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

**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.newton@vmd.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.

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”
50th World Championship Ride & Tie
Eurolight Saddle by Specialized Saddles
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
OR Sara Boelt at lighterrat@gmail.com

Mentors in your area

Arizona:
Lisa Preston, lisa@lisapreston.com

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
San Diego: Rufus Schneider, nfussschneider1@gmail.com, (619) 44-1488
North San Diego County: Gunilla Pratt, gunillapratt@gmail.com, (858) 735-1373
Santa Cruz: George Hall, georgehallvdm@gmail.com, (831) 426-0131

Idaho:
Tom Noll, tomanoll@q.com

Illinois:
Vera Betzelberger, verabetzelberger@yahoo.com
Amy Kerrigan, amy.kerrigan@yahoo.com

Maryland:
Cate Peloquin, cpenguin57@aol.com

North Carolina: Sara Boelt, lighterrat@gmail.com

Oklahoma: Susan Young Mock, glenn218@yahoo.com

Oregon:
Southern Oregon: Annette Parsons & Jim Clover, a88gunther@gmail.com

NW Oregon & Portland: Kirsten Seyferth, kirstenseyferth@gmail.com

Tennessee:
Joanne Mitchell, jfgmhorse@gmail.com

Courtney Krueger, ck@firstcumberland.com

Texas:
Sherrie Reimers, skreimers@aol.com

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

Virginia:
Hampton Roads: Alison Zeytoonian, azeytoonian@solsolutions.net, (757) 947-6244
Northern VA: Lani Newcomb, give2bute@aol.com

Washington:
Southwest WA: Kirsten Seyferth, kirstenseyferth@gmail.com

Eastern Washington: Rachel Toor, rachelloor@gmail.com

Wisconsin:
Amy Betzelberger, a_betzelberger@gmail.com
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
Or on Facebook at ‘Ride and Tie’
### RIDER #1 INFORMATION

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Rider #1 Name:</td>
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<tr>
<td>City, State, Zip:</td>
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<tr>
<td>Phone #:</td>
<td></td>
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<tr>
<td>Email Address:</td>
<td></td>
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<tr>
<td>R&amp;T Association #:</td>
<td></td>
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<td>Age (as of July 29, 2022)</td>
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### RIDER #2 / EQUATHON RUNNER INFORMATION

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<th>Field</th>
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<tr>
<td>City, State, Zip:</td>
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<td>Phone #:</td>
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<td>Email Address:</td>
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<td>R&amp;T Association #:</td>
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<td>Age (as of July 29, 2022)</td>
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### HORSE INFORMATION

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<td>Breed:</td>
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<tr>
<td>Sex:</td>
<td>Mare</td>
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<tr>
<td>Age:</td>
<td></td>
</tr>
<tr>
<td>Color:</td>
<td>Gray</td>
</tr>
<tr>
<td>Horse's Owner:</td>
<td></td>
</tr>
</tbody>
</table>

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

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**All participants must be members of the Ride and Tie Association (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.**

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**DIVISION:**

- □ man/man
- □ man/woman
- □ woman/woman
- □ equathon
- □ pro/am*
- □ am/am
- □ novice**

**ENTRY INCLUDES:** T-SHIRT, DINNER AND COMPLETION AWARD

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Long Course (36 miles) - $150</td>
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<tr>
<td>Short Course (22 miles) - $100</td>
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</tr>
<tr>
<td>Raffle Tickets for Specialized Saddle - $5 ea or 5 for $20</td>
<td></td>
</tr>
<tr>
<td>Extra Saturday Supper (Adult - $20; Child (6-12) - $10; Child (5 or under) - Free)</td>
<td></td>
</tr>
</tbody>
</table>

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**ELEVATOR OPTION –** 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.

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td># Bales</td>
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<tr>
<td># Tickets</td>
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<tr>
<td>Extra Meals =</td>
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<td>_____ x $25 =</td>
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<tr>
<td>TOTAL =</td>
<td></td>
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</tbody>
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**You may pay the full amount now or pay a $25 non-refundable deposit.**

**Amount of Deposit =**

**Please make checks payable to Ride & Tie Association**

**BALANCE DUE =**

---

**MAKE SURE TO RETURN THE SIGNED RELEASE ALSO.**

---

Please mail entry with check to:
Sequoya Russ, 2160 Baird Rd, McKinleyville, CA 95519

Not enough time? Email copy of entry to duncme2@gmail.com and pay at check-in
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)
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!

Interested in running for the R&T board of directors for 2023? Contact Gunilla at 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

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/

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

Lara Bayles and Abigail Connell comported their first R&T on Xander at the Chesapeake Spring ride
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>1/1/22</td>
<td>Gallop on the Greenway</td>
<td>Ocala, FL</td>
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<tr>
<td>1/15-1/16</td>
<td>River Rise Ramble</td>
<td>High Springs, FL</td>
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<tr>
<td>1/28-1/29</td>
<td>Broxton Bridge</td>
<td>Ehrhardt, SC</td>
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<tr>
<td>2/3-2/6</td>
<td>Florida 100</td>
<td>Ocala, FL</td>
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<tr>
<td>2/26</td>
<td>Sugarloaf Spring Fling</td>
<td>Patrick, SC</td>
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<tr>
<td>3/26-27</td>
<td>Shanghai Trails</td>
<td>Pierce, TX</td>
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<td>3/27</td>
<td>McCulley Farm</td>
<td>Jasper, FL</td>
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<tr>
<td>4/1-4/2</td>
<td>Giddy Up and Run</td>
<td>Jamestown, TN</td>
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<tr>
<td>4/2</td>
<td>Foxcatcher</td>
<td>Elkton, MD</td>
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<tr>
<td>4/10</td>
<td>Chesapeake Spring</td>
<td>Ehrhardt, SC</td>
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<tr>
<td>4/14-4/16</td>
<td>Broxton: Let’s Have Fun Riding</td>
<td>Star Tannery, VA</td>
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<tr>
<td>4/15-4/16</td>
<td>OD No Frills</td>
<td>Cheraw, SC</td>
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<td>4/22-4/24</td>
<td>Ride in the Pines</td>
<td>Prineville, OR</td>
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<td>4/30</td>
<td>Still Prineville</td>
<td>Fruithurst, AL</td>
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<td>5/20-5/21</td>
<td>Yellowhammer</td>
<td>Cool, CA</td>
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<td>5/21</td>
<td>Coolest</td>
<td>Washburn, MO</td>
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<td>5/28-29</td>
<td>Jo Tate Memorial</td>
<td>New Berlin, NY</td>
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<td>5/29</td>
<td>New York Adventure</td>
<td>Trout Lake, WA</td>
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<td>6/7</td>
<td>Trout Lake</td>
<td>Orkney Springs, VA</td>
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<td>6/9-6/11</td>
<td>East Coast Championships</td>
<td>La Veta, CO</td>
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<td>6/18-6/22</td>
<td>Spanish Peaks Pioneer</td>
<td>El Cajon, CA</td>
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<tr>
<td>6/25</td>
<td>Bandit Springs</td>
<td>Prineville, OR</td>
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<tr>
<td>7/9</td>
<td>OD Ride and Tie Weekend</td>
<td>Orkney Springs, VA</td>
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<td>7/16-7/17</td>
<td>Broxton Night Riders</td>
<td>Ehrhardt, SC</td>
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<tr>
<td>7/22-7/23</td>
<td>Top O The World</td>
<td>Spencer, ID</td>
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<td>7/29-7/31</td>
<td>50th World Championship</td>
<td>Cuneo Creek,</td>
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<tr>
<td>7/29-7/30</td>
<td>50th World Championship</td>
<td>Cuneo Creek,</td>
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<tr>
<td>8/10-8/13</td>
<td>Pine Tree Pioneer</td>
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<td>8/26-8/27</td>
<td>Iron Mountain</td>
<td>Cripple Creek, VA</td>
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<td>9/2-9/3</td>
<td>Broxton: Moonlight Madness</td>
<td>Ehrhardt, SC</td>
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<td>9/9-9/11</td>
<td>Big South Fork</td>
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<tr>
<td>9/10-9/11</td>
<td>Hector Half Hundred</td>
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<tr>
<td>9/16-9/18</td>
<td>Chesapeake Fall</td>
<td>Elkton, MD</td>
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<tr>
<td>9/17/22</td>
<td>Lava Cast Forest Memorial</td>
<td>La Pine, OR</td>
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<tr>
<td>9/23-9/24</td>
<td>Sauratown Mountain</td>
<td>Pinnacle, NC</td>
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<td>9/30-10/1</td>
<td>Yellowhammer Fall</td>
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<td>Coolest</td>
<td>Cool, CA</td>
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<td>10/14-10/15</td>
<td>Fort Valley R&amp;T</td>
<td>Fort Valley, VA</td>
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<tr>
<td>10/15</td>
<td>Hunting For Bigfoot</td>
<td>Wiggins, MS</td>
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<td>11/11-11/13</td>
<td>Trace the Trails</td>
<td>Athens, TX</td>
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<td>11/26</td>
<td>JD’s Carolina</td>
<td>Patrick, SC</td>
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<tr>
<td>12/29-12/31</td>
<td>Gallop on the Greenway</td>
<td>Ocala, FL</td>
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</table>
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

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