



Quicksilver Quips

June, 2010

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Vice President....	Ildi Nadasdy
Secretary.....	Kathy Brayton
Treasurer.....	Maryben Stover

Board Members

Cathy Kauer
Lori McIntosh
Elisabet Hiatt

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Submit articles, photos, ideas, classifieds and anything else any time... just DO IT!!

QSER on the Web:
<http://www.qser.net/>

President's Message. . . May/June 2010

The Washoe Ride was held May 1st, one day after I was supposed to have written the PM. As I was out riding the trail, absolutely enjoying myself since I haven't ridden that trail in years, I remembered, Oh s---, I forgot to write the PM for the Quips. I knew I would be in for it with Elisabet, who tries very hard to keep me on track. I was very upset for about 3 miles, then I decided to forget about it and continue on enjoying the ride. And enjoy the ride I did. Pete (my horse) was on a roll, feeling strong, recovering well and doing all those things he was supposed to do. This is the kind of ride that makes me remember why I love this sport. The trail has everything to offer – giant climbs, deep sand, single track technical trails, wide open roads. And rocks. Lots of rocks. I was very glad I had made the decision to pad in front. My GPS, which lasted for about 70 miles recorded over 10,000 feet of climb. There were several QS members there, including the Vanderfords, and Michele Roush, who vetted day on one and won the ride on day two.

NASTR puts on a great ride. The trails were well marked, the dinner superb and awards super. The trail was expertly marked by Dave Rabe. The club members seem to have as much fun working together to put on the ride as they do riding. From the number takers out on loop two, who offered me a beer, to Kenny Creech and friends who cooked the dinner, everyone was made to feel welcome and invited to have fun.

The QS Club's turn is coming up. Ride manager Sandy Holder will be needing help to organize and pull off a top quality event. If you are not planning on riding, plan on helping. The more the merrier! As a RM, I know how hard it is to get helpers. I was a little short on help for the SASO ride. Last year Kathy Brayton and I had a great time sitting out at the # check. The riders were so appreciative of the hose and water for their horses. We gave them snacks, cheered them up and cheered them on. It was a pretty pleasant way to spend the day. You too, could have this much fun.

Also coming up is Lori Olesons's ride, Just Coe Crazy. I hear she is looking for riders and help. This ride would be a great pre-Tevis preparation.

Our June meeting will be at Sandy Holder's house, Joe Elliot will be speaking and demonstrating his body work with horses. He is fantastic, so I hope you will be able to attend.

The July meeting will be at the house of – yours truly! We will do the hot dog roast, if people will bring bar-b-ques. If it is too windy, we will cook the hot dogs in the house. Ildi, our program coordinator, will have a presentation on safety while riding.

Happy trails,
Becky

????? POP QUIZ TIME ??????

Q: How hard is it for your horse to break his clavicle?

Have a question you think will stump the rest of the club? Send it in, along with the answer and we will include it in the next "Quipster" edition!

Answers to the May Pop quiz:

- 1. Pruh- Danish 2. Hee hee- Thai
- 3. Ih-ih-ihaaa- Turkish 4. Hiiiiii- French

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**Saturday June 19, 2010**

**SANTA CLARA COUNTY HORSEMENS  
ASSOC. & QUICKSILVER ENDURANCE  
RIDERS  
TACK SALE AND DANCE**

**No Host Bar and Hot Dog Wagon on site...  
\$10 per person**

**Line Dancing instruction:**

**6:30pm to 08:30 pm**

**Regular Dancing:**

**08:30 pm to 10:00pm**

**TACK SALE\*\*\*08:00am-1:00pm rent-a-space  
for \$15 and sell your treasures!  
PASS IT ON...**

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Got Helmet?

According to the Equestrian Medical Safety Association, 60% of deaths resulting from equestrian activities are due to head injuries. The Centers for Disease Control reported that nearly 12% of equestrian injuries result in traumatic brain injury, the highest proportion of any sport. These may seem like fear inducing statistics, but consider that when riding, your head is elevated about eight feet or more above the ground and that a fall from as little as two feet can cause permanent brain damage. Put that helmet on... no excuses!!

You cannot remain unmoved by the gentleness and conformation of a well bred and well trained horse – more than a thousand pounds of big-boned, well-muscled animal, slick of coat and sweet of smell, obedient and mannerly, and yet forever a menace with its innocent power and ineradicable inclination to seek refuge in flight, and always a burden with its need to be fed, wormed, and shod, with its liability to cuts and infections, to laming and heaves. But when it greets you with a nicker, nuzzles your chest, and regards you with a large and liquid eye, the question of where you want to be and what you want to do has been answered.

Albert Borgmann, *Crossing the postmodern divide*, 1992



**Elisabet's dog Gromit is ready to "Cowboy Up!"
Anyone out there need a ranch hand? Will work
for kibble until he's doggone tired....**

QSER MEETING MINUTES

May 19, 2010

The meeting was called to order at 7:10PM. Those in attendance were Becky Hart, president; Ildo Nadasy, VP; MaryBen Stover; Treasurer, Kathy Brayton, Secretary. There were no other board members present. It was mentioned that the by-laws state if a board member misses 2 meetings in a row they can be replaced. QSER members who attended were Lori O., Jacki, Trilby, Heather, Jeremy, Steve, Karla, Patrick, Marvin, Mary, and Darran.

MaryBen gave the treasurer's report. She gave the detailed report, gave a copy to Becky and Kathy and will send one to Elisabet. The starting balance was \$4174.93 and the ending one was \$3887.40. The main expense was the printing for the calendars and postage for mailing some of them. There was \$100 from dues. There are still quite a few members who still owe the \$25 for 2010. Elisabet has sent out a reminder.

The Awards committee decided to give a small cup or plaque to the award winners instead of adding the name to the larger one. Hillorie will take care of this.

QUIPS. Becky will check with Sandy who volunteered at last meeting to get those sent to members who requested them.

Meetings: June 16th meeting will be at Sandy's. Joe Elliott will be the guest speaker. He will talk about how he works with horses and use one of the Holder or Carter horses to demonstrate with.

The July 21st meeting will be at Becky's. We may have it be the meeting about safety and watch a video that Elisabet has seen and recommended. We discussed that it be a hot dog bbq since we will no longer be going to the Suhr's in June.

Mary brought entries and information about a Poker Ride at Calero County Park on May 22 from 9AM to 2PM. The \$35 entry fee includes lunch and a T-shirt. There are lots of gift certificate prizes. It is a benefit for the ONE STEP CLOSER Therapeutic Riding program. This is a wonderful program run by Landa and Mark Keirstad at Calero Stables for handicapped kids. The program and Landa were honored this year at the CACSE Special Education Recognition Awards ceremony. The motion was made and passed that the club donate \$50 to the One Step Closer program. MaryBen will mail them a check.

Mary also reminded us of the dance/bbq at the SCCHA on June 19. This is a joint party with the SCCHA members and QSER members.

Lori O. reminded the club of her ride on June 5 at Coe. It's called Coe Crazy and "the hills, and wildflowers are very pretty right now and the trails are in great shape!"

Mary suggested that the calendar be put into the budget for next year's banquet. Steve has the club printer that he has used to make the calendars. He would like to donate it to someone who wants it. There is a new calendar "committee" for next year.

Becky is going to check on having an equine nutritionist that she knows, be a speaker at a future meeting.

The meeting was adjourned at 8PM.

Respectfully submitted,
Kathy Brayton

Remember Memorial Day, 5/31

It's the Soldier, not the reporter
Who has given us the freedom of the press.

It's the Soldier, not the poet,
Who has given us the freedom of speech.

It's the Soldier, not the politicians
That ensures our right to Life, Liberty and the Pursuit of Happiness.

It's the Soldier
Who salutes the flag,
Who serves beneath the flag,
And whose coffin is draped by the flag.

"Emotional Extremes"

The aspiring psychiatrists from various colleges were attending their first class on emotional extremes.

"Just to establish some parameters," said the professor, to the student from the University of Houston, "What is the opposite of joy?"

"Sadness," said the UH student.

"And the opposite of depression?" he asked of the young lady from the University of Texas.

"Elation," said she.

"And you sir," he said to the young man from Texas AM, "how about the opposite of woe?"

"The Aggie replied, "Sir, I believe that would be giddy-up."

"Special thanks to Elisabet for supporting a newbie"

By Lori McIntosh

It has been said several times. Never coach a spouse, partner or loved one. It usually turns out badly. However, in my case, Nigel (hubby) and I scored. Before we were married, he taught me how to wakeboard and get big air (2 feet if I was lucky-big for me), snowboard faster and again get big air, be less fearful scuba diving, go faster when windsurfing and how to sail competitively. I waited patiently for my turn. Seven years later. Nigel has his own horse named Hot Wheels. He was too young and green for a green rider (hubby) so I



rode him more and brought Hot Wheels to clinics, with our main focus on Parelli. Natural horsemanship gave this horse confidence and a strong willingness to please his leaders. We decided it was time for Nigel to complete his first 50 miles without me. On May 15th, the SASO ride was his big day. Finn is still recovering from a lameness issue so that made the decision easy. Our friend, Elisabet took him on a long training ride the week before and Nigel had a fantastic time. No help from me with loading, saddling, feeding, etc. A week later the ride was on and Nigel had planned to ride his own ride. Hot Wheels is quite a challenge in the beginning

and has tried to remove Nigel from his back so he could go faster and at his own pace. FAST!!! Therefore, there was tension and apprehension walking to the starting line. Elisabet offered to ride with Nigel to help him stay in control. It was by far the best offer ever in his case. The start wasn't super smooth, but overall safe for both horse and rider. All I offered was to sit deep in the saddle, breathe deeply, and ride your own ride when necessary. At both vet checks, Hot Wheels heart rate dropped down to 40 bpm. We were stunned and proud that our horse was well conditioned and ready for this ride. Rather than staying middle of the pack, Hot Wheels who started in the top 20 ended up in third. I was initially not happy as I felt Nigel let him fly. But with the low heart rate and continued willingness to move out, he was doing just fine. Later we realized all the top fast riders were in the FEI 75 mile ride knocking out the fast runners in the 50 mile ride. Less competition for Hot Wheels and a much slower pace. In fact, the first place winner last year finished in 5:35. Nigel took a little over 8 hours and came in third. Hooray!!! We had not been practicing for BC so Hot Wheels had no desire to trot in circles for the vet. Otherwise, I think he had an excellent chance of winning since Nigel is considered a heavyweight. Hot Wheels had a sore deep flexor tendon as well though. Later, Becky Hart, the ride manager, let Nigel know that he was second for BC. How proud am I of both my boys!!! You don't even know. I'm even more proud of myself since I have been doing endurance for only 2 years, trained a Country English Pleasure horse to stay focused on the trail, and coached my husband who actually listened, to ride his own ride. So, to all you coaches of loved ones out there. It can be done!

Editor's note: Nigel was a pleasure to ride with. He is an accomplished and athletic horseman. I thoroughly enjoyed sharing the miles with him! Towards the end of the ride I could tell he had a lot more horse left than I, so I told him to go on without me. Like a true gentleman he refused, until I insisted a few times. Congrats Nigel on a well deserved strong finish! Elisabet



The best laid plans of mice and horsewomen...

By Elisabet Hiatt

I rested my head on Tango's neck, trying my best not to pass out, throw up and freak out, all at the same time. I had just put one of his hind feet back on the ground, and what I had seen was not something I was prepared for. A 20 penny (4" long) rusty nail had pierced his hoof all the way through the heel. About 1/2" of it protruded through the back of the heel, and the rest was neatly aligned with the groove of the frog. All I could say, over and over, was "Oh my God..." The friends I was riding with came to see what was wrong and their response was the same. "Oh my God" became the shortest prayer I've ever said, but oh, how I meant it.

Two dear friends, Alicia, Julie and I had planned a trip to Henry Coe Park in May. We were going to try our hand at "packing" into the wilderness. One night out was our goal, and we planned to start from the Blue Oaks horse camp where we had set up our "headquarters". Panniers for my horse Solo were bought, fitted and tried out and everything looked great. We were ready, albeit a bit afraid of trying something totally new for all of us.



We arrived at Coe on Wednesday, set up camp and relaxed. We planned a long ride to Pacheco Falls for the next day, and then on Friday we would do the 11 or so miles to Mississippi Lake and spend the night there. Thursday was a clear, chilly and absolutely perfect day for a long ride. We set off just before 10AM and made good time to Pacheco Camp, about a mile from the falls. It was hard not to stop every five minutes and take pictures! The wild flowers and views were spectacular!



Pacheco Camp is basically an old ranch house with picnic tables, a rest room, running water, some old dilapidated buildings and nice shade. We stopped there for lunch.

The horses were content, munching on the abundant grass and we were having a great time discussing our ride so far. Something spooked Tango, and he ran off making a large circle around the ranch house and coming back to us. I told him what a silly boy he was, took him back to the tree he had been tied to and finished my lunch. Soon it was time to go! We all mounted and rode to the road... and that's when I realized

something was terribly wrong. Tango lifted his right hind leg higher than his butt, and would not put any weight on it. I immediately got off and that's when everything went upside down.

We were in a remote place, at least 15 miles from the closest civilization and my horse had a huge nail through his foot.

I'm an EMT and not squeamish in the least. I can deal with blood and gore, but I hate to see suffering. I knew my horse was in pain, and tried desperately to will it away. No luck, something practical had to be done. Fortunately, I had my fanny pack on. I never leave home without it if I'm going anywhere besides my back yard. I carry just about everything but the kitchen sink in it, and I've been teased about its weight many a time.

The Leatherman tool came out and I tried to pull the nail out. Tango protested. The nail was really stuck. As awful as it sounds, I really needed a hammer. I closed the tool and used it as a hammer to see if I could at least move the nail a bit. Tango tolerated this quite well, and after a few taps, I tried again to grab the nail with the pliers and managed to yank it out. We all took a collective breath. Tango put his foot down and I noticed he was putting his full weight on it. I took him to the water and rinsed off the foot as best I could. It bled, and I hoped that would flush some of the rust and dirt out of the puncture wound.

I took this photo later at home



Now what? We really had no choice but to try to get back to camp. I hand walked Tango for about 1/2 mile and he seemed totally sound. I mounted and he felt good and solid, even at a trot. He's a very stoic horse, and seems to tolerate pain well. We decided to head home via the shortest route. Pacheco Falls was on the way, so we stopped there for a short break.

I was torn between enjoying the beauty around me, and all the thoughts that kept running through my head.... lame.... ruined... infection.... Tetanus... my fault...

Our short route took us through a beautiful, but less travelled valley. About 2/3 of the way home we encountered a large tree blocking the entire trail. We considered turning back, but we knew we were running out of daylight. Julie had a saw, and we cleared a path above the tree root. It was so steep, we had to climb up on our hands and knees, but it was doable. I took Solo through first. He has learned to watch where I put my feet in situations like these, and he puts his feet in the same place I do. This made a "trail" the other horses could follow. Coming down the other side was so steep, the horses practically had to sit down and slide. More dirt into the wound...



We crossed many creeks and I hoped the running water would keep the wound clean, soft and open. The sun was beginning to set. It was getting chilly. We pressed on.

The last six miles to camp are split evenly into three downhill and three uphill miles. As we walked the downhill miles, in the cool of the evening, Tango's heart rate was 210 bpm! I knew he was hurting, but we needed to get back. Fortunately, as soon as we started on the uphill, his heart rate went back to normal. I guess the bulb of his foot was hitting the ground as he walked down, making it hurt... a lot. I've never seen a 210bpm heart rate at a walk on my horse before!

We arrived at camp at dusk. We had been out for 10 hours, travelled 26 miles and we were all quite tired and stressed. I washed and disinfected the wound, covered it with some antibiotic cream I had in my first aid kit, and wrapped it for the night to keep it clean. Driving out of the horse camp, and the 10 downhill miles on East Dunne Rd. in the dark was not an option in my mind at this point. My goal was just to keep the wound soft and open so it could drain, and then go home the next day.

Friday was another beautiful, chilly day and I woke up listening to Tango chasing Solo around the corral I had set up for them. He was not lame, and his foot looked great. A bit sore on palpation, but not hot or swollen... maybe I could stay? I called my wonderful husband Ron, who agreed to drive the 2 1/2 hours to our camp and bring me a tub of oral antibiotics I had at home (the one and only thing I did not bring with me!!) and by Noon Tango had his first dose. Spent the rest of the day relaxing and watching Tango run around and practicing his favorite pass time: harassing Solo.



We decided to scrap our packing plans. Maybe next time. We rode 15 miles on Saturday and Tango was totally sound and not a bit in pain, even on palpation. Another 10 miles on Sunday, and then we came home.

This will be one of those memorable trips that will be engraved in my mind for a long time. We go out there to be on our own, away from most people and self sufficient. When bad things happen, we find the strength to deal with them and keep going. The friends we choose to share these moments with become the pillars that help to hold us up, the voice of reason to do the sensible thing and the inspiration to keep going.

I am blessed. I kept the nail to remind me, in case I forget...



Barbara White writes:



It's not too late to sign up for the Tevis Educational Ride, June 18th and 19th. The one day ride is from Foresthill to Auburn, with two vet checks along the way. Camping Friday night at the Foresthill Mill Site will feature speakers on endurance riding, in general, and the Tevis Cup Ride, in particular. Saturday evening, at the Tevis Finish line in Auburn, there will be a festive barbecue and celebration of a great day. In between, there will be a thirty-two mile guided trail ride along the sections of the Western States Trail that most people do in the dark, offering a chance to see what it really looks like. The fun and grandeur of Tevis, without the stress, will make this a terrific weekend. Last year's participants had a much higher than average completion percentage on Ride day. Even if the Tevis Ride is not in your plans, now or ever, you can still have a memorable weekend on this world-renowned trail.

If you need help moving your trailer from Foresthill to Auburn, a trusted volunteer can do it for you for a fee. If you want to come earlier or stay later, making it more than a one day ride for you and your horse, contact Barbara White if you need stabling help. More information and entry forms can be found at:

http://www.teviscup.org/the_ride/the_ride_inline_edride.html.

For questions, contact Barbara at 831 335-4097 or barbdoug2@sbcglobal.net.



Our very own Lori McIntosh went to Nicaragua in February and did what she does best: ride, take great pictures and eat good food. Here are some of her experiences. Part two will be featured next month.

Here is a snapshot of my vacation in February with Trixi, who I met in the Los Gatos Horseman's Association, Liza, from Petaluma, and Sandy, a local vet in Campbell. I went on several trail rides with them last year and was invited by Trixi, who has a beach house in Nicaragua, for a girls only vacation. When she mentioned that we would be riding horses I was in. Plus, Trixi moved to India the following month. We went for six days and here are stories from one day riding horses, a black stallion for me and another day visiting Mombacho volcano. I highly recommend this destination as it is safer than Honduras and way less expensive than Costa Rica. If you are interested in seeing more images and stories, please feel free to visit my blog, "Whinnies and Woofs" at



www.lorimcintoshphotography.wordpress.com Enjoy!!!

Nicaraguan Stallions and Lobster at the beach

What a rough day. Wake up with the sun in our giant papusa. Go straight to the beach since I am locked out of Trixi's house and can't get to my stuff. The windows are wide open with bars across them. I can look at them sleeping and see that it would be best not to knock on the door and wake them up just so I can get out of my pajama's (a tank top and boxers). So I decide to do yoga on the beach while Sandy does martial arts. I try to give her some space since we are the only two on the beach. Later, we all have breakfast together while we decide what to do next. Claire, Pam, and Barbara are going back to Managua and then the Volcano of Masaya. Sandy plans to tag along with them and then head down to San Juan del Sur for surfing.

Liza and I decide to stay with Trixi since she is leaving the next day and onto India in March. Plus, we want to ride the local caballos!!! So after a swim we drive into the potholes of whip lash to our lovely stables with Andalusians. I get on a black Andalusian stallion, oh my, and off we ride down the road full of blowing trash, running kids, noisy diesel trucks, etc. I assume there are no predators in Nica, so the horses have no fear which is quite relaxing. Since I can't speak Spanish beyond the kindergarten level (hello Rosetta Stone!), I just wanna ride and test out my own personal stallion. He is so responsive with legs yields, shoulder in/out, trotting, cantering, whatever I want while our trainer checks us out first to see if we can move on beyond the arena to



the open field. Apparently, since I spoke very little, our guide decided I was an excellent rider per Trixi. She said he thought I knew a lot about horses.

Plus, I left the crowd a few times to do my own thing with my stallion who was definitely not herd bound. He was with me and could care less about the other 3 horses. I loved that. I really wanted to say "hasta la luego" and be off. After a way too short of a canter/2 second gallop, we rode back to the stables and our guide let me jump on another horse. I stuck with the cross bows after thinking of the possibility of a potential hospital visit and whimped out on the verticals. Then he let me ride his dancing Andalusian around the

dressage arena. Poor me, for \$20 plus a \$5 tip, I rode 3 horses with lovely saddles for about 2 hours total. Trixi and Liza had a great time too. I met Liza at Henry Coe about 2 months ago for a long trail ride with me on Hot Wheels and Trixi rode Liza's other horse. The three of us definitely have a horse connection.

Later, we head out back to the beach for dinner at the Summer Inn. We all ordered lobster for another \$20 each. It came with 3 bodies minus the tail, rice, and beans. We sat outside on the patio and watched the sunset before heading back to Trixi's. Sumela and Juan were waiting for us with lanterns to make sure we were safely settled in for the night. The odd thing was Juan was waiting at her gate right as we drove up and he had us drive right in. I wonder how long he was waiting there? This was about 2 hours after sunset and Trixi was comfortable driving back down the semi scary road.

There is a very sad part to this day. My pocket camera battery died as soon as we arrived at the horse stables. I did take several photos on the way and a few at the dump where we dropped off our trash. Those were too shocking and sad to post. So my black stallion and lobster can only be imagined and not actually shared I certainly won't forget him.



Favorite photo!

Cathy Kauer and Rafa



Colic articles...

A while back, Judy Etheridge sent me a link to "freecolicreport.com", which had some very funny songs about colic using the music of the "freecreditreport.com" commercials... unfortunately the songs don't seem to be on line any more, but the link is still good as far as a couple of very informative articles about colic, so read on:

www.freecolicreport.com

CAMP TALAWANDA

TAHOE VISTA, CALIFORNIA

Wednesday

Dear Daddy,
Yesterday I went on an all day horse-back ride. It was lots of fun. I rode a horse named "Rabbit". He kicked and bit like every thing, but he was nice just the same. A week from Friday I plan to ride in a rodeo. I plan to ride barrelback, western style and be in musical chairs, a potatoe race, and a drill. Mother is coming over today I think and I will ask her if I can be in it. I hope I can. I have written to Annie and asked her please to send my chaps. You

Can you guess who....?

One of our Quicksilver members wrote this letter to his/her father in 1936. This member states that he/she won the blue ribbon in bareback riding, which they still have!!

"Dear Daddy,
Yesterday I went on an all day horse-back ride. It was lots of fun. I rode a horse named "Rabbit". He kicked and bit like everything, but he was nice just the same. A week from Friday I plan to ride in a rodeo. I plan to ride bareback, western style and be in musical chairs, a potatoe race, and a drill. Mother is coming over today I think and I will ask her if I can be in it. I hope I can. I have written to Annie and asked her please to send me my chaps..."

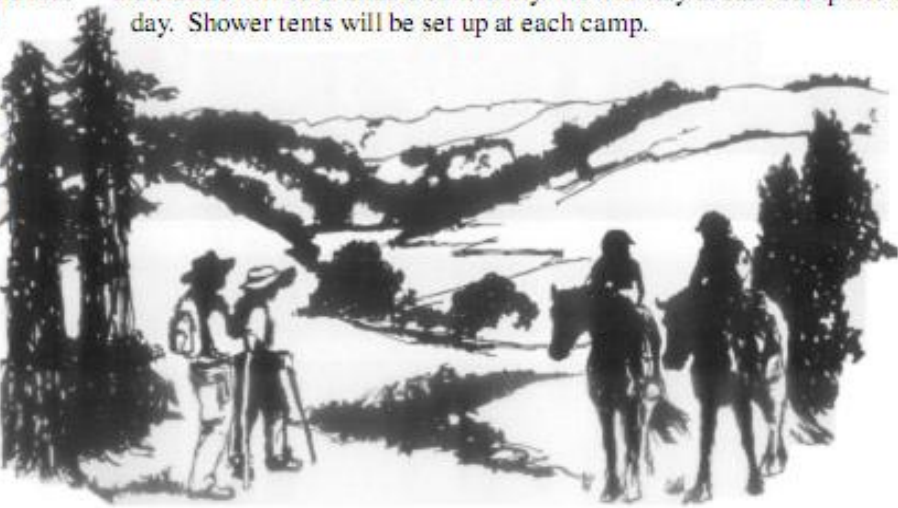
Ninth Annual East Bay Hills Trails Benefit Ride Wednesday, Sept 1--Monday, Sept. 6

Ride: Labor Day week with members of the Tilden-Wildcat Horsemen's Association and the Metropolitan Horsemen's Association. Ride up to 100 miles in 6 days, or 14-18 miles each day in small groups at your own pace. Join us for one, for more or for all 6 days. The ride will follow and/or parallel the S.F. Bay Area Ridge Trail much of the time as we spend 2 days riding from each of 3 different campsites. This year's ride will be held in conjunction with the third annual 5-day Ridge Trail Through-Hike from Martinez to Castro Valley.

Trails and Camps: Camp will open up on Tuesday night, so that riders can get an early start on Wednesday if they like. We will be camping at Tilden Regional Park (between Berkeley and Orinda), at Sequoia Arena in Joaquin Miller Park in the Oakland Hills, and at Bort Meadow in Anthony Chabot Regional Park. We will be sharing the campsites, and meals, with the hikers. We will be riding in Tilden, Wildcat, Sibley, Huckleberry, Redwood, Roberts, Joaquin Miller Park, EBMUD Watershed lands, and on other nearby trails. The rides will be on both fire roads and single track trails, over both flat and hilly terrain. Views of the Bay Area, the East Bay Hills, across the valley and into the Sierras will be available constantly. We will stay at each camp site 2 nights and move to the next one on the second day. Shower tents will be set up at each camp.

Food and Evening Entertainment:

Breakfast, lunch and dinner will be provided for riders and hikers, and hay, carrots and water for the horses. Swimming will be available 5 minutes from our Tilden and Sequoia Arena campsites. Evening programs will include a visit to the Chabot Space Center, a slide show on long distance trail adventures, a presentation by a naturalist, a drill team performance, and other surprises. This is a green ride and every effort will be made to keep trash to a minimum.



Costs/Benefits: This ride will help raise funds for the Bay Area Ridge Trail and for equestrian improvements on East Bay trails.

The \$60/day fee, with a discount for 6 days at \$325., covers your camping, food and horse provisions. A small discount is available for riders who join TWHA, MHA or the Bay Area Ridge Trail, or renew their memberships, when registering. For visitors, dinner in camp will be \$15/night. We encourage you to solicit pledges from friends, neighbors and other trail supporters to benefit the trails, but this is optional.

Volunteers: If you can't ride, join us by volunteering to help with the important tasks that will make this ride happen.

Camp Rules: Riders will be responsible for stabling their horses at each camp. You may tie to your trailer or bring your own portable corral or picket line. Stallions will not be allowed on this ride and we will enforce restrictions on generators after dark. No dogs will be allowed at this year's ride. **This year SEI-certified helmets are required for the safety of all riders.**

Reserve Now for this popular event: We are limited by the available space for trailer parking, and with more hikers this year, could hit our maximum early. Use the entry form on the reverse of this flyer. If space permits, we will accept last minute entries.

Questions: Contact Judy Etheridge, at mixfire@yahoo.com or at 925-862-0232. or Morris Older, at ebhillride@comcast.net or at 925-254-8943, for more information or to volunteer. More info at <http://www.twha.org>-click on events. Sign up for the hike at www.ridgetrail.org



2010 East Bay Hills Trails Benefit Ride Entry Form

Name(s) _____ Phone(s) _____ email _____

Address _____ City, State & Zip code _____

Dinner/Ride/Camping	\$325 all 6 days riding/camping	x ___	\$ _____	
	\$60 for Tuesday night camping and one day riding	x ___	\$ _____	
	\$60 for Wednesday night camping and one day riding	x ___	\$ _____	
	\$60 for Thursday night camping and one day riding	x ___	\$ _____	
	\$60 for Friday night camping and one day riding	x ___	\$ _____	
	\$60 for Saturday night camping and one day riding	x ___	\$ _____	
	\$60 for Sunday night camping and one day riding	x ___	\$ _____	
	Non-Rider/Hiker Dinner/camping on ___ nights \$15 per night	x ___	\$ _____	(note which nights)
	Additional contribution to the Ridge Trail and/or parks		\$ _____	
	New Membership/Renewal for ___ TWHA (\$20), ---MHA \$25			
	or ___ BARTC (\$40)		\$ _____	
	Ride Discount if membership dues included (-\$15)		\$ _____	

Trailer Info: Size: ___ (# horses) ___ / Tow Vehicle size / ___ (#) horses coming with this trailer

Please sign release form below and mail entry form & checks payable to TWHA to Total \$ _____

Morris Older, 50 La Encinal, Orinda CA 94563

2010 EB Hills Trails Benefit Ride Release of Liability

Name(s): _____ Telephone: _____

Address: _____ City, State and Zip Code-- _____

I acknowledge that horseback riding is a sport which carries inherent risks of injury and damage to myself, my horse, and property. I knowingly assume all risks, whether known or unknown, of horseback riding.

I hereby release the Tilden Wildcat Horsemen's Association (hereinafter referred to as TWHA), the Metropolitan Horsemen's Association (MHA), the Bay Area Ridge Trail council (BARTC), the East Bay Regional Park District (EBRPD), the East Bay Municipal Utility District (EBMUD), and the City of Oakland from all liability for any act of negligence or want of ordinary care on the part of TWHA, MHA and/or any of its agents. In consideration of my participation in this event, I waive, release, and discharge TWHA, MHA, BARTC, EBRPD, EBMUD, the City of Oakland and their directors, officers, agents, and members, their representatives, heirs, executors, and assigns from any and all claims of liability for injury or damage to myself, my animals, or my property arising out of my participation. This agreement is binding upon my executors, heirs, and assigns.

I expressly waive any rights I may have under California Civil Code 1542, which states: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him might have materially affected his settlement with the debtor."

I agree that I will indemnify and hold harmless TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their officers, directors, members, and agents against all claims, demands, and causes of action, including court costs, and actual attorney fees, arising from any proceeding or lawsuits brought by or prosecuted for my benefit, in which this release is upheld. TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their agents or employees shall not be liable for any damage which may accrue from any cause or as a result of fire, theft, running away, state of health, or injury to person, horse or property.

I acknowledge that I have read this Release of Liability and know and understand its contents.

SIGNATURE: _____ DATE _____

MINORS DO NOT SIGN THIS FORM-- PARENT OR LEGAL GUARDIAN MUST COMPLETE THIS SECTION

I, the undersigned parent or guardian of the above participant, in consideration of my minor's participation in the event, agree that the terms and conditions of this Release of Liability shall be binding as to damage or injury to my minor, his animals, and property arising out of his participation in events.

I acknowledge that I have read this Release of Liability and know and understand its contents.

NAME: _____ ADDRESS: _____ CITY, STATE & ZIP: _____

TELEPHONE: _____ : DATE _____ SIGNATURE: _____

Joe & Cindy Elliott's Whole Horse System™ Clinics

featuring

Touch N Release Body Work™



Rainbow Ranch Whole Horse Center 20 Harbern Way Hollister, CA 9XXX

Daily Clinic Fee \$150.00
includes lunch and water

Sign Up Soon!

Clinic participation limited
to 12 Horses/Handlers

\$50 non-refundable deposit
required to secure spot

Horses Available on Request

Auditor Fee \$25.00

Summer Clinic Schedule

June 19 • July 17 • August 14

9:00 AM – 3:00 PM

Attend One Clinic or Come to All Three

Returning Students receive **50% off!**

Experience the Whole Horse System

- **Evaluation**
Measurements that determine a starting point of flexibility, balance and movement
- **Groundwork**
Reinforcing boundaries and creating respect with your horse
- **Touch N Release Bodywork**
Simple techniques using light pressure while incorporating bio-mechanics and neuro-kinesiology methods
- **Healthy Hoof Care**
Understanding how a healthy hoof will promote balance & soundness throughout the whole horse
- **Diet**
Realizing the effects of a horse's diet on their mind and body



*At The Heart of the Whole Horse
System is a Passionate Desire
to Help the Horse*

For more information contact Cindy Elliott @ 831-634-1049
or www.joe-elliott.com / info@joe-elliott.com

Classifieds....

2 rooms and bathroom for rent. \$675.00 Can be furnished or unfurnished. Call Steve at 408 997-0368 Almaden area

ITA Chicashah Bey,

AERC#:H34253
Arabian, 15 hand, Bay, 11 year old gelding. Bey is an energetic fun horse. He is very personable. He can Top Ten whatever ride you would like to do. He would do well at Tevis. \$8000 OBO
Heather Reynolds 408 687 7082

I have a **black FreeForm treeless saddle** with leathers and a mohair girth for sale. 18" seat, used very little, in great shape. \$1250.
Barbara McCrary
bigcreekranch@wildblue.net

2001 Black Bay, handsome, gelding prospect. 15.1 hh. No AERC record, clean legs. Forward, enjoys the trail, 4.8 mph walk, nice smooth canter. Needs experienced rider. \$3,000. Email alex@northcpa.com or call 209-962-8900.



NEW portable corral system: Backed by Parelli and others. Light weight, very easy to set up, attaches to your trailer. Call or email me and I can send a short

video presentation.
Wendy Ebster
horsetwife@ymail.com

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Wendy Ebster writes: I have a new job: helping Haul Your Horse get trailers on their site.
www.haulyourhorse.com

Haul Your Horse is a website where anyone can rent a trailer; for a day, weekend, or longer. I will get a commission for any trailer I get on the site and gets rented.
SO PLEASE GO THRU ME I want to let everyone know of this service. Maybe you don't have a trailer anymore, and could use this site. Maybe you have a trailer collecting dust, as mine does 24 days out of the month, and would be willing to put it up for rent.
Wendy Ebster
horsetwife@ymail.com



11 YO 14 hh Arabian Gelding Endurance Prospect. Codigh ("Cody"). Adorable, highly personable, super-intelligent, Raffles/Indraff (Al Marah) AHA MV Double Vision AHR*564422 with superb ground manners, lovely gaits, Natural Horsemanship savvy, and lots of go. Will also consider a lease or boarding situation where you campaign and sell him for the usual and customary % of the sale price.

\$2500. Beverley.
sensei@horsensei.com. Video available. 650-868-3379

15.1 h gelding turns 9 years old in May, chestnut arab great trail/pleasure horse. Lots of personality! \$ 2,250 Tracy 408 391-8912

Training and conditioning for you and your horse: Winter rains, cold and snow slowing down you and your horses endurance conditioning program? Horses standing in mud? Are you riding in the rain? You will be soon. We can help at Ribley's Whispering Sands Ranch, located in southeast California near the Sierra mountains with dry desert conditions. Have your horse fit, healthy and ready to hit the trails soon! Call Robert Ribley for weekly/monthly rates. (530) 268-1378 or (760) 670-7677
email: mrribley@wildblue.net

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For sale: BCR Katherina Bey, 2A337107-1999 ¾ Arab Bay mare, 15 hands, Echstrordinary X Fad-Tiffany. Sweepstakes nominated. Price \$3,500
Has had lots of training (including Natural Horsemanship) but has no one to ride her at present. Strong uphill horse, surefooted, has considerable trail experience. With some conditioning she could be ready for a 50 in short order.
Barbara McCrary
bigcreekranch@wildblue.net



TAX SERVICE – Specializing in horses.

Trilby – 408-997-7500

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Saddle for sale:

Black Albion dressage saddle in good condition, \$1,100 or obo. It is an 18 MM K2 06651, saddle # 28740 which has been widened a bit and restuffed by David Gilpin. Please contact Judy Etheridge at 925 862-0232 or misxfire@yahoo.com for information.

I am selling this saddle for \$1200 including mohair girth 22", standard fenders worth \$205 or if you prefer standard stirrup leathers worth \$120 and E-Z stirrups from Specialized saddles. The seat is an 18" Classic X that has a slightly built up cantle and moulded "poleys" worth \$315 new. My cell is 415-235-5246. Lori McIntosh.



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Horse boarding facility at 20535 Rome Drive, San Jose, California. Stalls: \$270.00, pasture \$200.00 feed twice a day hi-grade oat and alfalfa. 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 the Quicksilver Park.

Trilby – 408-997-7500

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Sold your item? Let me know, so I can take it off the list!

EH

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TO ALL THE MOMS OF ALL THE TWO AND FOUR LEGGED CRITTERS OUT THERE: HAPPY MOTHER'S DAY!!

And don't forget.....



Just Coe Crazy 50/30

Come out on June 5, 2010 and enjoy the beautiful trails at Henry Coe State Park.

Just Coe Crazy will be a benefit ride, giving 50% of the profits to DreamPower Horsemanship.

Great Awards have been donated: 50 mile—1st place Equipedic Pad, BC Embroidered Cooler from Sporthorsefinder, 30 mile—BC Embroidered Cooler

This ride is an AHA Recognized Ride.

You can download an entry on the AERC website or contact Ride Manager Lori Oleson lriokson@hotmail.com or Ride Secretary Margaret Graham mugsbgraham@aol.com

IT'S NEVER TOO LATE TO JOIN THE QUICKSILVER RIDERS!!!!

FIRST: We need your name _____

And then your address _____

And your phone number, Fax, e-mail _____

And then we need your money! Senior membership is \$ 25 _____

Junior membership is \$ 15 _____
(a junior is under 16 years of age)

Total enclosed \$ _____

Why join the Quicksilver Endurance Riders? You will have the opportunity to participate in poker rides, moonlight rides, endurance rides, trail projects as well as attend monthly meetings, the Christmas party and the annual awards ceremony and saving the best for last, you will meet the best friends you will ever have!

How are our dues spent? Annual Yearbook/Calendar; monthly Newsletter; a representative voice in local horse politics; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your 2010 dues, checks made out to: **Quicksilver Endurance Riders, Inc.**

Mail to Membership Chairperson:

Maryben Stover
1299 Sandra Drive
San Jose, CA 95125-3535
408 265-0839

May you and your horse(s) have a
wonderful year riding together as members
of the Quicksilver Endurance Riders!!!



Quicksilver Endurance Riders, Inc.

P.O. Box 71
New Almaden, CA 95042