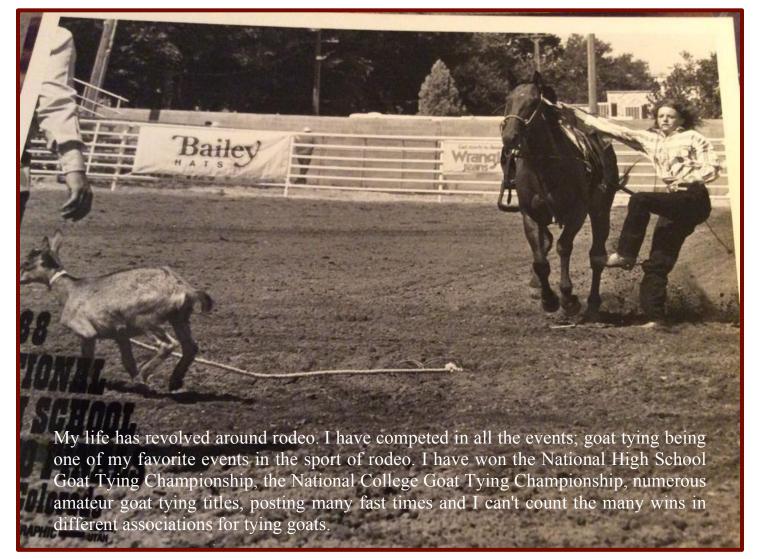


### ADVICE FROM A MULTIPLE NATIONAL CHAMPION – KRISTIE PRICE THORSTENSON



#### "The horse is the most important part of the run; they can make you or break you"

This sport has stayed with me throughout my life and will continue too. I started tying goats when I was 6 or 7 years old. You can start learning the tie first and then start flanking--you should find a small goat so they don't get discouraged. Build confidence in everything you do; keeping it fun. When I first started, I quizzed older girls and then I would go home to practice and add to what they told me, putting in countless hours. I eventually developed my own style. If you can get help or know someone in your area that ties, pick their brain, or even pay for some help because that will make the process move faster. You don't have to use everything they tell you but always listen and then use what works for you. You don't have to practice long, just have a plan when you practice; practice on what you set out to do. For instance, you might work on flanking or just tying.

The horse is the most important part of the run; they can make you or break you. It doesn't matter what kind of horse you use as long as he fits you, but it is important to have him trained. The horse sets up your whole run and you need the horse to work for you. A good horse will have no duck and he will bring the goat to you. This is probably the one area that people don't spend enough time with and it is the most important.

### Q: How important is a trainer?

**A:** To me a good trainer or teacher are so important because they can show you what to work on so you don't fall into the pitfalls of the sport.

# Q: If you want to be at the top of your event how often each day or each week would you practice (with and without a horse).

**A:** At least 3 times a day; you need to add the horse as often as possible because the horse adds the speed to the run; and you don't ever want to go faster than you have practiced at home. It is like a barrel horse; you run at the speed you and your horse can handle and only add speed when you are both prepared for it.

# Q: If you want to run at the national level can you or is it wise to use the same horse that you use for barrels, poles, breakaway, etc.

**A:** There are many different levels of nationals--Little Britches, Junior High, High School, and College--you have to qualify to make it to any nationals. Whichever horse you train for the goat tying that is what you want to use. I have trained my barrel horse to do it, as well as my breakaway horse.

### Q: Are there any scholarships available throughout high school for this event to work for?

**A:** There is a lot of scholarship money to win. My son just won \$1,000 for winning the National Little Britches. I had my college education paid for through all my scholarships in rodeo.

#### "The flanking and the get off are the most important parts of the run.... get control of the goat; all parts of my body control different parts of the goat"

