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### **Officers**

President......Jeanine McCrary
Vice President......Katie Webb
Secretary.....Shannon Thomas
Treasurer....Lori Oleson

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Maryben Stover Kathie Brayton Melissa Broquard

## Newsletter Editor

Barbara McCrary bigcreekranch@wildblue.net

## Quicksilver on the Web

http://www.gser.net/

## President's Message - May 2018

Hello Quicksilver Club. This month we are having an educational meeting, featuring Dr. Ann Wimmer who will be discussing equine acupuncture and chiropractic treatments for lameness and other aliments. Becky Hart will be demonstrating the Beamer Vet, an electromagnetic stimulation device. It works at the cell level to maximize relaxation and healing.

Ice cream will be on the meeting menu. The meeting is located at Trilby Pederson's place, 20535 Rome Drive San Jose, on May 12th at 2:00 PM.

Please feel free to invite your other horsey friends who would be interested in this educational meeting.

I hope everyone has been enjoying their horses. See you at the meeting.

*Feanine* 

# Quicksilver 2018 Calendar May Quicksilver Meeting





On May 12th, we are having a club meeting at Trilby's house at 2:00. First will be an educational talk by Dr Ann Wimmer on acupuncture and spinal care. Becky G Hart will be talking about the Bemer for horses. We will finish the afternoon off with an ice cream social. It's going to be a great afternoon!! Mark your calendars.

Hi Quicksilver members,

Have you renewed your membership yet for 2018? We have moved into the 21st century and now have an online payment opportunity for you through our website. Go to the link below and click the *Join Now* button on the upper right corner. It is easy and convenient for you to renew with one of your favorite clubs!

Lori

http://gser.net/index.php

# April Treasurer's Report

General Account (checking) \$11,476.23 Trails Account (savings) \$1,074.56

Lori Oleson, treasurer

# Endurance Clinic @ Harvey Bear Park June 2 & 3

**NWarhol.wixsite.com** 

#### 2 day Endurance Clinic & Run Rides June 2 & 3, 2018

Harvey Bear Park, San Martin, Ca. (Near San Jose) Hosted by West Region rider Nick Warhol and Friends

Come attend our all new two day clinic for people who are interested in learning about Endurance riding. Designed for people with no prior endurance experience. Bring a horse or just yourself. 6 hours of lecture, Truck and Trailer sessions, Pot luck ride dinner, ride meeting, camp overnight, and on Sunday- two fun rides-7 and 15 miles, with vet checks, awards, and experienced Endurance riders as trial guides. When you leave on Sunday you will know all you need to know to enter your first ride!

All proceeds from the clinic after expenses will be donated to the AERC!

Welcome to the first ever Harvey Bear 2-day Endurance Clinic for beginners! Bring a horse or just your-self. You can take part in the learning and camping experience, or enter one of the two fun rides on Sunday. The whole weekend will be designed to emulate a real, live, endurance ride. This includes arriving the day before, checking in, vetting in, a pot luck dinner, the ride meeting, and the next day there are 2 Introductory rides of different distances, complete with a vet check, the finish, awards, and a real live Best Condition judging. This is not a race; it is a learning experience, so we will draw 3 horses at random from each ride to be judged for Best Condition. When you leave this clinic you will be prepared to enter your first Endurance Ride, as soon as your horse is in shape!

We will be camping in the field near the main entrance of Harvey Bear Park in San Martin, Ca, just south of San Jose. ALL RIDERS MUST WEAR A HELMET WHILE PARTICIPATING IN THE FUN RIDES! Junior riders are welcome, (under age 16) but must be accompanied on the trail by an adult.

On Saturday morning we have a truck and trailering session- a demonstration of different truck, trailer, and camper types. What's the right truck and why? How to hitch up. What to bring- see how experienced riders do it. Horse camping- see different types of horse containment. We have a special session on learning how to back up trailers taught by non-spouses! (Featuring ex-professional truck driver Gretchen Montgomery. She backs up better than me and most people I know!) On Saturday afternoon there will be about 6 hours of lectures on everything endurance related, including special guest speakers. (3-time World endurance champion Becky Hart, and the one and only Grand Duchess of Endurance Julie Suhr) Sessions: what is endurance? How to start. Preparing your horse. Preparing the rider. Saddles and tack. How it all works. (Ride times, vet checks, etc) Getting to your first ride. What to carry. How fast to ride. Setting goals. Hear different perspectives from beginning, experienced, and some of the best riders in the world.

The two fun rides will be held on Sunday June 3rd. (You don't have to camp over on Saturday night, but it is highly recommended to complete the experience!) The 15-mile ride will start at 8am, and the 7 mile will start at 9am. Both rides will be two loops with a real endurance vet check in the middle. There are NO time limits (like there are in a real endurance ride); you can walk the whole 7 mile ride if you like. (We will encourage a mix of about 50/50 trotting/walking on the 15 mile ride). This insures pretty much any horse can do it. There will NOT be a mass start- the riders will go out in smaller groups accompanied by experienced endurance riders on their experienced horses. This will give the riders a safer and more realistic feel for their first real endurance ride. You can expect to ride at a realistic pace that is appropriate for finishing your first endurance ride, although the 7-mile ride may have a little more walking. You will NOT be racing at this ride.

(Continued on page 4)

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Pre-ride vetting for the horses entered will be Saturday afternoon at 5pm, just like a real ride. We will have an AERC head vet (To be announced) overseeing the welfare of the horses. We will have a pot luck dinner Saturday at 6:30 pm, and the ride meeting at 7, just like a real ride. We have completion awards for everyone on the rides, with several other nice prizes for various things. We will also have a Best condition evaluation on Sunday afternoon after the ride, and before the awards. It will be just like a real endurance ride BC judging, but we will be drawing 3 finishing horses at random from each ride for the competition. This is because we are not awarding any finishing placings or top ten awards like in a real endurance ride.

When you sign up you select a rider weight division, just like a real ride. The divisions are based on your (the rider) weight and all the tack (saddle, pad, bridle, halter, breast collar, bags, water, etc) that you will carry on the horse. You don't have to be 100% accurate, just select the division that you fit into the best.

Featherweight up to 160 pounds Lightweight 161 to 185 pounds Middleweight 186 to 210 pounds Heavyweight 211 pounds and over

Camping is now available Friday night. Camping is \$15 per night, Friday and Saturday, horse or no horse. This is a requirement from the park.

Camp is in a fenced grass field next to the main park entrance. We will have a water trough for the horses in camp, but you need to bring your own people water. Porta-potties will be brought in for the event. Participants are responsible for all their other provisions. We need to leave the camp clean, so be prepared to haul off anything that came in with you, hay and manure included. Dogs must be kept on a leash at all times. People without horses are welcome to camp overnight as well. The ride camp is in town, so there are plenty of stores, restaurants, hotels, gas stations, etc within a few miles drive.

Directions: From U.S. Highway 101 in San Martin, take the San Martin Avenue exit. (A RIGHT off of 101 if you are coming from the South, a LEFT back over the freeway if you are coming from the North). Proceed east on San Martin Avenue for 2 miles. The main entrance to the park is about one-quarter mile east of Foothill Avenue. Don't take the main park entrance, continue east for a couple hundred yards where you will turn LEFT off of San Martin Ave into ride camp. There will be signs and ribbon directing you to the camp.

Please make checks payable to Nick Warhol

For the weekend schedule and more info, see: <a href="https://www.neekend.wixsite.com">NWarhol.wixsite.com</a>

### Pete LeMond Passes

I heard this morning that Pete LeMond left us last night. He was one of the first members of the club, and he and Hugh Vanderford were the dynamic duo on the trail, along with Pete's granddaughters, Michelle and Danya. There will be a celebration of life in a month or so. Will keep you informed.

E-mail from Maryben Stover on April 4th.

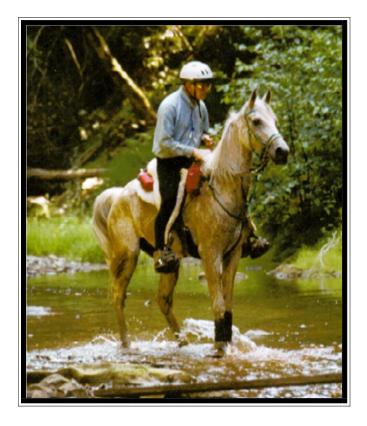
Maryben, thanks for sharing the news about Pete. He had been living for the last 2-1/2 years with his daughter Kathy and son-in-law Chris Caprino (avid 49er fans). They're our neighbors and Pete spent many an hour rooting for his beloved Raiders as well as at Chris and Kathy's shop, Almaden RV. He celebrated his 90th birthday with a Raiders-themed party but had a fall recently.

As Kathy said, Pete and her Mom are now partying-it-up in heaven...

E-mail from Sandy Holder

# Rroco-My-Sol 1988-2018

#### The Best Partner I'll Ever Have



Mike Maul and Rroc at the 2001 Swanton Pacific ride

I first met Rroc (Rroco-my-Sol) at the 2001 Ft. Schellbourne ride in Nevada. He was a flea-bitten grey registered half-Arab gelding about 15h 3". It was a five day ride with Barney Fleming as the head vet. Rroc was ridden by Katey Geis from Nevada. I didn't pay a lot of attention to them early in the event, but I did notice that Rroc was not an easy horse to ride. He would not start slowly, he was difficult to control, and took a long time (20 miles) before he was manageable. But he did have a lot of energy. He was one of 11 horses to complete all 5 days out of a maximum of 73 one day starts.

I was looking for a second horse as a backup for my primary horse Thor because I liked to ride a lot and having a second horse made that more possible. Katey was looking for another home for Rroc, so on the advice of Jan Jeffers and Maryben, I decided he might a good match for me.

Rroc didn't have many endurance miles at this point and was 13. He didn't start his endurance career until he was 12 so it was a late start for endurance. He had been used for trail riding and horse packing by his breeder Vicci Archer until Katey started him in endurance. I had some reservations about his age but I liked the way he performed.

Barney did the pre-purchase exam and said Rroc passed. Barney had been watching Rroc all week and had some reservations that he didn't mention at the time. Years later, Barney said that on the basis of how Rroc behaved all week, he didn't expect Rroc and me to stay together longer than 6 months.

At ride starts for the next 6 months, other riders always gave us a clear 20 ft. circle because Rroc would back up, spin, and sometimes buck a little while waiting for the start. He was almost a runaway at the start. I stayed calm, he gradually learned to trust me, and I discovered that if he could buddy up with a slow horse at the start, he could handle the stress much better. I think this is where

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we really started to work together and become a team.

After I stopped working in California - Rroc, Thor, and I moved to near Houston, Texas in 2003. Rroc had about 1,800 miles at that time. Rroc and I started doing a lot of rides together in 2004 and then something major happened that strengthened the relationship between us.

On the way to a SW region multiday ride in February, Rroc started showing signs of a serious colic in the middle of nowhere in west Texas. After working with a local vet from his truck with no success we went to a clinic in a larger nearby city (pop. 3,200) for more intensive care. The clinic was not successful in resolving the problem either, so I drove 350 miles through the night to Texas A&M for surgery. We arrived at 5 AM and I was not sure whether there was going to be a live horse in the trailer when I arrived. He was. I left him for surgery and drove back to west Texas to pick up my other horse. In those two and half hectic days I drove 1,900 miles and never even got close to the border of Texas. Rroc had surgery to correct his displaced pelvic flexure, within 14 hours of the first symptoms, with a very favorable outcome. Working with my local vet, Rroc was able to return to 50 mile competition in about 90 days and completed 1,000 miles that year. This isn't the ideal way bonds are supposed to happen but it did for the two of us.

The A&M surgeon told me that Rroc was an older horse (16) and that after the surgery I should retire him. By this time I felt that I could depend on Rroc for anything and that just didn't feel right to me. He really seemed to enjoy endurance, so I decided to wait and see if that enthusiasm continued. He added another 9,000 miles after the colic surgery. After every 1,000 mile award, I send an email to the A&M vet letting her know how Rroc is doing.

Rroc finished his career with 11,000 miles at age 26. He was a reliable, steady horse but not fast. He really liked having a buddy – even if it was the lifelong friend he first met 10 minutes ago. He liked leading in groups and always keeps a careful lookout for the rest of his herd behind. If one of his "herd" dropped back, he started finding ways to delay so the other horse can catch up. He would move out on his own if needed but would always prefer a buddy. Other riders like to ride with us if they had a young or new horse that could use a calming influence for the ride.

If you've seen images online of a pet owner and the pet where they look a lot alike – that was us. We were 50 mile riders with very few 100 mile rides. We both really liked multiday rides. We started endurance late in life – I learned to ride when I was 50 – so we were a pair of old "grey" guys. The sum of our ages was 97. I took care of him and he took care of me. He spooked about once every 6 months and it was not much even then. Rroc often came into a check at 44-48 bpm and the control judge would tell me "you're not riding fast enough." I believe he was happier going slowly and enjoyed his riding career a lot more than if we tried to place higher.

Rroc is well known among the vets in the CT region for his "efficient" way of moving in the check trot-outs. The judges often comment that Rroc saves his energy for the trail and this is an "A" gait for this horse. Ride photographers always seem to catch him in his "camel" pose with his neck completely straight following me in the check.

I knew I was safe with him and he trusted me. I rode him with a noseband rather than a bit and sometimes just a halter. He will be with me for his lifetime.

AERC's slogan is "To Finish is to Win". Rroc was my horse of a lifetime - he lived that slogan well, and we always did so together as a team.

I really miss him.

By Mike Maul

# McCrary Family Finishes Tevis as the Largest Family Group—Twice

By Barbara McCrary

Lud has kept diaries since 1971. He has often wished he had started sooner in his life. I have been transcribing his diaries for some time—when the mood hits me. Recently, I have been working on 1981, having already finished the previous years of 1971 through 1980. It's fun to re-live old memories, and to discover some I had completely forgotten

While typing this afternoon, I discovered that our family of six (at the time) had finished five members—for the second time, the first time being in 1979. In July of 1979, daughter Susan had married Butch Huff and he was included in the family.

In 1979, daughter Ellen and her Standardbred gelding, Josh, did not finish. In 1981, Josh did not pass the vet check to start, and Lud generously let her ride his horse, Grey, and he crewed for all of us. All five of us finished.

I have to live on memories, because none of us will ever ride Tevis again. Lud and I are too old, Butch and Susan are extremely busy with their store, Westside Farm and Feed in Santa Cruz, and basically—none of us has a Tevis horse right now. Steve and Janet are down to only her mule, Milly. Steve doesn't have a horse at all, nor do Ellen or Susan or Butch. It's sad, but that's life.



At the Tevis awards—1979

L to R: Butch Huff, Susan McCrary-Huff, Barbara McCrary, Lud McCrary, and Janet McCrary

## Lichen Oaks Adaptive Riding Center

Is pleased to host

#### JEC ARISTOTLE BALLOU

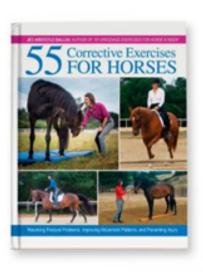
For a special demonstration!

Trainer Jec Ballou will be showing us hands on, some of the exercises as described in her recently published book:

55 Corrective Exercises for Horses

On July 7, 2018 At 9115 E. Zayante Rd. Felton, CA.\*

Registration: 9:30, Clinic: 10AM~1PM



Thank You!

Pre-registration is required, as space is limited. Please see details below.

#### General information:

Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being.

Jec will demonstrate how we can actively work to improve the horse's posture and movement, whether he is an active performance or pleasure mount, or one being rehabilitated following injury, illness, or lack of conditioning. Applicable for all disciplines, this is an integral new book that will optimize how the horse uses his body and helps ensure he stays sounder and healthier.

Jeg will have her new book available for purchase at the clinic.

If you would like to participate, please fill out and send the information below, with your check made payable to "LOARC". If you have specific questions, please contact Elisabet Hiatt: e@loarc.net

There will also be a tack sale at the barn, in case you are looking for something special for your horse!

All proceeds from this event will go to benefit the LOARC Therapy horses.

\* For driving directions, please go to: http://lichenoaksarc.org/contact/

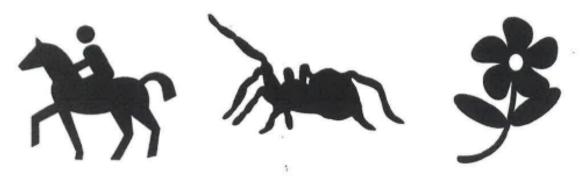
Name: \_\_\_\_\_Phone #: \_\_\_\_\_Email: \_\_\_\_\_

Address: \_\_\_\_\_

Please check below: \_\_\_\_\_Audit fee: \$25.00 per person \_\_\_\_\_\_

Hands on work with one of our 4 horses: \$50.00 per person (Only 4 horses available, first come, first served)

Please mail form and check to: LOARC, 114 Quail Hollow Rd. Felton, CA 95018 Attn. E. Hiatt



### UPCOMMING EVENTS AT HENRY COE STATE PARK

\*\*\*\* FOR MORE INFORMATION and a list of spring programs, such as wildflower walks and day and evening programs, GO TO www.coepark.net \*\*\*\*

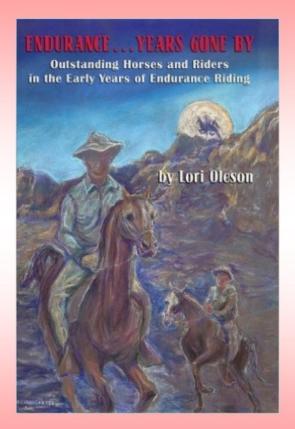
DUE to weather and road conditions, check the website before each event for updates.

Many of these events are limited, so get applications in early.

A-127.20				
April 27-29	Coe Backcountry Weekend, Once a year opportunity to drive 11			
	miles into the park's interior at the south entrance. Come for the			
	day or come to ride			
/ \	Colded billion and side a bidd and side accounting to the second biddle of the second biddle			
•	Guided flikes and flues, kids activities, camplife program. Limited			
May 13	Mothers' Day Breakfast. Gourmet food served outdoors,			
may 25	,			
	carnations for mom. Live music. Limited			
May 19	Ranch Day (rain date June 2). Learn about ranch life, lots of animals			
may 15	,			
	to pet, kids' crafts and activities. Hot dog lunch available.			
May 25-28	Coit Camp Campout.) Once a year opportunity to drive 3.5 miles			
	into the park's western interior. Guided rides and hikes available.			
No.	•			
	Bring your horse or hike. Meals available. Limited 500000			
June 9	5K/10K Fun Run and Walk. Walk or run along a fairly level course			
Julie 3				
	with several creek crossings. Enjoy late spring flowers, maybe spot			
	a bobcat, deer, red tailed hawk or other Coe Park creature.			

Henry Coe State Park is not just a network of great trails starting at Hunting Hollow. Volunteers at the park host many fun activities. This a few of them. I've identified the two that would be most interesting for endurance/trail riding people. Back Country Weekend and Coit Campout are the only way to experience the inner trails of the park. Also, it is excellent conditioning and a lot of fun.

## Classifieds and Services



This book is on great horses and riders in the beginning of our sport starting in the 1970's. It has been a fun project and I'm excited to introduce (or re-introduce) those that made endurance riding what it is today.

Dick Carter did the beautiful cover, Susan Garlinghouse wrote the Forward and 5 chapters are about great Quicksilver horses and riders.

A percentage of all sales will be given to the AERC Education Committee.

Lori Oleson endurancehistory@gmail.com Cost of book is \$24 + tax/shipping

#### PRINTING SERVICES

For Quicksilver club ride managers. Our club now has a color duplex printer that is located in the home of Becky and Judith. You can do the printing at the cost of 25¢ per page color and 6¢ per page B&W, if you provide the paper. If you e-mail the printable files to Becky, she will do the printing for you at the cost of 27¢ per page color and 8¢ per page B&W, including the paper.

E-mail Becky: bghart@garlic.com

TAX SERVICES - Specializing in horses

Trilby — (408) 997-7500

## Classifieds

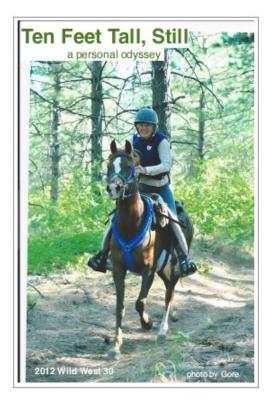


#### **BOOKS ARE THE PERFECT GIFT!**



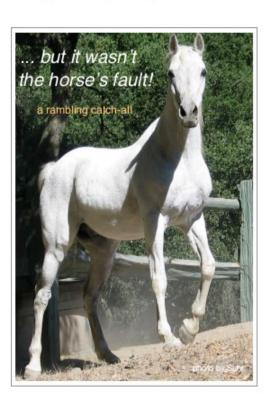
To benefit our trails and our horses, I have written two books. They are entirely different in style.

- Ten Feet Tall, Still is out-of-print, but available as an e-book from Amazon, Barnes and Noble and others.
   All proceeds to AERC Trails Fund and WSTF Trails Fund for preservation of horse trails.
- ....but it wasn't the horse's fault! Available from Marinera Publishing, www.marinerapublishing.com
   All proceeds to CENTER FOR EQUINE HEALTH, School of Veterinary Medicine, Davis, California \$24.95



by Julie Suhr

You are never quite the same after you ride a good horse.



#### "TEN FEET TALL, STILL"

My first book, *Ten Feet Tall, Still*, is out of print, but is now an e-book for downloading at Amazon, Barnes and Noble and some other places. One Hundred Percent of the proceeds go to the AERC Trails Fund and the WSTF Trails Fund.

Julie Suhr (831) 335-5933

#### **CENTERED RIDING® LESSONS**

Help your horse use him/herself effectively while going down the trail.

Take the stress out of your body and your horse's body.

Find out how to have a better seat and make your horse more comfortable.

Centered Riding® lessons available with

Level 3 Centered Riding instructor. Clinics available upon request.

Becky Hart (408) 425-5860

## Classifieds





#### HERO RANCH—ALMADEN AREA

SOMETHING FOR EVERYONE PERFECT FOR ENDURANCE HORSES GREAT FOR RETIREES

Our pastures are real pastures and not crowded (See photo above.) We have trail access to Santa Teresa, Quicksilver and this year the new open space will give us access to Calero and Casa Loma (with just a short ride down McKean). Huge paddocks with lots of room. Rates have been reduced to \$310 for pasture and \$350 for paddocks. New tennants are offered \$50 off of their third month of board. Paddocks vary in size and some have stalls, some have shelters and some are open. We do not charge our boarders for trailer parking. Top quality grass/alfalfa hay fed twice a day. Ring is open to boarders when lessons are not being held. Round pen available anytime. Centered riding lessons are available with three-time world champion.

Call Maryben: 408-265-0839 or e-mail to merryben@live.com

#### HORSE BOARDING FACILITY

20535 Rome Drive, San Jose, California. Stalls: \$320.00, pasture \$220.00, fed twice a day high-quality orchard-alfalfa mix hay.

96' X 48' uncovered outdoor arena. We clean. Shavings available. 1.25 miles to entrance to the Quicksilver County Park (3600 acres and 19.2 miles of manicured trails). I provide my trailer for use to boarders.

My place borders Quicksilver Park.

Trilby - (408) 997-7500

# Philosophy and Birthdays

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

Free your heart from hatred - Forgive.
Free your mind from worries - Most never happen.
Live simply and appreciate what you have.



Give more. Expect less.

# Happy May Birthdays to our Anicksilver Members

Courtney Hart	2
Bing Voight	5
Jennifer Voight	7
Jo Barrett	8
Barbara McCrary	9
Peter David	16

FIRST: We need your name				
And then your address				
And your phone number, Fax, e-ma	nil			
	And then we need your money! Senior membership is \$ 30			
	Junior (under 16 years of age) membership is \$ 20			
	Family membership is \$ 45			
If you want a printed copy of Quip	os mailed to you (as opposed to PDF file e-mailed) add \$15			
	Total enclosed \$			
noonlight rides, endurance rides, t and the annual awards ceremony; s nave! How are our dues spent? Annual Y	e Riders? You will have the opportunity to participate in poker rides, rail projects as well as attend monthly meetings, the Christmas party, saving the best for last, you will meet the best friends you will ever earbook/Calendar; monthly Newsletter; a representative voice in local in the improvement projects; year-end awards and monthly meetings.			
Send your dues, checks made out t	to: Quicksilver Endurance Riders, Inc.			
Mail to Membership Chairperson:	Maryben Stover 1299 Sandra Drive San Jose, CA 95125-3535 (408) 265-0839			
	May your and your horse(s) have a wonderful year riding together as Quicksilver Endurance Riders!!!			

"Life outside of endurance? I don't think so."

Dave Rabe

"Nothing can stop a man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

## Mission Statement of Quicksilver Endurance Riders, Inc.

\_\_\_\_

QSER exists to promote the sport of endurance riding by conducting endurance rides and advocating for equestrian trails. It seeks to provide a model for the highest standards of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

Quicksilver Endurance Riders, Inc. P.O. Box 71 New Almaden, CA 95042

