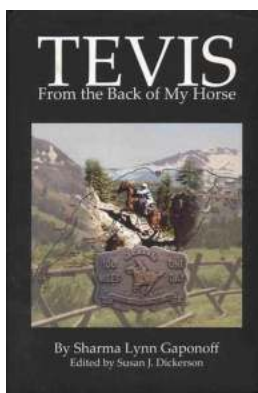


# Tevis From The Back Of My Horse: An Incredible Journey Through the Sierra Nevada Mountains



Imagine riding on the back of a horse, traversing the rugged landscapes of the Sierra Nevada Mountains, and experiencing an adventure that will stay with you for a lifetime. This is exactly what the Tevis Cup, a 100-mile endurance horse race, provides for riders and their trusty steeds. In this article, we will delve deep into the incredible journey of the Tevis Cup, exploring its history, challenges, and the awe-inspiring beauty that unfolds along the way.

# The Tevis Cup: A Legendary Race



## Tevis, From the Back of My Horse

by Walter Dean Myers (Kindle Edition)

★★★★☆ 4.5 out of 5

- Language : English
- File size : 11118 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 153 pages
- Lending : Enabled
- Screen Reader : Supported

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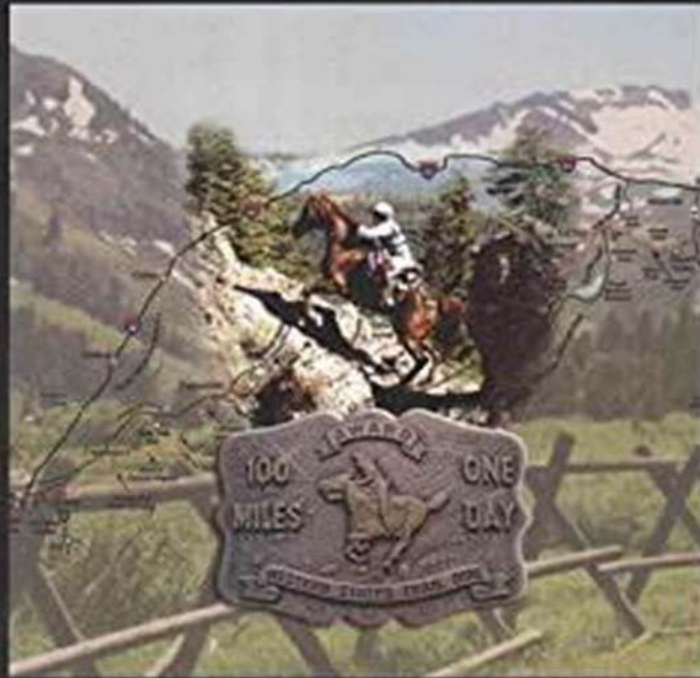
The Tevis Cup, named after its founder Wendell Robie, is one of the most prestigious and challenging endurance horse races in the world. It first took place in 1955, and since then, it has become a symbol of strength, determination, and the indomitable bond between a rider and their horse.

The race begins in Squaw Valley, California, amidst the magnificent Sierra Nevada Mountains. Riders navigate through various terrains, including steep climbs, rocky trails, and dense forests, all while battling the elements such as scorching heat, freezing temperatures, and occasional thunderstorms. Only a remarkable display of horsemanship and tenacity can lead riders to the finish line in Auburn, California.

### **Preparing for the Ultimate Test**

# TEVIS

From the Back of My Horse



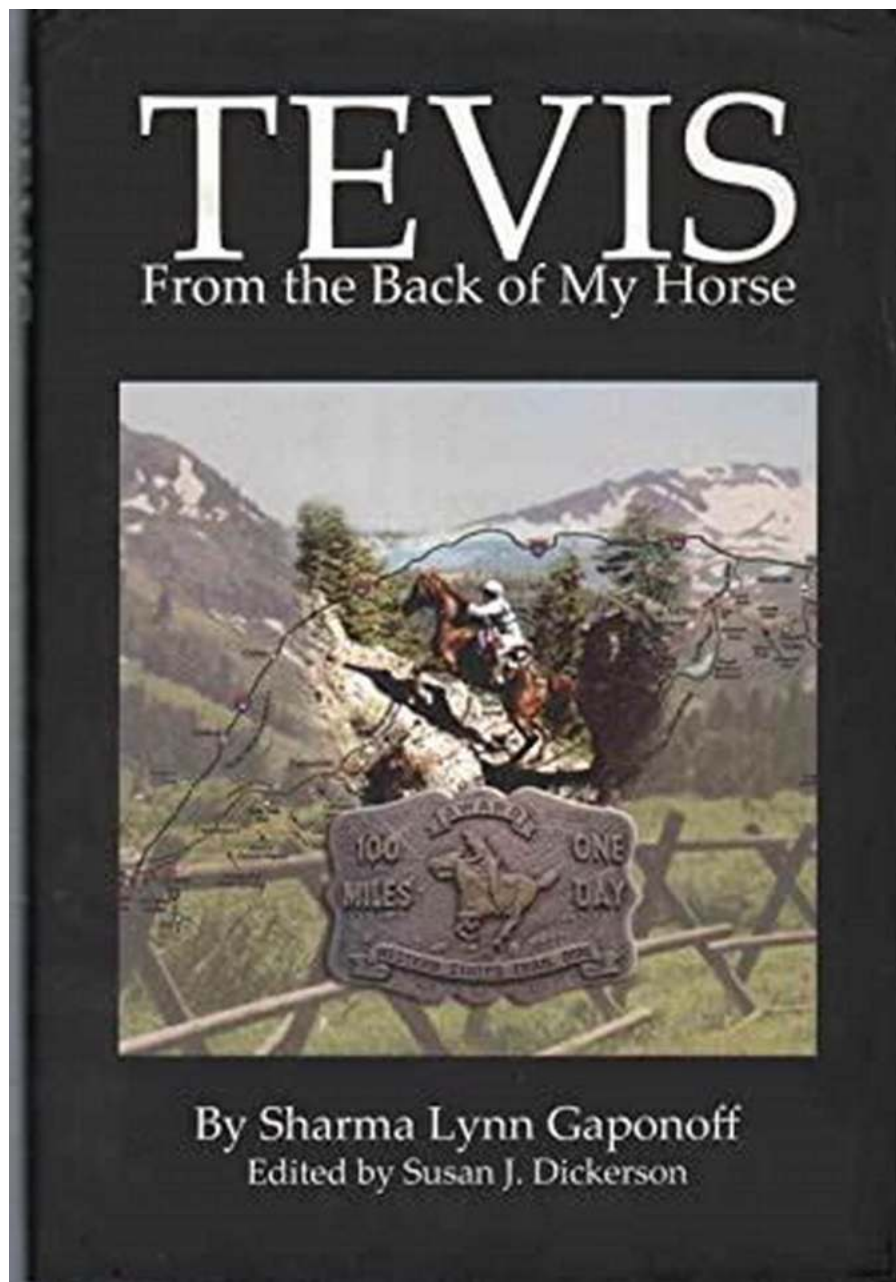
By Sharma Lynn Gaponoff  
Edited by Susan J. Dickerson

Participating in the Tevis Cup is not for the faint of heart. Riders and their horses endure months of rigorous training to build the required endurance and physical fitness. They embark on countless hours of trail rides, conditioning exercises, and mental preparation to attain the level of fitness necessary for this grueling race.

Additionally, riders meticulously plan their horse's nutrition, hydration, and hoof care to ensure their equine partners are ready to tackle the demanding trails. The

bond between horse and rider is strengthened through hours of riding together, developing trust and symbiotic communication.

### **The Wilderness Awaits**



As the riders set off from Squaw Valley, they enter a world of breathtaking natural beauty. The trail takes them through the vast wilderness of the Sierra Nevada Mountains, where untouched landscapes and pristine vistas surround them.

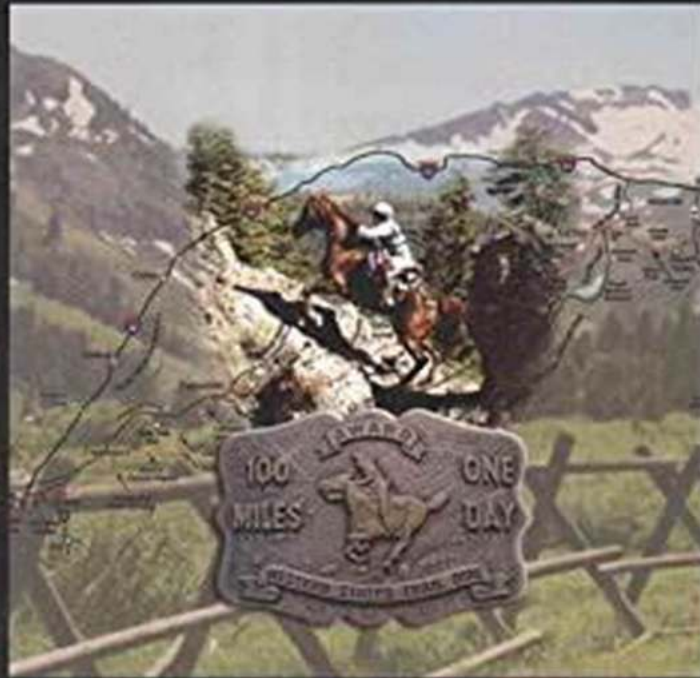
Riders and horses navigate through dense forests, traverse winding mountain paths, and cross gushing rivers, with each step bringing them closer to their goal.

The sights and sounds of the wilderness become companions on the journey, inspiring the riders to keep pushing forward. The cool breeze in the higher altitudes, the majestic mountains covered in blankets of pine trees, and the occasional glimpses of wildlife provide much-needed respite amid the race's demanding challenges.

## **The Mind-Body Connection**

# TEVIS

From the Back of My Horse



By Sharma Lynn Gaponoff  
Edited by Susan J. Dickerson

The Tevis Cup is not solely a test of physical strength; it is also a challenge for the mind. Riders need to stay mentally focused throughout the race, making quick decisions and adapting to the constantly changing terrain. They must gauge their horse's energy levels, maintain an optimal pace, and stay hydrated and nourished themselves.

Overcoming exhaustion and battling negative thoughts become crucial as the race progresses. It is the realization of the strength of the mind-body connection that sustains the riders and their horses during the darkest hours of the race. The Tevis Cup unravels not only the physical capabilities of horse and rider but also their unwavering spirit and resilience.

### **The Finish Line: A Triumph of Grit**



After an arduous journey filled with obstacles, both natural and mental, riders and their horses finally approach the finish line in Auburn. The surging emotions of triumph and accomplishment fill the air as they reach the end of 100 grueling miles. The Tevis Cup is not just about winning; it is about personal growth, the

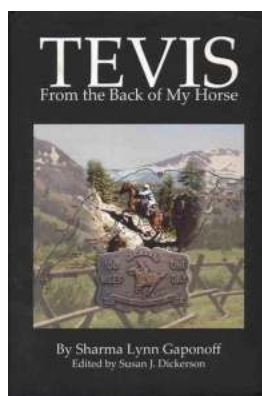


unwavering bond formed between horse and rider, and the stories that unfold during the race.

With each Tevis Cup edition, new legends are born, each carrying a unique tale of bravery and camaraderie. The memories etched in the minds of riders and horses become cherished gems that inspire future generations to take on new challenges and build stronger connections with their equine companions.

The Tevis Cup, experienced from the back of a horse, is a remarkable journey of endurance, admiration for nature's majesty, and the indescribable bond between humans and animals. It is a testament to the strength of the human spirit, the power of perseverance, and the magic that can be discovered when exploring the world on horseback.

So, if you ever find yourself yearning for an adventure that pushes your limits while immersing you in breathtaking surroundings, consider embarking on the Tevis Cup journey. Leave the ordinary behind and embrace the extraordinary, as you experience the Tevis Cup from the back of your own horse.



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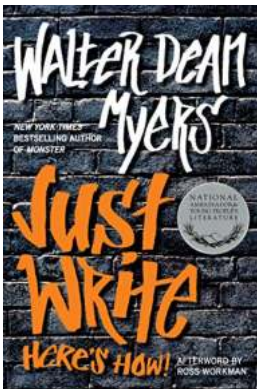
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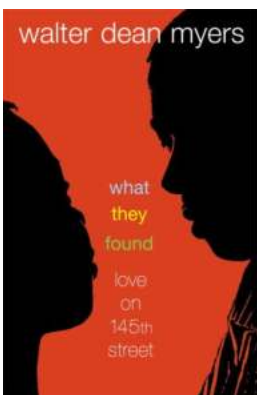


The Tevis Cup Ride is the most challenging 100-mile equestrian endurance event in the world. With names like Dusty Corners, Last Chance, Devil's Thumb and Deadwood, the historic Tevis Trail, originally used by Native American Indians and pioneers, passes through old gold mining camps and towns along its 100 miles. Beginning at Robie Park in the beautiful Lake Tahoe area of Northern California and riding through the Gold Country that made this state famous, successful competitors cross the finish line in the historic town of Auburn. Those who complete the Ride will have ridden a total of over 23,000 feet of elevation changes along the 100 miles of this rugged and scenic Sierra Nevada Mountain trail. Ride along with Sharma and her horse Tahoe as they tackle the granddaddy event in the sport off modern endurance riding. Experience the journey along with these two tenacious souls and their "supporting cast of characters."



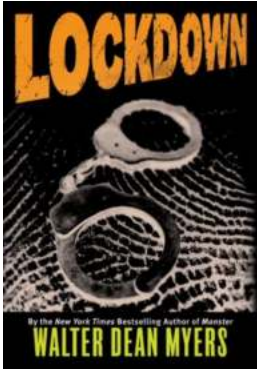
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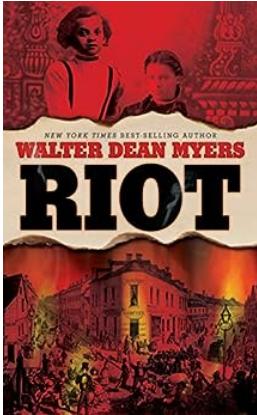
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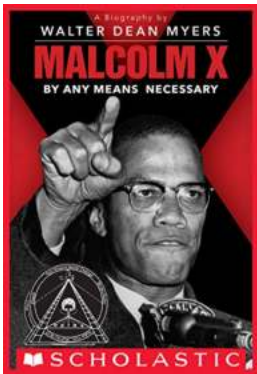
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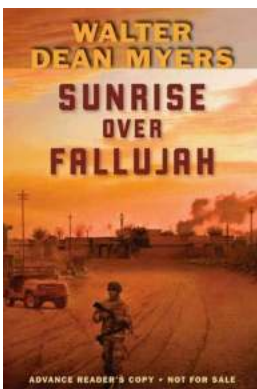
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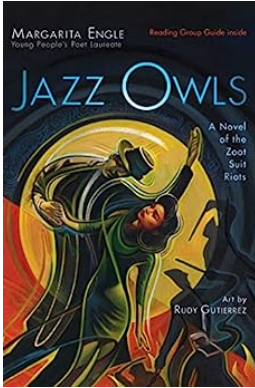
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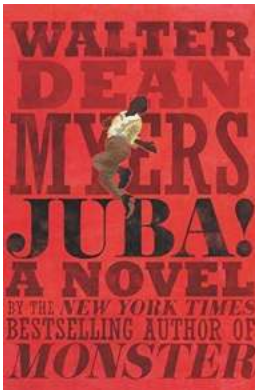
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