

May 2022



# RIDE & TIE

## AND EQUATHON



Gunilla Pratt, Rufus Schneider, Dr. Greg Fellors at the AERC Convention in Reno NV

## Horse of Distinction 2022 Inductees

Horse	Owner	from year	to year	Races Comple- ed	# Different Teams	Number of Miles	Champ Comple- ed	Number of Best Cond	Number of Years Comp	Number of First Places	Number of Top Tens	SCORE
Dakota	R. Venable	2012	2021	93	11	2349	4	5	10	67	26	50
Findefar	Gey	1996	2018	44	13	1149	8	6	16	16	24	44
Corky	Lightfoot/Riffle	1993	2007	44	26	1109	8	0	14	2	27	39
Justin	Schneider	1994	2012	43	37	868	6	4	17	9	29	39
TF Red McIntosh/Teabiscuit	Broadus/Newcomb	1999	2017	52	5	1326	1	1	16	9	42	37
After While Crocodile	B. Mathews	2017	2020	51	19	1413	2	1	5	17	34	36
Cinder	Betts	2003	2012	36	24	915	8	2	10	14	13	35
Marquitable Assett CCA	B. Volk	2013	2018	33	14	880	5	8	6	26	7	35
Kestrel CS	J. Heltibridle	2015	2019	46	16	1501	2	0	5	20	26	35
Bubba	J. Heltibridle	2006	2014	40	21	929	0	1	9	20	20	34
DaVanna Tom Cat	L. Krueger	2012	2018	42	14	1027	3	0	7	8	33	33
Frisky	J. Heltibridle Dod 8/2021	2003	2011	36	17	1056	0	0	9	25	10	33
Albi	Tiscornia	1993	2004	20	13	721	6	4	11	5	10	31
Cougars Clown	Shaw	1996	2010	25	22	737	5	1	12	1	16	31
Koona	Diane Casey/Schneider	2002	2013	28	16	653	4	7	10	14	14	31



### Vet Scholarship



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](mailto: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

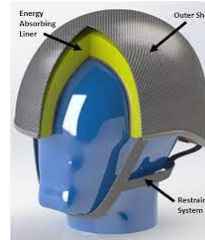


## Head injuries by Alison Zeytoonian

We all know that horseback riding can be a dangerous sport, and there is a high likelihood that you will fall off your horse at some point regardless of how well your horse is trained and how experienced of a rider you are. Many of us ride in helmets to keep ourselves safer during a fall, but did you know that although helmets do help prevent serious injuries like skull fractures, they cannot completely prevent you from getting a concussion? According to the CDC, “a concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth”. This movement can cause chemical changes in the brain and sometimes stretch or damage brain cells.

Brain injuries following a fall can be difficult to assess and can occur even if the person is conscious and there’s no visible damage to the person’s helmet or head. Some signs include:

- Sore or stiff neck
- Headache
- Confusion or poor balance
- Dizziness, sleepiness, nausea, or vomiting
- Blurred vision or ringing in the ears
- Impaired motor skills



If you come across a rider who has fallen from their horse and are conscious, it’s important to stop and assess the person and don’t take their word for it if they tell you they are fine. Ensure they are not exhibiting any of the symptoms listed above. Ask questions and assess their motor skills. If they have symptoms listed above, it’s important to get medical help right away which can be difficult during Ride & Tie events as we are often a long way from medical personnel and facilities. The severity of their symptoms and distance from help will factor into how you proceed – whether you try to escort the person out yourself, stay with person and send another participant for assistance, or call for emergency services. And of course, if you suspect a neck or spine injury, you should never move the person nor take off their helmet unless it’s compromising their breathing. And lastly, if you are the one to take a fall and hit your head, you should replace your helmet even if there are no visible signs of significant damage.

### Ride & Tie and Equathon Sponsorship Program R&T is a non profit 501(c)3

We thank all our sponsors for your support.  
Contact R&T to become a sponsor: [bod@rideandtie.org](mailto:bod@rideandtie.org).

#### Supporting Sponsor (\$100-\$249)

- Ad in Ride & Tie and Equathon Newsletter and on the Sponsorship page
- Placement on Ride & Tie website on Sponsorship page

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

- Ad in Ride & Tie and Equathon Newsletter and on the Sponsorship page
- Placement on Ride & Tie website on Sponsorship page
- Use of the representation that the sponsor is an “Official Sponsor of The Ride & Tie Association”

#### Silver Sponsor (\$500-\$999)

- Ad in Ride & Tie and Equathon Newsletter and on the Sponsorship page
- Placement on Ride & Tie website on Sponsorship page
- Use of the representation that the sponsor is an “Official Sponsor of The Ride & Tie Association”
- Sponsor banner, if provided, will be displayed at the Regional and World Championships

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

*In addition to the Silver Sponsor:*

- Consideration for a Regional Championship Award Sponsorship representation

#### Signature Sponsor (\$2,000-\$2,999)

*In addition to the Gold Sponsor:*

- Consideration for a World Championship Award Sponsorship representation
- Consideration for use of the phrase “Official PRODUCT of The Ride & Tie Association”



## SADDLE RAFFLE

May 1, 2022



50th World Championship Ride & Tie  
Eurolight Saddle by Specialized Saddles  
SPECIFICATIONS: SPECIFICATIONS:  
Seat Size: 16"  
Tree: Standard  
Saddle Color: Brown  
Seat Color: Black Smooth  
Seat Type: Flat Seat  
Rigging: English  
Tooling: 50th Anniversary R&T on back and  
fenders, specialized saddles on skirt, ride and tie  
on cantle  
Leather/Fender Length: Standard  
Fenders/Leathers: Trail  
Conchos: Horse Shoe Black  
Dee Ring Hardware: Horse Shoe Black Accent  
Crupper Ring  
Stirrups: Black Trail  
Valued at: \$2823.00  
Drawing on Saturday, July 30, 2022  
Proceeds benefit The Ride & Tie Association, a  
Section 501(c) (3) organization.  
Tickets are \$5 each or 5 or \$20.  
Do NOT need to be present to win.

Contact Sequoya Russ at [duncme2@gmail.com](mailto:duncme2@gmail.com)  
OR Sara Boelt at [lighterrat@gmail.com](mailto:lighterrat@gmail.com)

### Mentors in your area

#### Arizona:

Lisa Preston, [lisa@lisapreston.com](mailto:lisa@lisapreston.com)

#### California:

K.S. Swigart, [katswig@att.net](mailto:katswig@att.net)

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

**Sierra Foothills:** Susan Smyth, [susansmythjackson@gmail.com](mailto:susansmythjackson@gmail.com), 916-316-2096

**San Diego:** Rufus Schneider, [rufusschneider1@gmail.com](mailto:rufusschneider1@gmail.com), (619) 244-1488

**North San Diego County:** Gunilla Pratt, [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com), (858) 735-1373

**Santa Cruz:** George Hall, [georgehalldvm@gmail.com](mailto:georgehalldvm@gmail.com), (831) 426-0131

#### Idaho:

Tom Noll, [tomnoll@q.com](mailto:tomnoll@q.com)

#### Illinois:

Vera Betzelberger, [verabetzelberger@yahoo.com](mailto:verabetzelberger@yahoo.com)

Amy Kerrigan, [amy.kerrigan@yahoo.com](mailto:amy.kerrigan@yahoo.com)

#### Maryland:

Cate Peloquin, [cpenguin57@aol.com](mailto:cpenguin57@aol.com)

**North Carolina:** Sara Boelt, [lighterrat@gmail.com](mailto:lighterrat@gmail.com)

**Oklahoma:** Susan Young Mock, [glenn218@yahoo.com](mailto:glenn218@yahoo.com)

#### Oregon:

**Southern Oregon:** Annette Parsons & Jim Clover, [a88gunther@gmail.com](mailto:a88gunther@gmail.com)

**NW Oregon & Portland:** Kirsten Seyferth, [kirstenseyferth@gmail.com](mailto:kirstenseyferth@gmail.com)

#### Tennessee:

Joanne Mitchell, [jfgmhorse@gmail.com](mailto:jfgmhorse@gmail.com)

Courtney Krueger, [ck@firstcumberland.com](mailto:ck@firstcumberland.com)

#### Texas:

Sherrie Reimers, [skreimers@aol.com](mailto:skreimers@aol.com)

#### Utah:

Dave and Debbie Wagner, [ddwags@redrock.net](mailto:ddwags@redrock.net), (435) 658-3065

#### Virginia:

**Hampton Roads:** Alison Zeytoonian, [azeytoonian@solsolutions.net](mailto:azeytoonian@solsolutions.net), (757) 947-6244

**Northern VA:** Lani Newcomb, [give2bute@aol.com](mailto:give2bute@aol.com)

#### Washington:

**Southwest WA:** Kirsten Seyferth, [kirstenseyferth@gmail.com](mailto:kirstenseyferth@gmail.com)

**Eastern Washington:** Rachel Toor, [racheltoor@gmail.com](mailto:racheltoor@gmail.com)

#### Wisconsin:

Amy Betzelberger, [a.betzelberger@gmail.com](mailto:a.betzelberger@gmail.com)



TRAIL  
**RUNNER**





It is that time of year.  
Vote for who you think will do the best job as a board member for  
Ride & Tie.

We have 3 open positions so please vote for 3. Go to:  
<https://app.rideandtie.org/rt/vote/index.php>

**Bob Heltibridle**

I would like to add my name to the nominations, to become a member of the Board of Directors. I have been a part of Ride and Tie since the late 1990's. I currently manage all of ride statistics for Ride and Tie and Equathon. I'm also currently the President of the Old Dominion Equine Endurance Organization we put on 3 endurance rides a year and all include Ride and Tie events, we also host the Ride and Tie weekend at Orkney Springs, Va. This year the OD is also hosting the AERC Championship along with the East Coast Regional Ride and Tie Championships. As a part of the board, I would bring my years of experience and knowledge of the sport and do my part to continue to grow the sport.



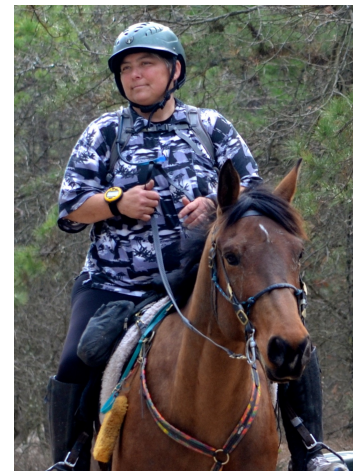
**Rhonda Venable**

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.



**Lani Newcomb**

I did my first ride and tie in 1983 and have been getting slower ever since. My long time partner Kathy and I have almost 4000 miles together (no one else would put up with me) and while we're taking a short break from competing, I still am determined to introduce as many people as possible to this amazing sport. Being out on the trail with your two teammates is gratifying, maddening, exhausting and uplifting, and generates enough satisfaction to keep you feeling competent in the rest of your life. I want to get as many interested participants as I can find to join us, and support new and existing races so we all have somewhere to go.





July 29 - Equathon Championship  
Equathon Short Course

July 30 - R&T Championship  
R&T Short Course\*

\*elevator option to Championship  
course available

*"two people, a horse and one  
tough race..."*

Race Director— SEQUOYA RUSS  
707-845-6039 DUNCME2@GMAIL.COM

**July 29-30, 2022**

**Humboldt Redwoods State Park, CA**

Additional information available at  
[www.rideandtie.org](http://www.rideandtie.org)

Or on  Facebook at 'Ride and Tie'





# 50<sup>th</sup> Anniversary

## World Championship Ride & Tie and Equathon

♦ July 29-30, 2022 ♦  
♦ Cuneo Creek, Humboldt Redwoods State Park, CA ♦

RIDER #1 INFORMATION		RIDER #2 /EQUATHON RUNNER INFORMATION	
Rider #1 Name:		Rider #2 Name:	
Street Address:		Street Address:	
City, State, Zip:		City, State, Zip:	
Phone #:		Phone #:	
Email Address:		Email Address:	
R&T Association #:	<input type="checkbox"/> First R&T	R&T Association #:	<input type="checkbox"/> First R&T
Age (as of July 29, 2022)		Age (as of July 29, 2022)	

### HORSE INFORMATION

Horse's Name:		Breed:	
Sex: <input type="checkbox"/> Mare <input type="checkbox"/> Gelding <input type="checkbox"/> Stallion	Age:	Color: <input type="checkbox"/> Gray <input type="checkbox"/> Chestnut <input type="checkbox"/> Bay	<input type="checkbox"/> _____

Horse's Owner: \_\_\_\_\_ *I will allow my horse to be tested for drugs.* \_\_\_\_\_ *Owner's Initials*

All participants must be members of the Ride and Tie Association ([www.rideandtie.org](http://www.rideandtie.org)). Individual membership is \$25 per person for an entire year and may be included with race registration. **First year's membership is FREE for FIRST TIME RIDE & TIE MEMBERS**

Division: ☐ man/man ☐ man/woman ☐ woman/woman ☐ equathon  
☐ pro/am\* ☐ am/am ☐ novice\*\*

\*an amateur is someone who has not completed more than two sanctioned R&Ts of 20 miles or more, or completed a World Championship. \*\* a novice is a competitor who has never completed a course of 20 miles in length

ENTRY INCLUDES: T-SHIRT, DINNER AND COMPLETION AWARD		
<b>ELEVATOR OPTION</b> – For Short Course R&T, if you would like to elevate to the Long Course Championship, you can make the decision at the first vet check and pay the difference in the entry fee when you finish.		
RIDE & TIE	EQUATHON	AMOUNTS
<input type="checkbox"/> Long Course (36 miles) - \$150	<input type="checkbox"/> Long Course (30) - \$100	
<input type="checkbox"/> Short Course (22 miles) - \$100	<input type="checkbox"/> Short Course (13) - \$100	
Alfalfa and Grass Hay available for purchase at cost in camp	# Bales _____	
Raffle Tickets for Specialized Saddle - \$5 ea or 5 for \$20	# Tickets _____	
Extra Saturday Supper (Adult - \$20; Child (6-12) - \$10; Child (5 or under) - Free	Extra Meals =	
Annual Ride & Tie membership fee of \$25 for: <input type="checkbox"/> Rider 1 and/or <input type="checkbox"/> Rider 2	_____ x \$25 =	
<b>TOTAL =</b>		
<b>You may pay the full amount now or pay a \$25 non-refundable deposit.</b>		<b>Amount of Deposit =</b>
<i>Please make checks payable to Ride &amp; Tie Association</i>		<b>BALANCE DUE =</b>
▶ ▶ MAKE SURE TO RETURN THE SIGNED RELEASE ALSO. ◀ ◀		
Please mail entry with check to: <b>Sequoia Russ, 2160 Baird Rd, McKinleyville, CA 95519</b> <i>Not enough time? Email copy of entry to <a href="mailto:duncme2@gmail.com">duncme2@gmail.com</a> and pay at check-in</i>		

Finally a R&T is coming back to Southern California. Come and support this race. If you are new to R&T and Equathon we are here to help you. Come have fun with us and see the Texas long horn cows at base camp.

# BAR H RIDE & TIE/ EQUATHON/TRAIL RUN

## 10 / 20 Mile Courses

## 25 June, 2022

**BASE CAMP:** Bar H Ranch ([www.bar-h-ranch.com](http://www.bar-h-ranch.com))  
Gavilan Hills, Lake Mathews, California

**FRIDAY 24 JUNE**

Camp opens: Noon

**CONTACT:** Rufus Schneider  
619-244-1488



An Epic Recess Event

Entry and details at: [www.epic-recess.com](http://www.epic-recess.com)



### 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)

Head Veterinarian  
Greg Fellers

Mojo carried Alex and Rob to a first place finish in the Foxcatcher 25 mile Ride and Tie at Fair Hill, MD!



Kacie Best's first Ride & Tie.  
Giddy up and Run R&T

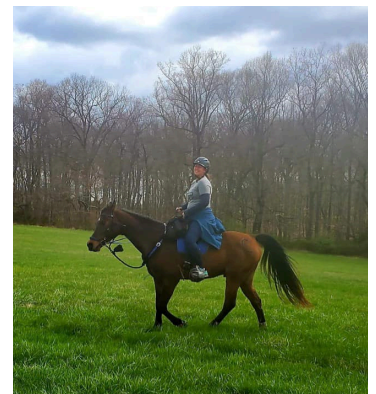
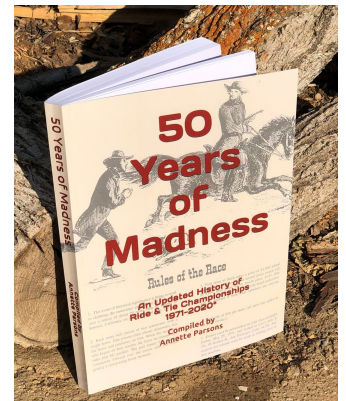
Interested in running for the R&T board of directors for 2023? Contact Gunilla at [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)

If you have great R&T and Equathon pictures and would like to see them in the newsletter please send them to [gunillapratt@gmail.com](mailto:gunillapratt@gmail.com)



Ashley and Slate's first RAT, great time! Thanks to Joanne, the vets, and all the the folks that volunteered so many days to make it a success!!

50 Years of Madness  
Can be purchased at our  
R&T store  
[www.rideandtie.org/store/](http://www.rideandtie.org/store/)



Lara Bayles and Abigail Connell comported their first R&T on Xander at the Chesapeake Spring ride



## 2022 Ride and Tie Calendar

(as of 4/9/22)

1/1/22 (3 <sup>rd</sup> day of 3)	Gallop on the Greenway	Ocala, FL
1/15-1/16	River Rise Ramble	High Springs, FL
1/28-1/29	Broxton Bridge	Ehrhardt, SC
<b>2/3-2/6</b>	<b>Florida 100</b>	<b>Ocala, FL</b>
2/26	Sugarloaf Spring Fling	Patrick, SC
3/26-27	Shanghai Trails	Pierce, TX
3/27	McCulley Farm	Jasper, FL
4/1-4/2	Giddy Up and Run	Jamestown, TN
4/2	Foxcatcher	Elkton, MD
4/10	Chesapeake Spring	Elkton, MD
4/14-4/16	Broxton: Let's Have Fun Riding	Ehrhardt, SC
4/15-4/16	OD No Frills	Star Tannery, VA
4/22-4/24	Ride in the Pines	Cheraw, SC
4/30	Still Prineville	Prineville, OR
5/20-5/21	Yellowhammer	Fruithurst, AL
5/21	Cooler	Cool, CA
5/28-29	Jo Tate Memorial	Washburn, MO
5/29	New York Adventure	New Berlin, NY
6/7	Trout Lake	Trout Lake, WA
<b>6/9-6/11</b>	<b>East Coast Championships</b>	<b>Orkney Springs, VA</b>
<b>6/18-6/22</b>	<b>Spanish Peaks Pioneer</b>	<b>La Veta, CO</b>
<b>6/25</b>	<b>Bar H Boogie</b>	<b>El Cajon, CA</b>
<b>7/9</b>	<b>Bandit Springs</b>	<b>Prineville, OR</b>
7/16-7/17	OD Ride and Tie Weekend	Orkney Springs, VA
7/22-7/23	Broxton Night Riders	Ehrhardt, SC
7/29-7/31	Top O The World	Spencer, ID
<b>7/29-7/30</b>	<b>50th World Championship</b>	<b>Cuneo Creek,</b>
8/10-8/13	Pine Tree Pioneer	Fryeburg, ME
8/26-8/27	Iron Mountain	Cripple Creek, VA
9/2-9/3	Broxton: Moonlight Madness	Ehrhardt, SC
9/9-9/11	Big South Fork	Oneida, TN
9/10-9/11	Hector Half Hundred	Hector, NY
9/16-9/18	Chesapeake Fall	Elkton, MD
9/17/22	Lava Cast Forest Memorial	La Pine, OR
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





We had such a great time at the AERC convention in Reno NV working the R&T booth. Thanks Valerie, Rufus, Dr Fellers and myself (Gunilla) for making this work at the last minute. It was great having many original ride and tiers visiting our booth. I really enjoyed hearing all the stories.



Hal Hall and George Putnam visited the R&T booth at the AERC convention. They were one of the original Ride and Tiers back in the 70's



Ride and tie is part of Western States trail museum



Southern California girls, Rufus and Gunilla, taking a break from the R&T booth and enjoying a run in the snow.



During my break from working the R&T booth at the convention, I sat in on a wound healing class by Dean Hendrickson, DVM, MS, DACVS. He talked about the use of honey to heal wounds on your horse. He recommended Manuka honey. Manuka honey is found in beehives in Australia and New Zealand. The bees visit manuka and jelly bushes for their nectar. It is filled with antioxidant, antibacterial, and anti-inflammatory properties that support rapid healing of cuts and wounds. There is an increased growth of healthy tissues, as well as improved skin surface growth. The honey also slows down the growth of proud flesh.

Dr Hendrickson recommends cleaning the wound with only saline. Apply a thick coat of honey and wrap it. Wounds will heal 30% faster. He said not to buy expensive wound sprays and creams. Some of these can actually cause more damage to the open tissue.

You can make your own saline. 1/2 cup salt to a liter of boiling water. (Don't use on exposed bone)

By Gunilla Pratt

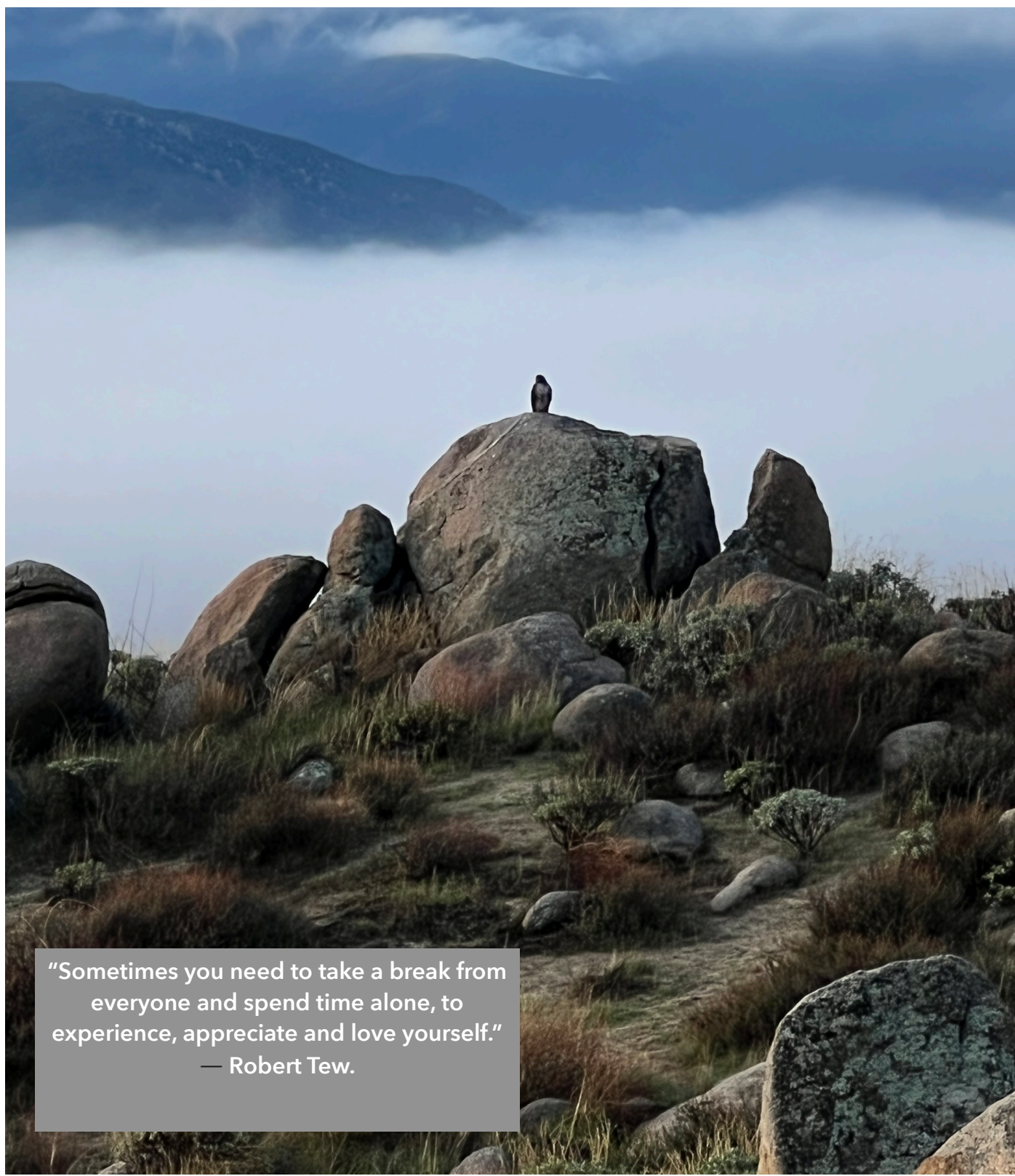


# THE RIDE & FIE ASSOCIATION

6746 Back Road  
Maurertown, VA 22644

PRSRT MKTG  
U.S. POSTAGE

**PAID**  
**PERMIT NO. 82**  
WOODSTOCK, VA



"Sometimes you need to take a break from everyone and spend time alone, to experience, appreciate and love yourself."  
— Robert Tew.