



July 2022



Carolyn Latham and Annabell at Coolest

Photo: Steve Elliott



## The Idea:

In 1971 Bud Johns, a young public relations director for Levi Strauss & Company, was tasked with finding a sport that the company could sponsor to promote their brand as a rugged outdoor brand. Rather than find a sport, he invented one: Ride & Tie. He borrowed the idea from an ancient method of getting two people and one equine over long distances. From this idea of hitching and hiking and/or Riding and Tying he created our sport.

Before women were allowed to race more than 1,500 meters in the Olympics or in the Boston Marathon at all, they were welcome to compete – and win – in Ride & Tie.

Bud Johns himself said, *“I soon learned one of the key lessons of Ride & Tie. If something can go wrong, there’s a high probability it will.”* What went wrong for our initial plans of celebrating 50 years of Ride & Tie in 2020 was a world wide pandemic! But Ride & Tie is a sport of triumphing over whatever might go wrong. 2022 is our triumphal year in which we celebrate our sport by running the 50th Anniversary Ride & Tie World Championship.



All participants in each race will receive an athletic t-shirt. All championship course finishers in the Ride & Tie or Equathon will receive a 50th Anniversary commemorative belt buckle.

## The Venue:

In the early 1900s, loggers came to what is now Humboldt Redwoods State Park to cut down lofty ancient redwoods for grape stakes and shingles. The founders of Save the Redwoods League thought that was akin to “chopping up a grandfather clock for kindling.” From the acquisition of a single grove in 1921, the League has raised millions of dollars to build and expand this park. Today Humboldt Redwoods spans 53,000 acres, an area almost twice the size of San Francisco. About one third, or 17,000 acres, of the park is old- growth redwood forest—the largest expanse of ancient redwoods left on the planet. What better place to celebrate the toughest of races than among the grandest of trees?

## Crazy Runners

2022 began where it left off in the “crazy runner” category. Last year we challenged runners to make it look interesting, fun, or just plain crazy whenever approaching a photographer. Our runners have accepted the challenge. All pictures below are courtesy of Becky Pearman.



Clockwise from top left:

Reid Pomeroy catches a ride on Andrea Bassett at Ride in the Pines in April

Carrie Baris leap frogs over Rhonda Venable at Ride in the Pines

Courtney Krueger flips out at Sugarloaf in February

Carrie Baris and Chris Lang soar at Broxton in March

Dave Venable and Mark Landers dance a jig at Ride in the Pines



**Please submit Ride & Tie/Equathon photos (horses and runners)  
to our social media manager Carrie Baris at [carriebaris@hotmail.com](mailto:carriebaris@hotmail.com)**



## Junior Rider Page

In the last few months we have had brand new Junior Riders on BOTH coasts

### The Gunzburger Twins Ride Again

In the fall of 2021, four year old twins Leoni and Elsie Gunzburger competed in their first Ride & Tie at Spin Around the Rim in Jamestown, TN. They had such a good time that they came back in 2022 and competed at Giddy Up and Run which was also in Jamestown, TN. Leonie and Elsie, You are now Ride & Tie veterans with two Ride & Ties under your belts! How did you first learn about Ride & Tie?

*Both: Mom heard about it from a friend.*

How did you practice before your first Ride & Tie?

*Elsie: We rode Etta and Santana and went hiking.*

Tell me a story about your first Ride & Tie at "Spin around the Rim"

*Elsie: Grandma walked in a mud hole. It was cold!*

Tell me a story about your second Ride & Tie at "Giddy Up and Run"

*Both: The Ride & Tie was fun. There were icky mud holes on the path. We followed pink ribbons. We ate a granola bar and kept on riding.*

*Elsie: Everyone cheered when I ran across the finish.*

Do you enjoy running or riding better?

*Elsie: running and riding.*

*Leonie: riding*

What other sports (horse or otherwise) do you like to do?

*Both: Hiking and riding horses*

What advice would you give someone who wants to try Ride & Tie?

*Leonie: Hiking is okay. Don't step on any snakes!*

### Brynn Miura: one COOL Junior Rider

Ten year old Brynn Miura raced to a cool third place in the coolest Ride & Tie there is: Coolest in Cool, CA. Her partners were her mother Rachel and Theodore the Wonder Horse.

How did you first learn about the Coolest Ride & Tie?

*My mom found out about it on the internet and asked if I wanted to do it together.*

How did you practice before your Coolest?

*We went on long trail rides together. My mom also ran by us on the rides.*

Tell me a story or two about Coolest?

*At Coolest I got to handle Theo for the vet checks all by myself! He's an in endurance horse, so he's petty good at those, and I got to learn from him.*

*Do you enjoy running or riding better?*

*Riding!*

What other sports (horse or otherwise) do you like to do?

*I am an equestrian vaulter, I really like doing cool moves at the canter. I like to spend time with my teammates planning and practicing our routines. Our team's horse is Scout, a 13 year old 16 hand Clydesdale mare. On my horse Theo I am also just learning how to jump and am even trying dressage soon!*

What advice would you give someone who wants to try Ride & Tie?

- Go on practice rides that are the same distance as the course.*
- When the first wave of runners and riders take off, walk your horse around camp so they don't get too excited and go too fast before you're ready.*
- When you pass people or horses on the trail say hi and make sure they don't need anything.*
- Have fun!*



Elsie with partner "Grandma" Susan Bertch and Etta



Leonie with partner "Mom" Lindsay and Santana



Photo: Gore/Baylor Photography

## Three Generations compete at Coolest

Ride & Tie is a great family sport. Siblings, Spouses, Parents, Grandparents, In-laws, and other family members all compete with and sometimes against each other! Eighty year old Ride & Tie legend Dave Poston competed in the Equathon at Coolest in May against his daughter Rhonda Craythorn and granddaughter Shelby Craythorn. They finished the race 1, 2, and 3 with Dave and his partner Erin Angelilo the overall winners! Making this all-the-more special, the late Jeff Windeshausen, for whom this year's race was dedicated, was Shelby's first-ever Ride and Tie partner back when she was ten years old. Reflecting on the weekend, Shelby wrote: *"Got to attend the Coolest Ride & Tie and Equathon this weekend. Grandpa had been looking forward to this since last year. He and his partner kicked butt! We got to see a lot of old friends and meet new ones! It was such a fun event. Plus my running partner was my boyfriend's uncle which made it an experience to remember. We all did the Equathon but close family and friends of my very first Ride & Tie partner Jeff Windeshausen came to watch and spend time with us. A weekend to remember and reminisce."*



Shelby, Dave, and Rhonda at this year's  
Coolest Ride & Tie/Equathon



Jeff and Shelby with Big Mike  
Dave and Rhonda with Mojave  
at Shelby's first Ride & Tie

## REMEMBERING JEFF WINDESHAUSEN

Ride and Tie lost one of its early pioneers and passionate supporters recently on May 2. Jeff Windeshausen lost a 10-month battle with glioblastoma, an incurable form of brain cancer.

Without a doubt, Jeff's greatest passion was riding and running the trails of California, especially around Folsom Lake and the Auburn area near his home in Loomis. Dave Poston was planning on doing his first ride and tie, the 1976 Championship, but his partner Bob Christiansen became injured and was unable to train or compete. Jeff had gone out to Loomis to watch Around this time, Jeff went to watch Dave and his daughter Rhonda compete in gymkhana. That evening Dave told Jeff about ride and tie and asked him to consider being his partner. They decided to do it right then and there and to start training that very evening. As a result, the two of them ran home from the gymkhana. They were both wearing full length Levis, and Dave was running in cowboy boots and Jeff was running in his work boots. Later they decided it might be more comfortable to cut off their Levis, but they weren't going to cut them off short like sis-sies, so they cut them off just below the knee for training! They finished 44th in a field of 66 teams at the 6th World Championships in 1976 at Northstar and were "off and running". They completed 5 Championships in a row. In all, Jeff competed in 21 championships, completing 18. His best finish was 3rd overall, in 1986 at Big Creek with a field of 124 teams! His partner was Chris Turney and horse Comanche.





Comanche was Jeff's heart-horse, whom he purchased as a scrawny two-year old for \$200. Jeff ran on the trails around Folsom Lake leading Comanche for two years, before saddling him for the first time. As a



result, Comanche approached the trail in the same fashion as Jeff, skipping around puddles instead of striding over them. In all their Ride and Tie miles together, Jeff never ran past Comanche. Comanche knew the pattern of Jeff's footfall and the cadence of Jeff's breath and would begin to nicker and snort as Jeff approached and only when Jeff approached. Comanche was so hot during rides that Chris Turney could not mount him without Jeff's assistance which dictated the order of their exchanges. This worked out OK, given Chris' fleet footedness. However, at the 13th World Championships at Eureka in 1983, Jeff, Chris and Comanche would never see the finish line as Comanche made a quick turn around a bend in the trail that put Chris in the hospital with a severe concussion. Jeff did thousands of competitive miles on Comanche. He had Comanche for over 30 years, until Comanche's death at age 32.

Jeff finished his last Ride and Tie course in September 2021 six weeks after brain surgery by walking the Cool Ride & Tie course with his long-time friends Bill and Shirley Wagner and Jeff's daughter, Jacky.

Jeff was so pleased when he received his 1,000-mile patches just a few weeks before he passed. It meant very much to him and he kept the patches near him either on the kitchen table at his place or on his bed stand until he passed.

With the committed loving care of Jenine, Jacky and Eric, he was able to maintain a manageable lifestyle almost to the end, walking 2 miles with the aid of ski poles just 9 days before he passed.

### **From fellow RATs:**

*Jeff was my forever friend, of which we get very few on this journey, he was my chosen brother. He never knocked at the door, just entered, and was part of our family. He always had a special chair at our house that others would not sit in when he was here. There is a hole in my heart. Dave Poston*

*The first things that come to mind are Jeff's graciousness, warm smile and how quick he was to laugh. Always a gentleman and a great sport, he embodied competitive comradely, the very best qualities of our sport. He and Jenine shared those twinkly eyes. What a team! I hope Jeff and our other founding ride and tiers are sharing a great post race banquet right now. Please don't take down the ribbons til we all make it back to camp. And keep the beer cold. Donna Jones*

*In the early 80's, I joined up with a group of guys that trained on the American River canyon trails. We would meet late Wednesday afternoons in Auburn at the Tevis finish area parking lot. This group included Jeff, Tom Christofk and Tony Brickel, among others. I was, by far, the least accomplished of this group. It was Jeff who would always hang back with me and give me support and encouragement. He was a gift to us all. Greg Fellers*

*Jeff was a very kind man. He loved his family. He loved his friends. He loved the trails. Last October he wanted to enter the Coolest Ride and Tie to walk the course. I told him no entry was required, it was my honor to have him out there! Last time I saw him. This spring we dedicated the ride to Jeff at the beginning of the ride. My heartfelt condolences to the family. Susan Smyth*

# The Vet Check

by

**Nick Kohut, DVM and President of the AERC**

As I write this column the ride season here in the Northeast Region has just begun. As I was vetting horses at the first ride, I thought some of you might find it interesting what goes into the vetting process from my perspective. In veterinary college, I was taught that we should learn to do physical exams in a step-by-step process and that we should keep the order of those steps the same every time so as not to miss anything. I go about vetting Ride & Tie and Endurance the same way. Please keep in mind that this is how I judge horses and it may not be anywhere close to how other veterinarians judge.



When a horse comes up to me during the ride, my first step is to take the heart rate. While I am counting, I am also glancing at the inside of the horse's right legs to see if there are any bleeding interference marks. Because I have seen instances where a stick or other piece of debris slid underneath a leg protection device and caused an injury, I always request that all leg protection be removed before bringing the horse up for inspection. I will also look at the corner of the mouth for any blood caused by a bit rub.

As the horse "trots" off, my eyes will initially sweep from top to bottom looking for a head bob or a hip hike. I will look to see if I can tell if the horse has all four shoes on or if it's barefoot anywhere. And believe it or not, I can tell within two to three strides whether or not your horse is gaited, so there is really no need to tell me that. While continuing to watch for the bobs and hikes going away from me, I will take note how the horse is holding its' head. Is it up, is it down, is the horse looking around? I pay special attention at the turn around to see if there is any hitch that wasn't visible on the straight away. I am going to look at all of the same on the trot back, but now I can also see if the person presenting the horse is influencing the horse in any way. Is the person holding the lead too short and not allowing the horse's head to move freely? Is the person running too

fast and jerking on the lead causing a reactionary head bob? I can also now see the horse's eyes. Do they seem bright and aware of the surroundings? Are the horse's ears up or pinned? In essence, I am looking for signs of fatigue as well as lameness.

When the horse comes to a stop, I lift up the horse's lip on right side and apply pressure to the mucous membrane to determine capillary refill time. At the same time, I am assessing the color and moisture of the gums. I will also check this side for bit rubs. From there, I run my thumb down the jugular groove and check refill time and then to the point of the shoulder for the skin pinch. Next, I sweep my hand up the girth area to assess any tenderness or galls. While my left hand takes the head of my stethoscope to the upper and lower flank areas to listen for gut sounds, my right hand will run along the back checking for any pain response. However, since many of the Ride & Tie horses will keep their tack on during the ride, I will often try to slide my hand under the edge of the saddle to assess any tenderness. I will glance down to look at the inside of the left legs to look for bleeding interference marks there. As I walk around the horse, I switch the head of my stethoscope to my right hand and use my left to check muscle tone on the left rear leg, anal tone, and then muscle tone on the right rear leg. I listen to the gut sounds on the right side and run my left hand over the left girth area before taking the second heart rate reading for the Cardiac Recovery Index. Truthfully, I may have had to do this





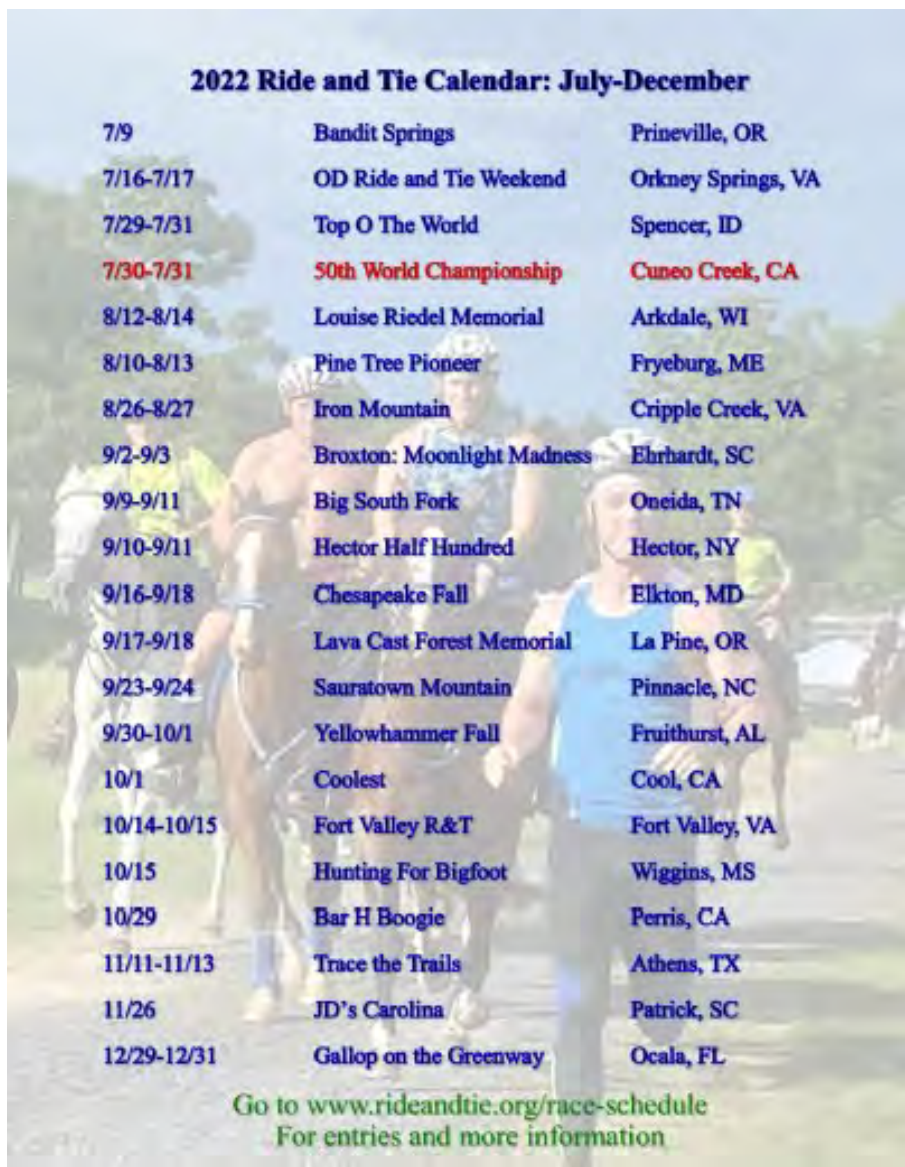
step earlier if I encountered any issues with my earlier steps that caused a delay. The second pulse needs to be done one minute after the first reading.

If I found any issue(s) during any part of the examination, I will now go back for a little more investigation. Maybe I want to listen more for gut sounds or take an additional heart rate to see if it is coming down or see if the open interference mark is painful. If I am concerned about a lameness issue that I suspect may be due to a back issue, I will ask the person presenting the horse, to take the tack off so that I can check the back and then retrot the horse.

With Ride & Tie events, knowing that the runner is most likely back out on trail during my exam, I try my best to be both accurate and quick during my exam. However, welfare of the horse is always our number one priority.

*Photos of Nick used by permission: Carien Schippers, imagequine.com*

***Ride and Tie is in our second year of a partnership with AERC. This article is a great example of how we function together. It is both organizations' hopes that this partnership will***



2022 Ride and Tie Calendar: July-December		
7/9	Bandit Springs	Prineville, OR
7/16-7/17	OD Ride and Tie Weekend	Orkney Springs, VA
7/29-7/31	Top O The World	Spencer, ID
7/30-7/31	50th World Championship	Cuneo Creek, CA
8/12-8/14	Louise Riedel Memorial	Arkdale, WI
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
9/17-9/18	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	Coolest	Cool, CA
10/14-10/15	Fort Valley R&T	Fort Valley, VA
10/15	Hunting For Bigfoot	Wiggins, MS
10/29	Bar H Boogie	Perris, CA
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

Go to [www.rideandtie.org/race-schedule](http://www.rideandtie.org/race-schedule)  
For entries and more information

## It's Part of the Game

by

**Courtney Krueger**

Maybe it's just the folk I race with, but we seem to use the phrase, "It's part of the game" an awful lot these days. At the Sugarloaf race in February, my partner Mark Landers missed a turn while on the horse and tied his horse Kevlar off course. I made the turn and consequently didn't find Kevlar where I thought he should be. By the time we had it all figured out, we dropped from second place to last. But as we said, "it's part of the game."

At Giddy Up in April I got off course only about 100 yards while on my horse Coda. Unfortunately it happened to be a hundred yards where Mark was running. I inadvertently passed him without either of us knowing. I kept riding, wondering how far ahead of me Mark was. Eventually I figured out he HAD to be somewhere behind me. I went back and found him. We both argued that the other had made a mistake. The next day on the same course we confirmed it was my mistake that time. Again we said, "It's part of the game."

At Ride in the Pines later in April, Mark and I borrowed Dave and

Rhonda Venable's horse Ray because Kevlar came up lame. Kevlar's lameness was a "part of the game" frustration! Having great friends who are willing to loan out their horse is a "part of the game" joy!

The first day of the race Rhonda got off course early and it gave Mark and me the chance to pull ahead and then build on our lead to win. We teased them that it was pretty rude to borrow someone's horse and then use



it to beat them, but they were good sports as always. After all, “it’s part of the game.”

The next day we had a real race going for a while. Mark, Ray and I were flip-flopping in the lead with Rhonda, Dave, and Dakota. Because Dakota and Ray are pasture mates, they were getting hotter and hotter as we jockeyed back and forth. About 12 miles into the first loop, I was untying Ray when Dave rode up and dismounted. He said to me, “This is a nightmare situation – Dakota watching Ray run off!” Dakota decided he wasn’t going to



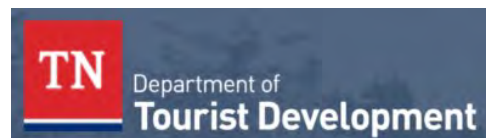
get beat by his “little”

barn buddy, so he pulled and pulled ‘til he pulled the 8 foot pine tree he was tied to out of the ground. I heard Dave yelling at me and I wheeled Ray around. Dakota was coming toward us at full steam pulling the pine tree, still tied to the lead rope, behind him. He blew by us. Dakota didn’t stop for a few miles until he got back to camp – correctly navigating two turns to get there! Rhonda and Dave couldn’t get Dakota’s heart rate down after his four mile sprint so they had to pull. Loose horses and high heart rates are unfortunately both “part of the game.”

I rode Ray into the vet check and walked back out knowing that Mark had a long run back to camp and that he would also have to take Ray through the vet check when he got there. Meanwhile, I had completely forgotten that Carrie Baris and Barb Mathews were behind us on Barb’s horse Gator. About three miles into the second loop, they caught me. Mark arrived on Ray not long after, but our earlier adventure and my forgetting about the other competition meant we couldn’t keep up with them. Many of the endurance riders on the course figured out that two male competitors were chasing two females. Since most equestrians

are female, Carrie and Barb got some data (“they are a few minutes behind you...”) and lots of encouragement (“Go girls: beat the boys!”). They beat us soundly and all we could say was, “It’s part of the game.”

Photos used by permission from Becky Pearman



# When Things Go Wrong On A Horse, They Go Wrong in a Hurry!

Jack McCormick posted a video of a slight accident at the Coolest 13 mile Ride and Tie as a learning lesson for us all.

The rider, Carrie Holben and horse Chico step into a creek unaware that the tie rope is hanging down....



Chico steps through the rope and then the rope comes up Chico's leg



In Carrie's words, "I bet he thought it was a sea monster!" He reacted as any of us would!

Carrie did a great job of remaining seated until they left the creek.

Neither she nor Chico were hurt.

Carrie gets extra points for wearing a helmet— important because you never know when a sea monster might attack! Thank you Carrie and Jack for reminding us to always be aware and prepared.



# The Comeback is Better Than the Setbacks

## *A story of Courage, Determination, and Faith*

In 2017 Laura Stauffer didn't think her life could get any better. She was happily married with a meaningful job. She was living in Colorado where she could enjoy all of her favorite activities including running, backpacking, skiing, and other outdoor adventures. Then, as she puts it, "My life turned a corner." Over the course of a few months she suffered two separate freak accidents that caused trauma to her brain. She went from being a marathon runner to needing help just to walk. Some time later, she was hit by a drunk driver fracturing her back and causing her to lose almost all of her vision. She required a full time caregiver to help her dress and do other daily tasks. Her life wasn't what it had been, or had promised to be, just a short while before.

Not one to give up, she says, "I started getting better and I started life 2.0 or maybe 2.5!" She became part of a community of brain injury victims. She started massage school. She says in 2019 as she lay in darkness and pain she sensed God reminding her of a promise in the book of Isaiah: "I am about to do a new thing; now it springs forth; do you not perceive it? I will make a way in the wilderness and streams of water through the desert." Shortly thereafter a neighbor offered her two geldings and an almost forgotten dream of owning horses again blossomed. The horses soon became a huge part of her mental and physical recovery.



2022. This ride was made possible in part through the partnership that Ride & Tie has with the AERC and this is the first year we have had Ride & Tie at the Spanish Peaks Pioneer. Not wanting to make things easy for herself, she scheduled surgery on April 7 to remove hardware from her injured ankle. Then in mid-May, her horse stepped on her other ankle during a training run/ride. After getting clearance from her surgeon, she and her husband (who is allergic to hay and horses) were on their way to Spanish Peaks! The day of the race was wonderful with relatively cool temperatures and a sunny day that lit up the nearby peaks. She summed it up by saying, "It was glorious!" At Spanish Peaks, Laura discovered what many of us have about Ride & Tie. As wonderful as the competition and the sport is – the camaraderie is even better! She met people whom she hopes will become life-long friends. She laughed saying, "My husband said, 'These are your people!'" Her goal is to compete in a 50 mile Ride & Tie or Equathon. Based on her determination, courage, and faith there is little doubt that she will succeed!

"Twas the night before surgery  
and all through the house  
The creatures were stirring;  
even the mouse!  
The horse and the girl  
they galloped with care  
Knowing the date with the surgeon  
soon would be here!  
They ran and they ran  
hoof beats ringing through the air  
Shouting with joy  
"June Ride and Tie: We'll be there!"  
*Written by Laura the night before her surgery*

Unfortunately, there is an old adage that if you have horses long enough you are going to get hurt. In July of 2019 one of Laura's horses fell on her and crushed her ankle. Once again, her running and riding careers were set back. In 2021 she joined "Rugged Running" in order to better recover and train. By August, she ran a half marathon with her son.

Wanting to marry her love of running with her love of horses, she remembered volunteering for a Ride & Tie years ago with her running club. She began looking for Ride & Tie events near her and discovered that the Spanish Peaks Pioneer in La Veta, CO was offering a Ride & Tie/Equathon in June of

**To see an extended interview with Laura, go to the Ride & Tie Association's YouTube Channel  
To find our channel, do a search for "The Ride and Tie Association on YouTube"**

## Champions in Every Way

Kelly Pults and Chris Lang, the winning partners of BOTH the long and short courses at the East Coast Regional Championship came into Ride and Tie in completely different ways. But during the championship races they developed a partnership that works!

Kelly says she got a green pony at the age of nine and *“so I had a little green on green, black and blue, but that was OK I learned to stay on him.”* Around 2015, an Endurance rider told her that she would be perfect for Ride and Tie. *“They are always looking for partners who can ride and who can run. Races are short – around 30 miles.”* She got the chance to try Ride and Tie at the OD Weekend that July. She says, *“Well, you try it once and you get hooked on it!”*

Chris began riding in his early forties only three years ago. Chris’ friend Dave Venable called him up and invited him to think about competing with his wife Rhonda in the 49th World Championship Race in Jamestown, TN. *“I had never ridden a horse before,”* said Chris. He agreed to give it a try and went to their farm for a single afternoon of lessons on their horse Ray. *“That was my only practice before the race and then we did the race. It was a trial by fire, but just like Kelly said, ‘Once you do it you get hooked’ and I haven’t stopped since.”* Chris and Rhonda won that World Championship race. Chris then won the short Equathon East Coast Regional Championship in 2021. He also won the Man/Man team points championship (with Dave Venable) in 2021.

For this year’s East Coast Championship, Rhonda and Dave Venable wanted to partner together to celebrate their 13th year of Ride and Tie and 30th year of marriage. They asked Kelly if she would partner with Chris on Ray. Kelly responded, *“I had seen Chris at races and knew he was an incredibly fast runner and I knew that Ray was a great horse, so I said ‘yes!’”*

At both races they began strong and in front and never surrendered their lead. During the long course, when they left the second vet check they encountered a locked gate on the trail. Chris climbed the gate and kept going, but there was no way Ray could climb a gate! Kelly ended up having to canter back to the vet check to get someone to come open the gate!

They said that the second day was much more relaxed than the first one. At one point, however, Dave Venable caught them and they realized they couldn’t relax too much!

As impressive as his Ride and Tie resume is, Chris has no plans of slowing down. He has purchased his own horse named Blue and is the process of acquiring all of the other gear that goes with a horse! *“Apparently, I have a horse gene that I didn’t know about that is just now coming in! My life goals have really taken a drastic turn because of Ride and Tie!”*

Kelly is also looking for a horse that would do well with Ride and Tie so that she can have her own horse partner.

Congratulations to Kelly, Chris, and Ray; these superior athletes who are champions in every way!



Start of the  
East Coast Championship Short Course  
L-R: Rhonda Venable on Dakota,  
Chris Lang, Kelly Pults on Ray,  
Rick Koups, Carrie Baris on Jimmie

To see the results from this and ALL Ride and Tie Association Races, go to **[www.rideandtie.org/ride-results](http://www.rideandtie.org/ride-results)**

To see an extended interview with Kelly and Chris, go to the **Ride and Tie Association’s YouTube Channel** (go to YouTube and then search for “The Ride and Tie Association”)



# A Girl and Her Horse

by

Helena George

My first Ride and Tie was in 2015, and I had no idea what I was doing. That being said, I had so much fun, and was 100% hooked on the sport. As a run-ner and a rider, Ride & Tie is definitely right up my alley! But, as a laid-back trail rider first and foremost, I never had a super fast horse. Pepper can mosey along, but as a Friesian/Draft cross, he's simply not built for speed (or hills) (or heat). You may have seen us casually strolling in from a 15 miler at Iron Mountain a couple times!

Then, in late July 2020, I spotted a Craigslist ad. My first horse was a Paso, and I have always loved the breed (the Paso Fino Smile is a real thing, y'all). So I went to try this one out. When I arrived, he was saddled, tied to a tree, dripping sweat, and unable to keep still. (Isn't that the red flag of red flags????) I will openly admit I did the (super) dumb thing and rode him (instead of whipping the car around and speeding outta there). I wasn't too impressed by him (it'll take more than 3 bucks to get me off your back, buddy), but after taking the saddle off and actually getting to \*look\* at him...I knew I couldn't just leave him where he was. Not when I can count every rib... So, for dirt cheap, I brought home a neglected horse that was most certainly NOT a Ride and Tie horse



Helena, Kathleen, and Shadow

(and it took me a half hour to get him in the trailer, so things were off to a great start, haha). I spent the next year and a half getting Shadow's weight back up (he was very wormy, and taking care of that really helped, lol) and teaching him to be a good little trail horse. He learned to load. He learned to walk across creeks (instead of imitate a grand prix champion). And wear a crupper (glad I lunged him first before getting on). And a host of other things that every horse needs to know (standing for farrier, standing under saddle, walking nicely down the trail, brakes-brakes-brakes-for-days, etc). In the meantime, I managed to track down his breeders and get him registered. I called people and got his history. And we even did our first LD together at Iron Mtn in '21! After a family hike-and-ride, while watching my little sister ride Shadow on the trail, my timid-rider mom, Kathleen, agreed to do a Ride and Tie with me. And so in April 2022 we went to Ride in the Pines and did 17 miles together. And that was a DREAM COME TRUE!!! After begging my mom for years to do one with me, she finally said yes!! We didn't tie at all, since she wanted to keep close to me, but we hiked and jogged and gaited along and had such a lovely time together (despite all the sand). And then I raced the second day with Shadow and Heather Madden. (Technically we were supposed to do a longer loop, but all us shorter-distance teams were not too keen to go out in the sandhills of doom again, so Allison kindly let us do a shorter loop.) Heather and I spent the first 2 miles riding/hiking together, making sure she felt comfortable on Shadow. We spent another 2 miles doing some prac-tice ties (I tie to trees all the time on the trail, but have never completely left him alone). And then we opened up and BOYYYYYYYY IT WAS AMAZING!!! It was FULL ON RIDE AND TIE YALLLLLLLL. Cantering along sandy trails, jumping off, tying to a tree, then sprinting down the trail on foot. Cheering Heather on as she flew past on Shadow. And then running on, searching the trees for my horse, who would be patiently waiting for me at his tree. I think I might need to apologize to some NATRC riders...they were on different, parallel trail, and I might have galloped past whooping and hollering like a mounted Tarzan at one point. In my defense, I did wave, and their horses didn't seem to be bothered at all by my passing. ***Y'all. I have my Ride and Tie horse.*** \*screams excitedly\* I may not be competing at every race, but for the few races a year I can get to, I think we'll have a lovely time! (And I finally have a horse that can run faster than me...) And who knows. There may be a 25 mile R&T race in our future

*Helena is the Ride Manager for the Sauratown Mountain Ride and Tie which will be September 23-24 this year.*



### **Supporting (\$100-\$200)**

Ad in Ride & Tie Newsletter and website

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

Ad in Ride & Tie Newsletter and Website

Sponsor is "Official Sponsor of The Ride & Tie Association"

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

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

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\* Consideration for use of the phrase, "Official PRODUCT of the Ride & Tie Association"

### **Questions?**

Contact Steve Anderson at  
[steve.anderson1@juno.com](mailto:steve.anderson1@juno.com)

**Thank you to managers and volunteers who work hard to help Ride & Tie grow and thrive.**



Susan Smyth and Janice Heltibridge are not only two of our finest Race Managers, they are "Manager-Players" competing in the events they manage.

Left-hand picture above is Susan on her horse Astano in the 8/8 mile Equathon at Coolest in May. Susan competed with course designer Cathy Mason who marked the trail. Cathy is another example of how volunteers get the job done! (photo: Bill Gore) Right-hand picture above is Janice in the East Coast Regional Championship in June (photo: Becky Pearman)



## Horses' Honor: Our newest Silver Sponsor



### 19th Annual Horses' Honor TACK SALE AND OPEN HOUSE

**November 5-6, 2022**  
*at the sanctuary in our open-air covered arena*  
6600 Garden Bar Rd., Lincoln, CA

**Set up Oct 30-Nov 4**  
**Saturday: 7AM-10AM \$25 Preshop**  
**Saturday: 10AM-4PM Shop for FREE!**  
**Sunday: 10AM-2PM Everything HALF OFF!**

**Directions to Horses' Honor Sanctuary**  
6600 Garden Bar Rd. Lincoln, 95648.  
*Trust Google at your own risk!*  
We are a half hour from Lincoln or Auburn.

**FROM AUBURN:** Mt Vernon Rd from Auburn, Rt on Mt Pleasant, ignore Garden Bar on left. Continue a 1/4 mile, turn RIGHT onto Garden Bar. In 1/4 mile turn RIGHT onto Garden Bar Rd. In 4 miles, turn RIGHT at the fourth driveway, just after Coon Creek. Gate will be well marked.

**FROM SIERRA COLLEGE BLVD.**  
Sierra College Blvd North to end at HWY 193. Turn RIGHT on Hwy 193 then LEFT on Fowler. LEFT on Fruitvale, RIGHT on Garden Bar, LEFT on Mt Pleasant, RIGHT on Garden Bar. In 4 miles, turn RIGHT at the fourth driveway, just after Coon Creek. Gate will be well marked.

**FROM HWY 65.**  
Hwy 65 North, past the town of Lincoln. RIGHT on West Wise Rd, LEFT on Garden Bar. LEFT on Mt. Pleasant, RIGHT on Garden Bar. In 4 miles, turn RIGHT at the fourth driveway, just after Coon Creek. Gate will be well marked.

**FROM GRASS VALLEY**  
Proceed from Auburn. DO NOT take Lonestar to Big Hill. There are locked gates and you cannot get through.

**Tremendous, stupendous,  
mind-boggling amount of tack!**

**Bridles, saddles, bits, pads,  
boots, clothing, gifts, blankets  
and lots of great vintage goodies**

**Donations and Volunteers Greatly Appreciated!**

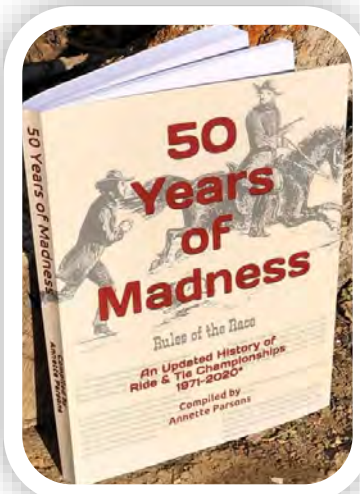
**Horseshonor.org**  
**916 645-1630**  
Niña Thompson, Founder  
**Horseshonor@gmail.com**  
6600 Garden Bar Rd.  
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[www.rideandtie.org/store](http://www.rideandtie.org/store)



### RAFFLE

50th World Championship Ride & Tie



Eurolight Saddle by Specialized Saddles

**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.



*Buy raffle tickets and R&T branded  
products in our online store!*



The “Back” Cover

Dave Venable instructs Reid Pomeroy and Lilah Bleier in the fine art of stretching before a race at Ride in the Pines in April.



Ride and Tie  
&  
East Coast Ride and Tie Folks



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