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# RIDE &TIE NEWSLETTER

NOVEMBER 2014



**44TH ANNUAL WORLD CHAMPIONSHIP RIDE &TIE**

*July 12, 2014, Georgetown, CA*

*Photo by Sonny Kumoka Munioz*

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# PRESIDENT'S MESSAGE

by Chris Amaral

*Ride & Tie Association President*

**H**i there,

I am excited to be writing for the first time as the President of the Ride and Tie Association. I am grateful for the excellent job Ben Volk has done the last few years and am further grateful that Ben remains on our board. He is a thoughtful leader, a great competitor, and the organization will continue to benefit from his contributions. Along with Lani Newcomb, Vice President Gunilla Pratt, our Treasurer Steve Anderson, Secretary Susan Smythe, Head Veterinarian Greg Fellers, and championship site chair George Hall, we are joined on the board by Kirsten Seyferth who will be managing the website and another eastern region representative Janice Heltibridle. The east is a region rapidly growing, active cadre of competitors and it is exciting for them to be well represented on the board.

I began my involvement with Ride & Tie in 1983 as a terrified non-rider who had finished my collegiate running career and wondered what was next. One experience with the sport and I knew that was it for me and it was something I had to do more of. I had run indoor and outdoor track and cross country at the collegiate level, gobs of road races, corporate cup races, road relays, co-ed relays, and competed in the national cross country championships. Ride and tie was without question the most fun I had ever had running. It still is. I competed in Ride and Tie pretty regularly until the early 1990's when I began to focus more on endurance riding. In 2006 Ted Ruprecht asked if I would be interested in hosting the next Ride & Tie Championships which I did in Humboldt Redwoods State Park in 2007 and again in 2009. I have been delighted to be back in the fold of ride and tiers. I say this every chance I get without reservation. Ride and Tiers are the nicest group of people I have ever been around... in addition to being more than a little goofy. As president I will do everything I can to ensure the sport moves toward a more robust following as we had earlier in its history and along the way we are going to have a lot of fun. I have been bucked off, run over, ran past my horse, missed turns, been pulled, and probably worse things at ride and ties but I always tried to have fun. Otherwise, why do it, right?

Ben introduced the topic of the American Endurance Ride Conference approaching us about merging with them last spring. That concept has grown, been shut down by the AERC president, and then resurrected again by other AERC members with direction from their board. We have worked on a memorandum of understanding which is still being revised and edited before it is presented to either board for review. Please be confident that the Ride and Tie Association Board will not proceed into any major agreement with AERC or any other organization without input from our general membership.

This year at the board meeting at the Ride and Tie World Championships we had discussion about how to be more inclusive of the east coast R&T members. They want the World Championship to be held there plain and simple. The board already had the site at Lily Glenn near Ashland, Oregon under consideration and was not ready to move the championships to a site farther east than ever before. We did however create an Eastern Region Ride and Tie Championships. This event to be hosted in Tennessee at the site of the Big Fork R&T on Sept 12. It is the newest, most exciting thing to come along for Ride and Tie in many, many years. The folks that compete and put on events in that region are buzzing with the excitement of finally having a championship event. I hope that people in the west will strongly consider putting it on their calendar for next year. I know it is a long way...some of those folks have been coming pretty darn far west for many years. If you have riding friends back there who have been thinking that you are crazy for doing ride and tie why don't you team up with them and show them exactly just how crazy we are.

I will have more for you in the next issue on the site for the 2015 World Ride and Tie Championships.

Until then, train, train, train. 🐾

Chris



# 2014 IRON MOUNTAIN JUBILEE RIDE AND TIE AND ENDURANCE RIDE

by Barb Mathews    Photos by Nancy Sluys

**T**he 2014 Iron Mountain Jubilee Ride and Tie and Endurance ride was held August 22 and 23rd in Ivanhoe VA. Camp was at the beautiful Ivanhoe horseshow grounds nestled next to the New River. The course was challenging with many climbs and complicated with rocks and mud. It was well marked, showcasing portions of the Virginia Highlands trail and gorgeous mountain meadows. The away vet check was held on a vista with breathtaking views in all directions. The event had a good representation of Eastern States, there were participants from Georgia, South Carolina, North Carolina, Tennessee, Virginia and Maryland. Joanne Mitchell came to the ride meeting to discuss plans and generate interest for the East Coast Championship Ride and Tie planned for September 2015. We increased the number of participants this year and everyone seemed to have a good time. Congratulations to all the participants for a job well done. In summary the rest of the world may call us "crazy" but I ask you where else will you find engineers, clergy, teachers, researchers, veterinarians, nurses, doctors, lawyers, military, moms, dads and children joining together as a team with their horse, enjoying nature and challenging the abilities of all the team members? Go Ride and Tie! 🐾



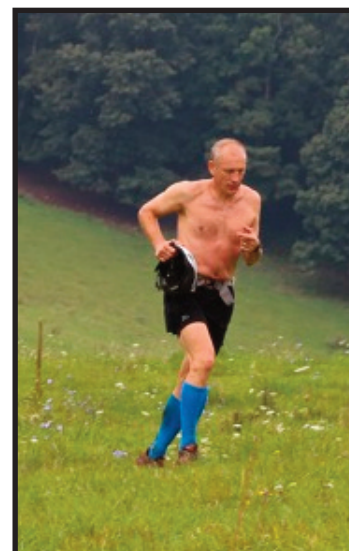
Liara Gonzalez riding Esther in the 30 mile race.



Madeline Issacs, 5 years old, shown trotting out Shameless at the Vet in for her mom, Karen Issacs



Karen Issacs riding Shameless in the 30 mile race

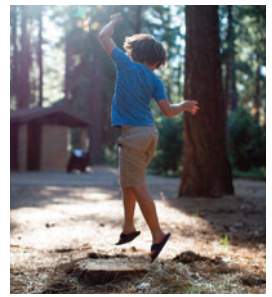


Michael Sullivan (left) and Dave Venable (right) running the 30 mile race

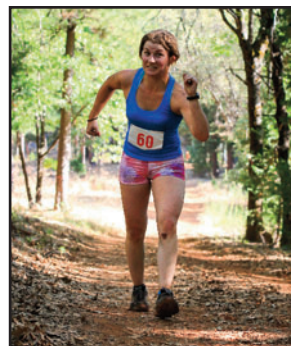
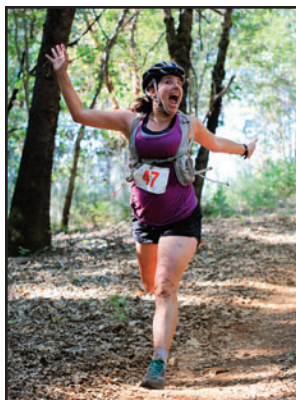


# RIDE AND TIE GALLOPS INTO GEORGETOWN FOR 44RD ANNUAL WORLD CHAMPIONSHIPS

*Photos by Sonny Kumoka Munioz*









# 44TH ANNUAL RIDE AND TIE CHAMPIONSHIP RESULTS

44th Annual World Championships, July 12, 2014, Georgetown, CA

Long Course:	36 miles	Partner 1	Partner 2	Horse	Time	Place
		Sara Howard	Jim Howard	Magic Sirocco	4:43:00	1
		<b>Ben Volk</b>	<b>Heather Huggins</b>	<b>Marquitable Asset CCA</b>	<b>4:47:00</b>	<b>2</b>
		Mary Tiscornia	Sean Pont	Nero	5:06:00	3
		Rufus Schneider	Richard Smith	Temperence	5:24:00	4
		Melissa Montgomery	Jec Ballou	Anisa	5:41:00	5
		Rhonda Venable	Dave Venable	Jerry	5:56:00	6
		George Hall	Lisa Novik	Clowns Courage	5:58:00	7
		Michael Whelan	Gunilla Pratt	Kahanna	6:01:00	8
		Beth Love	Aaron Ruud	Cisco	6:15:00	9
		Tanja Menks	Brandon Reed	Aurora	6:29:00	10
		Siobhan Saunders	Angela Rebol	Serafina	6:37:00	11
		Byron Grant	Paul Johnson	Tess	7:13:00	12
		Jennifer Monioz	Karen Camilli	LP	7:28:00	13
		Steven Anderson	Liz Perkin	Fortune	7:28:00	14
		Carol Wadey	Robyn Wadey	DSF Susie Q	7:58:00	15
		Greg Bradner	Shane Shelton	Cowboy	8:15:00	16
		Melinda Faubel	Elizabeth Funderberk	TKR Triforta (Farley)	9:47:00	17
		Maria Proudfoot	Michael Proudfoot	Cookie	10:20:00	18
		Jody Porter	Cardon Porter	Dartanian	10:20:00	18
		John Hall	Miriam Smith	Fly Away Joe	DNF	
		Thomas Gey	Elaine Ruprecht	Findefar	DNF	
		Lani Newcomb, D.V.M.	Kathy Broaddus, D.V.M.	Sharsana	DNF	
		Jennifer Titus	Alyssa Stalley	Stu	DNF	
Short Course:	10 miles	Partner 1	Partner 2	Horse	Time	Place
		Abigail Christensen	Patrick Cleary	Apache	1:47:00	1
		Colleen Kelly	Shannon Pogue	Snickers	2:04:00	2
		Victoria Ordway	Jessica Pinto	Mojito	2:13:00	3
		Belinda Buchholz	Heidi Talbott	Major Day	2:16:00	4
		Roger Ward	Chase Loeb	Zips After Glow	2:49:00	5
		Michelle Spinosa	Susan Smyth	Little Joe	2:54:00	6
		Michele Jay-Russell	Jennifer Ferrini	Stashi	3:07:00	7



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# KEEPING THE RUNNER HEALTHY

by Steven G. Pratt, M.D., F.A.C.S., A.B.I.H.M.

New York Times best selling author—

*SuperFoods Rx, HealthStyle, SuperFoods Diet, SuperFoods Pregnancy and SuperHealth*

**I**t is important to keep your horse healthy during Ride and Tie, and it is also important to keep “the runner” healthy.

Runners need to care for their body before, during and after exercise to keep their body healthy and improve performance.

Many Americans are vitamin D deficient. Vitamin D is found in foods such as fish (e.g. wild Alaskan salmon, tuna, sardines, cod liver oil, Mackerel, shrimp), vitamin D fortified OJ, and vitamin D fortified cereals and dairy.

Blood levels are boosted most effectively and swiftly by taking vitamin D3 supplements. I advise all my patients to have their health care professional order a 25(OH) vitamin D3 blood test. Take enough vitamin D3 to keep your blood levels between 50-80 ng/ml. Your health care “Doc” should be able to recommend the proper amount of this important vitamin to achieve and maintain this level.

Vitamin D plays an important role in bone health, prevention of age-related cognitive decline, preservation of visual acuity, muscle health, muscle strength and muscle recovery after exercise. Vitamin D helps preserve muscle strength and function, and is also essential for maintaining your balance, which is not only important in running, but also in staying on you horse during a race or pleasure ride.

In a recent study (Barker T et al 2013) the research team reported that vitamin D can speed recovery after intense exercise and may prevent muscle damage.

Muscle damage may happen during any intense exercise and is caused by micro tears, muscle strains and inflammation. In this study, subjects with higher vitamin D blood levels

had a faster rate of recovery from post-exercise muscle pain. They also experienced less injuries after intense exercise.

In another recent publication, a combination of blueberries-green tea and soy protein (e.g. soy milk) played a major role in decreasing post-exercise inflammation and immune system dysfunction which often leads to post heavy exertion (e.g. marathons, R & T races) higher incidence of acute respiratory illnesses.

So, don’t forget to get a 25(OH) vitamin D3 blood test and to hydrate with not only water, but remember the beneficial effects of a combination of blueberries-green tea and soy milk. ➔

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## DR. STEVEN PRATT

Steven Pratt, M.D., FACS, ABIHM, is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimizing health. He is the author of the New York Times bestselling *SuperFoods Rx*, and has appeared on major national media including *Today*, *The View*, and *Oprah*. His books have been featured in the *Wall Street Journal*, *O*, *Time*, *Newsweek*, *Men’s Health*, *Shape*, *Martha Stewart Living*, and other publications. Dr. Pratt is a senior staff ophthalmologist at Scripps Memorial Hospital in La Jolla, California, and a clinical assistant professor of ophthalmology at the University of California, San Diego.



Dr. Pratt is considered by many to be the father of the SuperFoods movement. He is the creator of the original SuperFoods grouping of powerhouse foods with scientifically validated health benefits and clinically proven, positive impacts on health promotion and disease prevention. These SuperFoods, initially 14, now expanded to 25—along with their related “sidekicks”—have become the basis of a body of groundbreaking medical and nutritional recommendations, and 5 powerful books on improving lifelong health.



# 2014 RECIPIENT OF THE RIDE AND TIE ASSOCIATION JIM STEERE MEMORIAL VETERINARY SCHOLARSHIP PROGRAM MELINDA N. FAUBEL, DVM CANDIDATE, UC DAVIS

Melinda Faubel is a Ride & Tie member and is the recipient of the 2014 Ride & Tie Scholarship for \$1,000.

Of the 3 qualified applicants received, Melinda's essay was selected as the best amongst the 3. Congratulations!

**{ONCE AGAIN!}**



## Introduction by Melinda:

*As I start my final year at UC Davis Veterinary School I continue to have a deep passion for horses, running, and endurance sports. Brought into the sport of ride and tie in 2012 by my veterinary school mentor Dr. Michele Jay-Russell and her horse Stashi, this season I'm bringing along a newbie of my own to introduce her to the wonderful world of ride and tie. Having previously convinced this friend that 100 mile endurance rides were "fun" and trail running was "enjoyable", all that remained this summer was to combine the two and have her mark her calendar for the next ride and tie event. If all goes to plan we will finish the long course 2014 championships hand in hand. It is with deep gratitude to this incredible sport that I am submitting my essay "A Little R&R" for consideration for the 2014 Ride and Tie Association Veterinary Student Scholarship.*

*Sincerely,*

**Melinda N. Faubel**

**DVM Candidate,**

**University of California Davis School**

**of Veterinary Medicine, c/o 2015**

**mnfaubel@gmail.com**

## A LITTLE R&R

by Melinda Faubel

**A**s endurance athletes we are pros at putting one foot in front of the other — even when the more rational part of us is confused why we are still moving forward. What's often harder is that "other" phase of training, the part where we are NOT logging the miles and indulging in a bit of rest and relaxation.

Adaptation, the biological process that allows us to go further and faster, is dependent on the relationship between how much stimulus we apply during training and the quality of the recovery period.

Put simply: Recovery - it does the body good.



Until recently I thought "completely recovered" simply meant "no muscle soreness". However, this completely ignores two other major consequences of training: fuel depletion and psychological stress. A complete recovery includes not only muscle repair, but also replenishing mental and physical reserves.

Recovery can be measured by evaluating physical damage, emotional readiness, stress response, and central fatigue. Using very simple tools and common sense we can determine how recovered the athlete is. Are handrails still your best friend? Is the horse still a bit stiff? Say with enthusiasm: "Let's go do that again!" Did you feel slightly sick to your stomach and have an overwhelming urge to drink lemonade under a shade-tree? Resting heart rate high? A "yes" answer indicates inadequate recovery. Judging the horse's emotional readiness is more tricky, but evaluating attitude towards work against what is "normal" and respecting the feedback is probably appropriate. Central fatigue is an emerging concept and is



different than simple muscle fatigue. For years in my training logs I documented when the “bounce” came back to my legs, not realizing it had more to do with my head and less to do with actual muscle recovery. The simplest way of assessing central fatigue in humans is the number of times you can tap an index finger in a period of time, compared to previous tests. Because one of the ways that central fatigue can manifest is increased ground contact time in a stride, evaluating a horse’s gait could indicate the degree of central fatigue present.

Recovery time isn’t static. How long it takes the athlete to completely recover is directly dependent on how much stress and which stressors were present during the training session. Individual athletes respond differently to training sessions. Some runners find logging long miles solo easy, some don’t. Some horses handle the mental stress of being tied to a tree as horses rush past, others don’t. Because the rate of recovery can differ between muscle, brain, and fuel depletions, you can be mentally ready to log another hard training session before you are physically ready. Honestly assessing yourself and your horse’s recovery patterns, including how different types of workouts affect it, is an important step towards being able to effectively plan training sessions and recovery periods.

Recovery isn’t all about shade-trees and lemonade. Understanding and recognizing the elements of recovery allows manipulation and turns recovery into a powerful training tool that allows us to address specific types of challenges that are faced in competition – but that are difficult to mimic in training.

Especially if you are like me and confess to be the world’s laziest endurance athlete.

I don’t want the injury risk that comes from logging high mileage weeks. I don’t have the time or energy to put in lots of miles. (I am a vet student after all). But I still enjoy running ultramarathons, riding endurance, and completing ride and ties. One strategy is to (carefully) manipulate recovery to improve the quality of the stimulus, and thus the amount of adaptation in a specific area. Using incomplete recovery we can “fast forward” our muscles, brains, or fuel depletion to a later point in our goal race distance without having to do the actual mileage in one session. A common example is to build



Melinda Faubel and Tess Derbyfield

mileage to prepare for the physical component of longer events by performing a second training session before the athlete is fully recovered from the first. This includes back to back runs in a 24 or 48 hour window, or equine multi-day endurance events.

The mental game is a major component in endurance sports such as ride and tie where teams are on the course for several hours. The emotional willpower to gut through a tough session is a finite resource, one that can be adapted and trained like any other body reserve. Perceived fatigue is largely related to mental fatigue and stress, thus increasing the amount of concentration or stress during a workout can specifically train and adapt the psychological component. For example, thinking about tasks that require concentration, doing arithmetic equations during workouts, or deliberately planning training sessions when you and the horse are tired and stressed. Be creative! There is nothing my mare hates more than multiple loops past the trailer and very quickly I can duplicate her level

of motivation at mile 40 in a short 12 mile ride. On the running side of the equation, I can closely mimic my mental state at the end of a solo 6+ hour long run by doing a 30 minute tempo run while trying to do math in my head, without music, after getting off work.

Of course it’s easy to overdo the psychological training – just like it’s easy to overtrain the physical components. Be sure you are evaluating you and your horse as individuals and applying stressors in a smart way and balance complete recovery periods with pre-fatigue sessions.

Quality and effective recovery is not easy. My advice? Figure out which parts of recovery you have the most problems with and develop assessment methods that will keep you honest. Only after learning how to evaluate recovery and taking it seriously was I able to use recovery to train better. It may not be as exciting as watching the miles pile up, but the time you spend in quality recovery is just as important as the quality miles logged out on the trail. 🐾



AUGUST 15, 1987

# ORIGINAL AND FIRST ANNOUNCEMENT OF

August 15, 1987

The Advisory Board of The Ride and Tie Association invite you to join and support the new national organization for Ride & Tie. This is the endurance sport of strategically running and riding, blending marathoning and long distance horse racing in an exciting event over 20 to 40 miles of mountain roads and trails.

Levi Strauss and Co. has sanctioned and supported the creation of The Ride and Tie Association and will be one of the major sponsors of the national Ride & Tie race to be held in June of 1988. The "Levi" is now the Ride & Tie.

Your membership and support of The Ride and Tie Association ensures the continuation and growth of this exciting sport.

The formation Advisory Board consists of:

Lud and Barbara McCrary, Race Directors of the 1987 Ride & Tie, Race Directors of the Big Creek Ride and Tie, past participants in ride and tie and continual supporters of endurance racing and the Western States 100 mile run.

Ralph Wadsworth, Past Top Ten Ride & Tie competitor, director of the infamous "Wad Squad", supporter of the Park City Ride and Tie and endurance racing competitor.

Bud Johns, Creator of the sport of Ride and Tie, Race Director of the first 14 Ride & Ties, competitor and longtime friend of the sport.

Mary Tiscornia, Longtime competitor and six-time winner of the women's division of the Ride & Tie.

Jim Steere, DVM, Head Veterinary Director of numerous past Ride & Ties and other races, past competitor and researcher.

This board invites you to join, support and assist in the development of The Ride and Tie Association.

The Ride and Tie Association is a non-profit corporation dedicated to research, education and dissemination of information related to the endurance sport of ride and tie and sponsor of the national Ride & Tie.

Information, requests or donations may be directed to the corporate offices at:

THE RIDE AND TIE ASSOCIATION  
PO Box 1193, M.B., CA 90266

24 HOUR PHONE:  
213-546-3781



# ANNOUNCEMENT OF THE FORMATION THE RIDE AND TIE ASSOCIATION

## THE RIDE AND TIE ASSOCIATION

### MEMBERSHIP OFFERINGS

Founding Member -----	\$ 1,000
Lifetime member -----	\$ 500
Supporter -----	\$ 100 to \$ 400
Competitor member -----	\$ 35 per year
or Competitor Family membership -----	\$ 45 per year
Member -----	\$ 10 per year
or Family Membership -----	\$ 20 per year

As a 501(c)(3) non-profit organization, these contributions are tax deductible, (Pending final IRS certification).

Founding Members: This is a limited-time opening for membership, until November 1, 1987. This lifetime membership will receive continual acknowledgment and recognition for assistance in initiation and founding of the Association. Founding members will always receive identifiable numbering in any of the national Ride & Ties in which they compete.

Lifetime members: They will receive lifetime membership in the Association for themselves and family. They will receive annual recognition for their lifetime contribution to the sport. Lifetime members will receive special numbers in the national Ride & Tie.

Supporters: They will receive a one year membership in the Association and special recognition for their donation to further the growth of the sport and the Association.

Competitor Membership: This voluntary membership category recognizes a true commitment to the sport and is the membership for anyone who plans on participating in events. This membership also provides access to the data base of all members to link up teammates with horses, riders and runners. This honors category is intended for past and present participants in Ride & Tie. With this membership you will receive your competitor's number.

Members: These along with all other categories of membership, will receive The Journal of The Ride and Tie Association, information on the growth and nuances of the sport, information and applications for the national Ride & Tie event, advocacy for the growth and competition in all aspects of the sport, representation on the board of the Association and assurance in the continuation of Ride & Tie.



# RACE RESULTS!!

## Pokie Okie, May 11, 2014, Lake Carl Blackwell, OK

Long Course:	20 miles	Partner 1	Partner 2	Horse	Time	Place
		Cheryl Domnitch	Alexis Jones	The Big Kalu	4:00:00	1

## Descanso, June 14, 2014, Descanso, CA

Long Course:	21 miles	Partner 1	Partner 2	Horse	Time	Place
		<b>Beth Love</b>	<b>Aaron Ruud</b>	<b>Cisco</b>	<b>3:31:00</b>	<b>1</b>
		Gunilla Pratt	Michael Whelan	Mark	3:45:00	2
		Thomas Gey	Carol Ruprecht	No Name	4:22:00	3
		Melanie Weir	Cathy Blakesley	Findefar	4:22:00	3
		Richard Noer	Jennifer Monioz	Jerry	5:10:00	5
Short Course:	15 miles	Partner 1	Partner 2	Horse	Time	Place
		Sharlee Rushing	Bob Withers	Pebbles	3:38:00	1
		Matthew Chwalowski	Leila Tambouz	Kokomo	4:11:00	2

## Equathon Championship, July 13, 2014, Georgetown, CA

Long Course:	20 miles	Partner 1	Partner 2	Horse	Time	Place
		Alyssa Stalley	Nick Gonzalez	Peter	2:48:00	1
		Heidi Smith	Nina Burkett	Wilgo	3:08:00	2
		Steve Shaw	Cowman A Moo Ha	Clowns Courage	3:56:00	3
Short Course:	15 miles	Partner 1	Partner 2	Horse	Time	Place
		Kathy Broadaddus, D.V.M.	Kathy Broadaddus, D.V.M.	Cowboy	2:02:00	1
		Melissa Montgomery	Melissa Montgomery	Cryptomight	2:06:00	2
		Victoria Ordway	Jessica Pinto	Callie Jo	2:18:00	3
		George Putnam	Stephen Austrheim-Smith	Ittaalic	2:35:00	4
		Emily Cortez	Emily Cortez	Joe Peshi	3:01:00	5
		Susan Smyth	Susan Smyth	ROL Dancin Fire	3:01:00	5
		Madison Trocha	Madison Trocha	Barbie	3:22:00	7
		Caylin Trocha	Bob Trocha	KD	3:22:00	7
		Mary Tiscornia	Brandon Reed	Win	DNF	

## Santiam Cascade, August 9, 2014, Bend, OR

Long Course:	30 miles	Partner 1	Partner 2	Horse	Time	Place
		Susan Powell	Alyssa Marre	Liberty Mountain Star	4:55:00	1

## Iron Mountain Jubilee, August 22, 2014, Ivanhoe, VA

Long Course:	30 miles	Partner 1	Partner 2	Horse	Time	Place
		<b>Rhonda Venable</b>	<b>Dave Venable</b>	<b>Dakota</b>	<b>5:23:00</b>	<b>1</b>
		Barbara Mathews	Liara Gonzalez	Esther	6:08:00	2
		Courtney Krueger	Sarah H Krueger	Davanna Tomcat	7:49:00	3
		Janice Heltibridle	Melissa Hoose	Bubba	DNF5	
Short Course:	15 miles	Partner 1	Partner 2	Horse	Time	Place
		Michael Sullivan	Charlesey Charlton-McCallister	Tye	2:58:00	1

## Iron Mountain Jubilee, August 23, 2014, Ivanhoe, VA

Long Course:	30 miles	Partner 1	Partner 2	Horse	Time	Place
		Beth Brinkley	Karen Isaacs	Shameless	5:18:00	1
		<b>Rhonda Venable</b>	<b>Dave Venable</b>	<b>Dakota</b>	<b>6:11:00</b>	<b>2</b>
		Korinne Sharp	Michael Sullivan	Shawnee	6:53:00	3
		Barbara Mathews	Liara Gonzalez	Esther	7:09:00	4
Short Course:	15 miles	Partner 1	Partner 2	Horse	Time	Place
		<b>Courtney Krueger</b>	<b>Terry Wyatt</b>	<b>Davanna Tomcat</b>	<b>2:42:00</b>	<b>1</b>
		Janice Heltibridle	Melissa Hoose	Bubba	3:12:00	2

## One Heart Benefit, August 30, 2014, Maxwell, IA

Long Course:	20 miles	Partner 1	Partner 2	Horse	Time	Place
		Laura Miller	Kara Telfer	Baby	2:20:26	1
		Lacey Jensen	Raquel Telfer	Angel	DNF	
Short Course:	12 miles	Partner 1	Partner 2	Horse	Time	Place
		Teresa Harp	Diane Stokka	Red	1:49:54	1
Short Course:	6 miles	Partner 1	Partner 2	Horse	Time	Place
		Stephanie Auck	Shane Auck	Hendric	0:48:21	1
		Becky Scholtec	Phillip Marten	Torque	0:57:06	2
		Rebecca Chioda	Cyndi Pannkuk	Arrow	1:33:14	3



# RACE RESULTS!!

## Old Selam, August 31, 2014, New Ceterville, ID

<b>Long Course:</b>	<b>25 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Tori Church	Abrie Church	Lucky's Precious Gem (Lilly)	5:00:00	1
<b>Short Course:</b>	<b>12 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Alex Church	Tom Noll	Rocky	2:00:00	1

## Big South Fork, September 5, 2014, Jamestown, TN

<b>Long Course:</b>	<b>20 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Barbara Mathews	Liara Gonzalez	FYF Reckless	3:35:00	1
		Dave Venable	Rhonda Venable	Dakota	3:35:00	1
<b>Short Course:</b>	<b>10 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Lori Lyttle	Malyndia Long	Sheera	1:37:00	1
		Karen Isaacs	Madeline Isaacs	Shameless	2:11:00	2

## Big South Fork, September 6, 2014, Jamestown, TN

<b>Long Course:</b>	<b>30 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Karen Isaacs	Beth Brinkley	Shameless	5:14:00	1
		Dave Venable	Rhonda Venable	Dakota	5:29:00	2
		Barbara Mathews	Liara Gonzalez	Esther	5:49:00	3
		<b>Richard Koup</b>	<b>Carrie Baris</b>	<b>Miss Kris</b>	<b>6:00:00</b>	<b>4</b>
		Charlesey Charlton-McCallister	Michael Sullivan	Cruise	6:27:00	5
		Melissa Hoose	Janice Heltibridle	Bubba	DNF	

## Big South Fork, September 7, 2014, Jamestown, TN

<b>Short Course:</b>	<b>10 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Vicki Monroe	Holly Monroe	Chosen Ballast (Apache)	1:38:00	1
		Lori Lyttle	Malyndia Long	Daisy	2:06:00	2
<b>Short Course:</b>	<b>4 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Dale Collis	Lindsay Collis Graves	Pay Day	0:40:00	1
		Kalesta Nickell	Brooklyne Nickell	Cruise	1:05:00	2

## Chesapeake Fall, September 19, 2014, Elkton, MD

<b>Long Course:</b>	<b>30 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Dave Venable	Rhonda Venable	Dakota	4:36:00	1
<b>Long Course:</b>	<b>25 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Lani Newcomb, D.V.M.	Kathy Broaddus, D.V.M.	Oakum	4:15:00	1

## Chesapeake Fall, September 20, 2014, Elkton, MD

<b>Long Course:</b>	<b>30 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Rhonda Venable	Dave Venable	Dakota	5:34:00	1
		Greg Bradner	Megan E Wilson	Shawnee	5:35:00	2
<b>Short Course:</b>	<b>10 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		JimiBeth Myers	Lisa McCarthy	MR 101	2:05:00	1

## Chesapeake Fall, September 21, 2014, Elkton, MD

<b>Long Course:</b>	<b>20 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Dave Venable	Rhonda Venable	Dakota	3:23:00	1
		Greg Bradner	Megan E Wilson	Shawnee	4:30:00	2

## Foothills of the Cascades, October 18, 2014, Molalla, OR

<b>Long Course:</b>	<b>25 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Ben Volk	Stephanie Irving	Marquitable Asset CCA	4:10:00	1
		R G Root	Jennifer Titus	Ali	4:18:00	2
<b>Short Course:</b>	<b>10 miles</b>	Partner 1	Partner 2	Horse	Time	Place
		Barrett Titus	Abby Torgerson	Stu	2:10:00	1
		Kirsten Seyferth	Morgan Gratz-Weiser	Kadin	2:38:00	2



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