

ALL COWBOY & ARENA CHAMPIONS HALL OF FAME

Demetra Bell

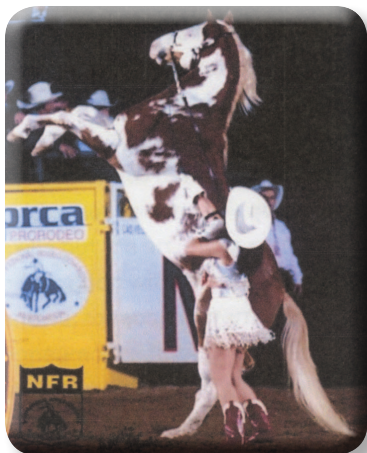
Trick Rider • Liberty Horse Performer



Demetra Bell-Runnels was born a cowgirl. Her mother always said she was born wearing her boots and hat. Her dad bought her first pony when she was 18 months old and taught her to ride in his bareback rigging. She didn't know what a saddle was until she was five. She grew up competing in horse shows first in the pony class then western pleasure but this was always too slow for her. Coming from a family of

rodeo stock contractors, contentants and contract acts, she always wanted to trick ride and have dancing horses. She never gave up on that dream (because cowgirls don't quit) and in her early twenties her dream became a reality when the legendary JW Stoker reluctantly agreed to give her lessons. He quickly became her mentor and coach teaching her not just the skills but the art, class and showmanship of western performance. Known for her connection with horses and crowd-engaging performances, she participated in wild west shows, rodeos, western exhibitions, parades, special events, and promotional appearances throughout her





career. Her performances reflected not only daredevil riding skills but also artistry, discipline, and a deep respect for the western way of life. Today, she continues promoting western heritage and confidence-



driven storytelling through her western lifestyle brand, The Velvet Lariat.

- Rodeos, Events & Appearances
- Pawnee Bill's Wild West Show - Fort Worth Stockyards (1990s)
- Stockyards Championship Rodeo - Fort Worth Stockyards (1990s-2000s)
- WPRA Finals 1994
- National Finals Rodeo 2000
- Horse O'Rama - Fort Worth, TX (1990s)
- Great American Wild West Show performer and spokesperson (1996-2007)
- PRCA rodeos for Mid States Rodeo Company and All American Rodeo Company (2007-2008)
- RFD-TV annual Superior Livestock Auction dinner (Omaha, NE) 2005
- Private Event Billing, MT - performed with liberty horse, Sundance
- Private Event for Ted Waitt (founder of Gateway Computer Company) - performed with liberty horse, Sundance
- Private Event featuring Glen Campbell riding Demetra's white horse - McKinney, TX (2001)
- Various conventions in Dallas and the metroplex (1990s-2007)

