians.

We the undersigned parent(s) or guardian of _____, Date of birth _____, for and in consideration of our child's participation at the event state that we have read the waiver, release and hold harmless agreement written above and we expressly agree that the terms and conditions of said waiver, release and hold harmless shall apply to and be binding upon us and our minor child in so far as it pertains to his or her participation and to any injury or damage said minor child and his/her horse may sustain or cause as a result of said participation. We further warrant we have health and accident insurance on said minor. I declare under penalty or perjury that the foregoing is true and correct.

Executed this day of _____, 2021 at _____

Mother's Signature _____

Father's Signature _____