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## Ride and Tie

### **What is Ride 'n' Tie?**

It's fun!

Each team competing consists of 2 riders/runners and a horse. One person starts out running, or even walking while the other rides ahead on the horse.

The rider then ties his horse-usually to a tree-and proceeds on foot, leaving the horse for the first runner to mount.

The rider now passes the runner and again ties the horse where it awaits the runner...thus leapfrogging down the trail to the finish line.

It takes a high degree of fitness for all team members to be competitive but again this is another sport that many people do just for the satisfaction of finishing.

It is not unusual for children on ponies (accompanied by adult guardians), and all manner of friend and family teams to participate. T

here are frequently "half distance" races for novices (and non-runners) to have fun competing.

Here again vets and lay judges monitor the horses for any sign of lameness or excessive fatigue.