

**Eleventh REAL (missed 2020 for Covid-19)**  
**Giddy Up and Run RIDE AND TIE, EQUATHON (and Pack Burro Race)**  
EAST FORK STABLES near Alardt, TN  
Sanctioned by the Ride and Tie Association  
**Friday and Saturday March 31 & April 1, 2023**

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

**What is an Equathon?** An Equathon is a race where a rider does a course, comes back to the start point. When the horse pulses down to veterinarian criteria, the human (can be the rider or a different human) completes the trail run. This year's event is a 12-mile horse ride and then a 7-mile trail run. If you are doing an Equathon solo, you may hand your horse off to someone else for the vet out, but you do have to stay until the horse pulses down.

**FOR 2023:** There is also a pack burro race. Separate entry.

**Lonely Hearts:** The best place to find a partner is on the Ride and Tie website: [www.rideandtie.org](http://www.rideandtie.org) or the East Coast Ride And Tie Folk Facebook page. The race manager may know of others.

**Rules** (not many-only one page) of the Ride and Tie are on the Website at [www.rideandtie.org](http://www.rideandtie.org). Helmet use is encouraged for everyone while mounted. Competitors under 16 years of age must wear approved safety helmets while mounted during a race (helmet approval by AHSA, PCA, ANSIZ90.4, or Snell). Management strongly recommends having a responsible adult ride/run within sight of junior contestants, not as a personal coach but more for safety. A team can stay together the whole race if they want.

**RAT Membership:** All competitors must be members of the Ride and Tie Association. Membership costs \$25/person or \$40/family and is good for the calendar year which ends in December. Membership forms will be available at the race. For more information about Ride and Tie go to [www.rideandtie.org](http://www.rideandtie.org). If you have joined online, please forward confirmation of membership to ride manager WAY BEFORE the event. Make MEMBERSHIP checks payable to the Ride and Tie Association. **New for 2023-one day (per day) membership (\$10). Can be done at the event.**

**Trails/Camping Facilities:** The East Fork Stables have about 125 miles of exclusively equestrian trails consisting of dirt/gravel roads, and some single-track trails. For more information, see <http://www.EastForkStables.com>. R&T paperwork headquarters will be NEAR CAMPGROUND D (as in dog) and Barn E (as in echo). Overnight camping or cabins are available through the stables at 1-800-97-TRAIL or 1-800-978-7245 or even 931-879-1176. The office is usually open M-F 9-3 CST (unless snow/ice/school holiday). The stables will open on April 1, 2023. This event will occur the first full weekend they are open camping for the 2023 season. Make your own arrangements with East Fork and sign their release forms. People/horse accommodations charges are not included in entry fee. Participants may use other accommodations for horses or people if they so desire; just be near headquarters for the start of the race! The facilities include flush toilets and HOT SHOWERS!!

**Food and Water:** You must bring ALL food and snacks for people and horses. Restaurants are available in Jamestown, about 15 minutes away. No meals or snacks will be provided. Ice is available at the stables. Horse water is also available.

**Pre-Vet Inspection:** Vetting of horses, ponies or mules will start at daylight on Friday, the day of your competition. All times will be **Central Daylight Savings Time**. Please send a current (within one year) copy of the equine's Coggins Test along with your registration form. If you are not arriving until race day, PLEASE LET MANAGEMENT KNOW in advance, so arrangements can be made for vetting in. People/paperwork can happen Thursday. This event has a relaxed schedule. Sunrise about 6:30am. Sunset about 7:00 pm. All Vet Checks are in camp.

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**Distances:** There will be morning ride distances of 4, 8, 10, 15, and 25 miles on Friday and Saturday. Thirty-five miler on Friday only. Afternoon rides distance of 4 and 8 miles each day. Yes, you can enter an 8 or 10-mile morning event and the afternoon events on Saturday, using either the same exact human team combination or different team combination on same or different horse. This is to encourage newbies or oldies that prefer shorter distances. Friday's courses will be pretty easy. Weather (icy conditions) may affect the course.

**Weather:** Average highs in the 60's, average lows in the 40's. No telling about this year's weather.

**Facebook:** Keep up to date on the East Coast Ride and Tie Folk Facebook page.

**Start Times:** The start times will be determined as soon as the equines are vetted. Tentative start time for 14 and 35 milers will be 8:00am CDT. Ride will run on **Central Daylight Savings Time**. Change your wind-up watch accordingly! Do not rely on your cell phone-it might bounce between Eastern and Central time.

**Ride and Tie Briefing** will be at approximately 6:00 pm **CDST** on Thursday March 31. This meeting will inform riders of the up-to-date trail conditions, markings, available water, locations of vet-checks, maximum times and the logistics of check-points and holds. Questions from participants will be answered at this time. Please attend the briefing or at the very least send a representative from your team. The Friday 25 miler is the only "elevator" event, meaning you can decide after completing 25 miles if you want to continue another 10 miles (35 miles total). If you do not complete the last 10 miles you do NOT get credit for the first 25 miles either.

**Trail Stuff:** If management does not get notice that a course will be used AT LEAST 4 days before the event, that course will NOT be marked and the distance may not be offered at all.

**Awards ceremony** will be as soon as reasonably possible following the event. There might be a separate ceremony for the afternoon or night events. There will be a Best Conditioned Horse Award for the 26 or 35-mile distances only if there at least 5 teams in each category. There will also be the coveted "Turtle" award for all distances.

**Awards:** Giddyup and Run Ride and Tie shirts will be provided as completion awards-two shirts per team per event. We need to know sizes, (Mens or Womens adult or children's) before **Saturday March 11, 2023**. If you want extra shirts for crew members (additional \$10/shirt) please indicate on the registration form. Tee shirts are guaranteed for registrations received before **March 11**, so please send in your registration early!!!

**Volunteers:** If you can bring extra people to assist (take digital photos, pass out water, work checkpoints, ride drag, pick up trail markings), PLEASE note on entry form. Please note that all volunteers, riders and staff must make their own overnight camping/stabling and/or dayrider arrangements with East Fork.

**Entries & Cancellations:** Entries will be graciously accepted till 10:00 PM Monday night before the event. Event Day entries are really discouraged but accepted anyway. If the Ride and Tie Manager is notified of a cancellation prior to 10:00 PM Monday night before the race, nearly all the registration fee will be refunded. If you compete on Friday and Saturday with a different combination of riders or horses, please complete a different registration form for each day. Each human must sign the release!

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

**Directions:** All directions are from I-40. Take Exit 317 near Crossville, TN. Follow U.S. 127 North for 28 miles. East Fork Stables are on the left. Landmark is two grain silos on the left.

**Ride and Tie Manager:** Joanne Mitchell • 570 Sunnyside Road • Sweetwater, TN 37874 [jfgmhorse@gmail.com](mailto:jfgmhorse@gmail.com) • home/fax 423-337-6194 • cell 865-250-1645

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### Registration Form

You must be a member of the Ride and Tie Association in order to compete in the Ride and Tie or Equathon, due to insurance. Join on-line through the Ride & Tie Assoc web site or membership forms available at the race.

Rider 1		Rider 2	
Address		Address	
City, ST, ZIP		City, ST, ZIP	
Phone #s		Phone #s	
email		email	
R&T member #		R&T member #	
Emergency contact name & phone		Emergency contact name & phone	
Age of competitor at event		Age of competitor at event	
Tee shirt size (s, m, l, xl) Man/Woman		Tee shirt size (s, m, l, xl) Man/Woman	

**Equine Info** Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Color: \_\_\_\_\_ Breed: \_\_\_\_\_

Equine Owner's Signature: \_\_\_\_\_

I agree to allow my horse to be tested for drugs: \_\_\_\_\_

Please include a copy of your equine's current (within the last 12 month's) Coggins Test.

Is this your first Ride and Tie? Rider #1: Yes No Rider #2: Yes No Equine: Yes No

Are you color blind? Rider #1 Yes No Rider #2 Yes No (makes a difference on ribbon color)

Are you **SURE** you paid your dues for 2022/2023? To find out go to <https://app.rideandtie.org/rt/ms/> and then click on your name for active/inactive status Individual \$25/Family \$40 \_\_\_\_\_

Fees (per team):

<i>Distance</i>	<i>Fee</i>	<i>Friday</i>	<i>Saturday</i>	<i>Totals</i>
4 miles	\$20	PM:		
8 miles	\$30	AM:	AM:	
12 miles	\$35			
14 miles	\$40			
26 miles	\$50			
35 miles	\$60	AM:	(not available)	
Equathon (12 & 8)	\$45	PM:	AM:	
Extra T-shirts	\$10/shirt	Number and sizes		
1 day membership	\$10			
<b>Total Fees</b>				

Check # \_\_\_\_\_ \$ \_\_\_\_\_ Cash For \_\_\_\_\_ \$ \_\_\_\_\_

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**Sign the Release on this form** and mail entry with check payable to Joanne Mitchell such that I receive it NO LATER than Monday, March 27, 2023 (March 11, to ensure you get a tee-shirt) (otherwise call me and bring it with you because I won't get my mail after Tuesday.) East Fork Stables has their own release you sign when you get there.

Read carefully and sign at the bottom of this form:

Acknowledgement of Risk & Release of Liability

The Undersigned Participant represents that:

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

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

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

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

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

Rider #1 Signature: \_\_\_\_\_

Rider #2 Signature: \_\_\_\_\_

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

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

Executed this date \_\_\_\_\_, 2023 at (address) \_\_\_\_\_

Mother or Guardian's Signature: \_\_\_\_\_

Father or Guardian's Signature: \_\_\_\_\_