

RIDE & TIE AND EQUATHON NEWSLETTER

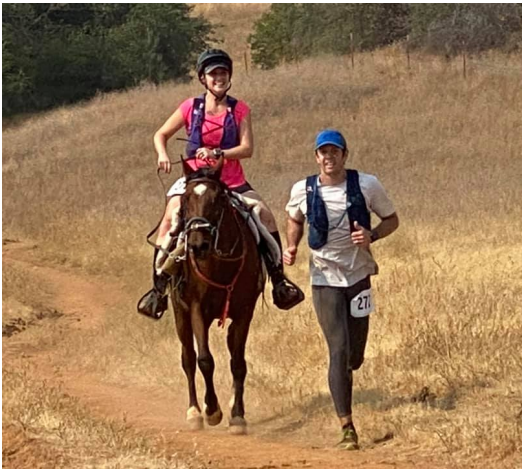
Fun times at the Coolest R&T



Lisa Cundall and Lisa Hayes with Maisiey

Cooltest R&T and Equathon

2



Alyssa Stalley Gonzalez and Nick Gonzalez 1 st place long course and Best condition!



Irish Mike on Anstano



Elaine Ruprecht and Kim Barger



Michelle Spinosa, Carla Landrum and Jake



The Johnson family



Gerritt Vremon Iron finish



Roger Ward and Anthony Larranaga



Katie Harris, Kee, Liz Harris.



Ann and Kailey Williams



Carrie Holben and granddaughter Summer Roberts

Save the date
for Cool
May 21, 2022

It's been a week since the Coolest Ride & 'Tie and Equathon took place. Double checking the results, doing the administrative part, cleaning, repacking, checking the trail for ribbons, (Great job April Nelsen for pulling ribbon) and paying the bills! Now it is time to reminisce about this amazing little event called Coolest Ride and tie! I can't believe we put on a spring and fall event! The amazing athletics of all levels, ages, genders who come out to participate all our champions! To all the volunteers who make it happen and to the wonderful causes that we support over the years. I appreciate and honor all of you.

This event had 35 teams overall! What stood out was the theme of family, friends, and community. We had so many kids participate, mothers with daughters, grandmothers with grandchildren, sisters, husbands and wives, mentors to others, and old friends. Surprise to us all was the music at the end by Gerritt Vremon (Ironman) and Simone Julian team member in Equathon.



Alyssa and Nick Gonzales took first in the 21 miler Ride and tie. Amber Oliver and Megan Zimmerman won the 8 -mile course. Michael Cortez and Jeremy Hontou won the Equathon. Jennifer Todd was first Iron in the Equathon and third overall. Largest family was the Johnson's in the short course Ride and tie.

I also want to Thank my good friends Cathy Mason for designing, marking, and working the Aloha crossing. I could not do this without her. Thank you, Roger Ward who helped trim the head knockers and my dear friend Mike Whelan who came from Las Vegas. Mike not only did my new horse Astano's first event but helped me load, set up, clean up and repack.

This event would not happen without **ALL** of you. Next Coolest May 21st, 2022, and Oct. 1st.

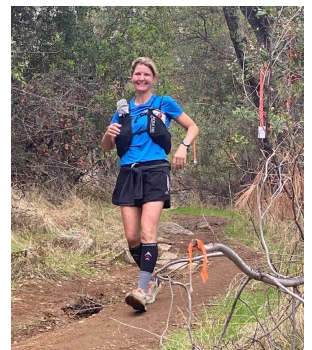
Sincere Thanks,

Susan (Coolest Ride manager)

Melissa Montgomery

Melissa Montgomery is a truly amazing athlete. She has done Ride and tie championships and Tevis multiple times. I know it is her ambition to become # 41 in the group of who has done Ride and tie championships (aka Levi Ride and tie), Tevis and Western States Trail run. She has done multiple qualifiers awaiting her luck draw to do the WSTR from Moab (240 miles), Rio De Lago 100 just to name two. She is exceptional out on the endurance course and manages her horses in fine tune. Melissa loves Ride and tie and has brought many newcomers!

By Susan Smyth



By newcomer: Carla Landrum

Today was the ride and tie in Cool, CA. My first ride and tie.

I had an excellent partner – Michelle Spinosa. We both have hunter jumper backgrounds (it is an equestrian sport – talk to Alycia O!!). Michelle's also a super runner. For the horse, an incredibly nice man named Roger Ward let us use one of his horses for the race, Jake. Jake is an 18-year-old quarter horse and knows his trail duties well.

We did the 8 mile course today and Michelle and I switched off maybe 5-6 times. The horse is vetted both at the start and the finish of the race to make sure it is healthy and good to go. Jake was good to go and had a really great time out there!!

I met so many wonderful people today, including Michelle Spinosa. There were some great riders and runners racing. The competition was tough. I can't wait to go out and ride and run with these folks again!!

Michelle Spinosa, April Messina, Alycia O, Veronica Runyan – be ready for the next ride and tie in Cool, CA!!

Coollest R&T and Equathon results. Fall race

Manager: Susan Smyth

Long course Ride and Tie 20 Miles

	Rider 1	Rider 2	Horse	Owner	Finish time
1 st	Alyssa Stalley Gonzales	Nick Gonzales	KL Astral Symphony	Alyssa S. Gonzales	2:47 BC
2 nd	Dennis Tracy	Jeremy Reynolds	Willie	Dennis Tracy	3:10
3 rd	Elaine Ruprecht	Kim Barger	Peter Same	PeterSam	3:16
4 th	Roger Ward	Anthony Larranaga	Rocky	Rocky	4:40
	George Hall	Steve Anderson	Little Joe	George Hall	DNF

Short Course Ride and tie 8 miles

Place	Rider 1	Rider 2	Horse	Owner	Finish time
1 st	Amber Oliver (Nietert)	Megan Zimmerman	Rushcreek Alicia	Mark Davide	1:15
2 nd	Alex Zifer	Bernadette Grismer	Wyses	Alex Zifer	1:16
3 rd	Erin Lohneyer	Stevie Couvrette	Troika	Erin Lohneyer	1:20
4 th	Colleen Kelly	Shannon Pogue	Snickers	Colleen Kelly	1:21
5 th	Carla Landrum	Michelle Spinosa	Jake	Roger Ward	1:22
6 th	Jaime Seaton	Carrie Gale	Mister	Jaime Seaton	1:27
7 th	Kelly Connelly	Julie Abel	Taz	Serena Connelly	1:40
8 th	Christy Breeden	Mattie Breeden	Brownie	Christy Breeden	1:49
9 th	Katie Harris	Liz Harris	Celebrant	Katie Harris	2:05
10 th	Page Drucker	Ellie Drucker	Minnser	Page Drucker	2:05
11 th	Ann Williams	Kailey Williams (9)	Little Bit	Sierra Sullivan	2:36
12 th	Carrie Holben	Summer Roberts (10)	Chico	Carrie Holben	2:37
13 th	Myla Johnson (13)	Gracie Anderson	Cricket	Callie Johnson	2:59
14 th	Quinn Johnson (12)	Mikey Johnson (9)	Gunner	Callie Johnson	2:59
15 th	Callie Johnson	Amy Gutierrez	Dancer	Callie Johnson	2:59

Equathon 8 mile Ride/8 mile Run Combine times

Place	Rider	Runner	Horse	Horse owner	Finish time
1 st	Michael Cortez	Jeremy Hontou	George	Michael Cortez	2:10
2 nd	Denise Meehan	Scotty Walker	Summer	Denise Meehan	2:11
3 rd	Jennifer Todd	1 st IRON Woman	Savannah	Jennifer Todd	2:15
4 th	Mike Whelen	Simone Julian	Anstano	Susan Smyth	2:32
5 th	Christine Gray	Diane Lundy	Comet	Christine Gray	2:33
6 th	Drew Ines (10)	Laura Obadashian	Diamond Knight	Drew Ines	2:58
7 th	Gerritt Vremon	IRON 2 nd Man	Pip	Lisa Cundall	2:59
8 th	Shelly Stewart	Andy Burton	Pete	Shelly Stewart	3:06
9 th	Abbie Cundall	IRON 3 rd	Roo	Lisa Cundall	3:11
10 th	Kathy Vrablick	Ari Spoto	Rusty	Kathy Vrablick	3:29
11 th	Lisa Cundall	Lisa Haynes	Maisey	Lisa Cundall	3:30
12 th	Chloe Black	Holly Neu	Tango	Chole Black	3:31
13 th	Diane Chapek	Sarah Struve	DC Smokeless Ward rule	Diana Chapek	3:37
14 th	Cynthia Vieira	Deborah Hurbut	Hanky Panky	Cynthia Vieira	4:00
15 th	Brittany Millman	Renea Abel	Soula	Brittany Millman	4:00



Ride & Tie 1st place team w/Khaz 1986. Antelope Valley, CA
Kent McLaren and Maureen Herendeen Small



Country Cousin
1997 Horse Hall of Fame
Award Recipient
Owner *Paul Rink*



1996 R&T Santa Cruz, CA
Alison Milholin on Grab and Suzanne Andriotti



1993 R&T
Arroyo Grande, CA



Check out our new R&T store.

<https://www.rideandtie.org/store/>



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Five Days of Ride and Tie at Pine Tree By Chris Lang

The Pine Tree endurance event in Fryburg, Maine chose to include Ride and Tie this year. Five days of Endurance and Ride and Tie events. What an amazing adventure that could be, but I thought it was only a dream. Five days in a row of completing a 25 mile ride and tie would be tough. What if something happened to the horses? What if something happened to one of the runners? Is it the same course each day? What if something happened during the long haul from VA? I've never been to Maine. Would there be other teams? That is going to be a lot of dirty race clothes.

Despite our reservations, Rhonda, Dave, and I packed up along with three horses: Dakota, Ray, and Rumur. Carrie joined the fun for the first three days. I partnered with Dave, and Rhonda partnered with Carrie. Rhonda joined Endurance on the days without Carrie. The plan was to rotate the horses with two participating and one resting each day. Nine states later we arrived in Fryeburg at the state fairgrounds which made for a great venue. There were stalls, plenty of space for trailers and pens, water and electric, showers, and even coin laundry machines. And while Fryeburg is a small town, nearby there was a brewery, hiking trails, and restaurants. We had a flat tire on the trailer just as we pulled into camp due to a shoe nail. Some friendly help from our neighboring campers and a nearby mechanic shop made for a quick repair.

The course was enjoyable and had lots of different parts: corn fields, single track, fire roads, rocks, dirt, and a big river crossing which we crossed twice each day. Sue Niedoroda puts on a great event and does an amazing job of organizing and getting permission from the farmers and landowners for the privately owned sections, which we learned is not always easy. A historic covered wooden bridge at the away vet check was a great site to see.

Each day offered something different. Sun, fog, people floating the river, trail companions, farm machines, and running and riding different sections made each day unique over the same course. We did go off course once, which oddly happened on day 2. There was a group of ducks along with us for the river crossing on day 3. Dave found a perfect silhouette of himself riding Ray from his shadow on the corn stalks on day 4. Day 5 brought some excitement when my partner decided to fall off of Ray with one mile to the finish. Luckily Ray knew the trail and where the finish line and food were located. Our first day was completed on Rumur, and Ray was a champ for going 4 days in a row after we changed the horse rotation up. There was ice cream at the finish on some days thanks to Mary Coleman. And I brought five days of race clothes not knowing there was a laundry option. The horses received completions each day, and our quickest finish time was surprisingly on day 5. The ride staff, vets, volunteers, and riders were all welcoming and friendly. We were the only ride and tie teams, but the endurance riders asked lots of questions. Carrie gave an impromptu speech at the first awards meeting covering all about Ride and Tie. The pure enjoyment of Ride and Tie for me stems from my love for nature, animals, running, and friends. Pine Tree delivered all of this and more. Dave and I completed five consecutive days of a 25 mile ride and tie. Rhonda completed 2 days of Ride and Tie and 2 days of Endurance, and Carrie completed 2 days of Ride and Tie and 1 day of Endurance. And while everything didn't go as planned, what an adventure it turned out to be. Great people, great fun, and great memories! Forget about the what if's. Dream it and make it happen.

Dave and Chris with Ray at the start line. Rhonda and Carrie with Dakota at the river crossing. Photo by Rhonda Venable. Photo by Carrie Barris.



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 31.

DON'T FORGET TO RENEW YOUR MEMBERSHIP FOR 2022

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.

The Ride and Tie Association Membership Form

Send form and payment to
The Ride and Tie Association, c/o Janice Heltibridge, 6746 Back Road, Maurertown, VA 22644
or sign up online at rideandtie.org and pay with Paypal

DATE: _____

(Membership runs from January 1-December 31) **Please print**

Last Name	First Name	MI	Gender	Birthdate (if under 18)

Address:		
City:	State:	Zipcode:
Phone:	Email:	

☐ **If renewing, please check box if your contact information has changed.**

How did you learn about Ride & Tie?

____ Ride & Tie Website

____ Expo/convention: (which one?) _____

____ Magazine/Newspaper? (please indicate) _____

____ Other (please indicate) _____

Type of Membership:

____ **First Time Competitor** (Complimentary for your first ever Ride and Tie Season. Must compete in at least one race to qualify. You receive all competitor member benefits

____ **Race Director** (Complimentary for the season in which you direct a race.) Note that you MUST fill out this form and return it in order for your event to be insured and sanctioned. You receive all competitor member benefits.

____ If you are receiving a complimentary membership and wish to join as a **family**, the cost is \$15. You receive all family member benefits.

____ **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 the same address. List all names (First and Last) to be included. Same benefits as Competitor Member, two votes per family.

____ **Supporting Member (\$100 or more)** Same benefits as Member with special thanks from the Ride and Tie Association.

____ **Lifetime Member (\$500)** Same benefits as Competitor Member with no more annual membership fees.

____ **Friend of Ride & Tie (\$20 or more)** Non-competitive member showing support for Ride & Tie. No voting privileges. Will receive Newsletter.

As a 501 (c) (3) non-profit organization, these membership contributions may be tax deductible.

2022 Ride and Tie Calendar (as of 12/4/21)



1/1/22 (3 rd day of 3)	Gallop on the Greenway	Ocala, FL
1/15-1/16	River Rise Ramble	High Springs, FL
2/26	Sugarloaf Spring Fling	Patrick, SC
3/26-27	Shanghai Trails	Pierce, TX
4/1-4/2	Giddy Up and Run	Jamestown, TN
4/14-4/16	Broxton: Let's Have Fun Riding	Ehrhardt, SC
4/15-4/16	OD No Frills	Star Tannery, VA
5/20-5/21	Yellowhammer	Fruithurst, AL
5/21	Cooler	Cool, CA
5/29	New York Adventure	New Berlin, NY
6/9-6/11	East Coast Championships	Orkney Springs, VA
7/16-7/17	OD Ride and Tie Weekend	Orkney Springs, VA
8/6	50th World Championship	Oriskany, NY
8/9-8/13	Pine Tree Pioneer	Fryeburg, ME
8/26-8/27	Iron Mountain	Cripple Creek, VA
9/9-9/11	Big South Fork	Oneida, TN
9/10-9/11	Hector Half Hundred	Hector, NY
9/23-9/24	Sauratown Mountain	Pinnacle, NC
9/30-10/1	Yellowhammer Fall	Fruithurst, AL
10/1	Cooler	Cool, CA
10/14-10/15	Fort Valley R&T	Fort Valley, VA
10/15	Hunting For Bigfoot	Wiggins, MS
11/11-11/13	Trace the Trails	Athens, TX
11/26	JD's Carolina	Patrick, SC
12/29-12/31	Gallop on the Greenway	Ocala, FL

Lew Hollander's competitive edge: There's always a story in between stories, there's always personal narrative that has the possibility to become epic. Ninety one year old Lew Hollander appeared to have burst upon the scene in ultra-running when he completed the Western States 100 at the age of 54 but in fact if he hadn't been a champion Endurance Rider and Ride and Tie Champion of considerable repute chances are he wouldn't have appeared to have coasted through so many races on foot. There's nothing like the outside of a horse for the inside of a man. Or so the saying goes. Early on Lew developed specific interests including conversion of energy and riding horses. For the longest time these two passions have taken him on a mighty quest.

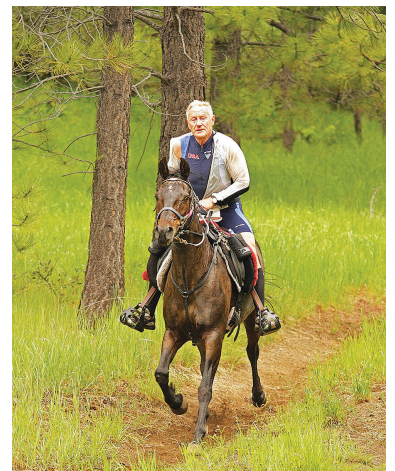
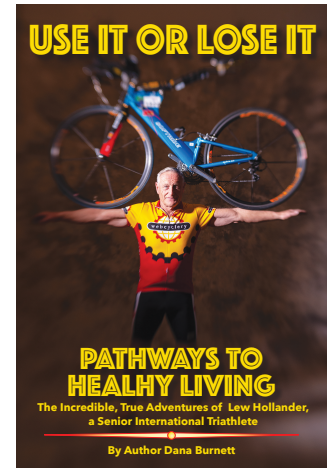
Any day of the week now you're likely to see acclaimed senior triathlete Lew Hollander in his new home location out on the Oregon Coast. He's running up and down sand dunes and conditioning along the beach. Lew is also enjoying the perks of a great gym where he can swim, also within walking distance of his house.

Lew says that Ride and Tie is his favorite sport. What he has given to the sport and what he has taken away are big. But the summer of 2021 marked his entrance back into the world of triathlete competition after being temporarily sidelined by the constraints of the corona virus pandemic. However, in 2021 Lew completed 3 sprint triathlon competitions around the Pacific Northwest during the summer.

Lew competed in his first world championship Ride and Tie in 1976. His most recent victory on June 27, 2015 at Aspen Lakes, Oregon, was record-setting in a different way because he was 86 and he finished 14th overall. In addition, Lew is in the American Endurance Riding Hall of Fame.

Lew, who is a retired physicist, is also a writer whose book on Endurance Riding is established as a timeless classic for those in the sport.

An autobiography about Lew was released in late spring of 2021 called "Use It Or Lose It—Pathways to Healthy Living." Redmond, Oregon author Dana Burnett wrote the book, which Lew wanted to be a different kind of exploration of aging. The book provides a rare glimpse into the achievements, philosophies and adventures of this spectacular athlete. A basic premise of the book is that everyone has the potential to become healthier and stronger by following systematic, basic steps.



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 it's 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.

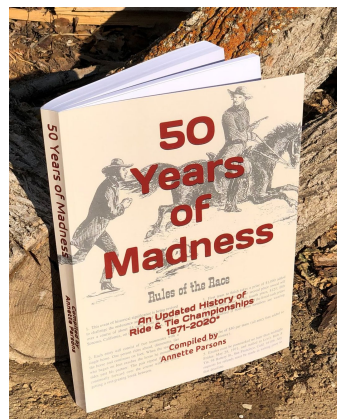
Essay Requirements

1. The essay is limited to 1000 words and must be accompanied by a list of references used in the essay.
2. 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 or by visiting the Ride and Tie website at <https://www.rideandtie.org/education/vet-scholarship/>.
3. **New requirement for the 2021-22 scholarship:** A cover letter may be submitted in conjunction with the essays that includes the student's name, email, contact information, school, and year of graduation. The cover letter may include other introductory information as in past years, but is not required.
4. All essays must be received by Dr. Newton by 1/15/2022.

Submissions and questions regarding the scholarship can be directed to Dr. Melinda Newton at m.newtondvm@gmail.com.



Courtney Krueger and Carrie Baris
Carolina 30 R&T
Photo by Becky Pearman Photography



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VALLEY
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By
Lea Krueger

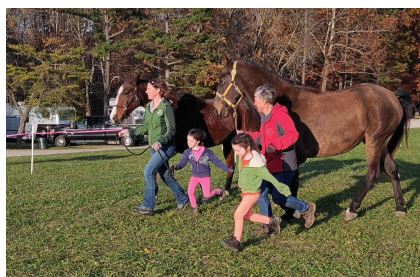
Spin Around the Rim was held November 13, 2021 at East Fork Stables in Jamestown, Tennessee. We had 7 teams which included 3 teams of first time competitors! The temperature was chilly, in the 40s, and it rained the night before.

Some distinctives of this ride were breathtaking views and exceptionally muddy trails. Because we were riding “around the rim” on a clear day, there were beautiful overlooks. And because the trails were so muddy, we were going slow enough to enjoy them. Combine that with vibrant red, yellow and orange fall colors for a spectacular ride.

Our two 35 mile teams and our two 10 mile teams were made up of experienced Ride and Tiers who came in wet, cold, and dirty, but also smiling and happy to complete.

Our three 4 mile teams were all first time Ride and Tiers. One team was two vets from the University of Tennessee. They came to help vet a Ride and Tie in April and decided to try competing this time. Congratulations to Caroline Griffin and Abby Geick riding Gumbo! They persevered even though Caroline sprained her ankle almost immediately. The other two 4 mile teams were the 4 year old Gunzburger twins with their mother and grandmother as partners. YES, they definitely stole the show! They had tons of fun, and they even won in a tie!!

This new ride was successful at creating smiles and memories for new and old competitors who can't wait to do it again.



The Gunzburger family
checking in at the vet check

Photos by
Lea Krueger
Race manager



Board of Directors

The Ride and Tie Association Board of Directors are comprised of nine members serving three-year terms. Each year, three of the Board members come up for re-election. Current R&T members in good standing (membership dues are current) are eligible to run for the board and vote in the election. The Board meets five times each year by telephone conference and once in person at the World Championship. **If you are interested in running for the Board of Directors or would like to nominate someone (with his/her consent),** please submit a picture and candidate statement to bod@rideandtie.org. Statements should be limited to 100-200 words, describe their interest, experience, and any special skills or talent that may benefit the organization. The results of the Board elections shall be announced at the Annual meeting, which unless designated otherwise shall be at the campground for the annual World Ride & Tie competition on the Thursday preceding the race.

**TRAIL
RUNNER**

Officers
President: Sara Boelt (2024)
Vice President: Gunilla Pratt (2022)
Secretary: Carrie Baris (2023)
Treasurer: Steve Anderson (2024)



Directors
Lani Newcomb (2022)
Susan Smyth (2022)
Courtney Krueger (2023)
Alison Zeytoonian (2023)
Janice Heltibridle (2024)

Board Member Emeritus
Steve Shaw (lifetime)
Mary Tiscornia (lifetime)

*Interested in running for
the board of directors?
Submit a picture and a
paragraph about
yourself and why you
think you could be a
great asset to the
board.
gunillapratt@gmail.com*



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Michael Cortez and niece Charlotte Cortez



“Never say never because limits, like fears, are often just an illusion.” – Michael Jordan