



Quicksilver Quips

August, 2010

What's inside

<i>President's message</i>	1
<i>Bits and pieces</i>	2
<i>Thirty buckles</i>	3
<i>Minutes and P&R story</i>	4
<i>Trail report</i>	5
<i>Just stuff</i>	6
<i>Fav photo & prez's message</i>	7
<i>Run, Dan, run!</i>	8-9
<i>Benefit ride</i>	10-11
<i>Classifieds</i>	12-13
<i>Join the club/pay your dues</i>	14

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Vice President....	Ildi Nadasdy
Secretary.....	Kathy Brayton
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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. . .

Tevis has come and gone. I find it amazing that an event, for which so much time preparation are involved, can be over so quickly. The night before Tevis, I went out and let my horse out of his pen and pondered the "full of the Indian riding moon". Camp is quiet now, I thought, everyone has gone to bed and is trying to sleep. In the morning I looked at the time and reckoned that the riders were to Squaw Valley and headed up to Granite Chief. And so the day went. Riders and horses in the heat and hills. Me, at home, making frequent computer checks, cheering when QS members and friends had cleared the checks and groaning (or worse) when they didn't. Congrats to all the QS members who finished. Cheers to those of you who made a valiant attempt on one of the toughest rides in the west. I salute you all.

My moon pondering brought me to thinking about difficult challenges. Certainly Tevis ranks high. Yet another challenge is one faced by the QSER Club. It is the apathy challenge. We like our awards dinner, our Christmas party, but getting more than 10 people to a meeting is worse than pulling teeth, even when I bribe with snacks and \$10 off coupons for horse feed. Are we defunct? Has everyone lost interest, moved away, too busy? Why do we have very few new members? Should we change the format of the club or abandon it altogether? Maybe we should meet once a quarter with the awards and Christmas dinner comprising two of the meetings. Any decisions made regarding changing the club will be made by a very small group of people. How we proceed is up to you.

Michael Newburn came to our July meeting to talk about plans for Mt Umunhum and seek our input. Less than 10 people came to hear him talk. Two of the attendees, Elisabet and Michelle, bless their fortitude, drove over the hill to attend. Here is an issue that impacts us directly as riders. It is disturbing that folks couldn't be bothered to hear what he had to say.

CONTINUED ON PAGE 7...

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

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 July Pop quiz: A very thirsty horse will not eat, even if he is extremely hungry. TRUE! A very thirsty horse will forego food until he can have water. Not only does this focus his attention where it's needed, but it keeps the horse from worsening his dehydration by drawing on internal fluid reserves for digestion.

=====

The August meeting will be at Becky and Judith's place (see President's message). September meeting will be in Scotts Valley, at Tony and Alba's pizza. Make a note of it!

=====

Training tip: Stages of pressure

A horse won't ever mistake you for another horse, but he'll be more responsive if you act a little like one.

What horses understand intuitively is body language. The lead mare establishes her dominance in a herd through a series of gestures that escalate in intensity. Clinician Clinton Anderson explains:

"She's going to do whatever she can to get the job done. She's going to start out by just pinning her ears and putting a bit of a sour look on her face and if every other horse moves out of her space, that's as far as it goes. If they don't, she's going to act like she's going to bite them. If they don't move then, then she's going to bite them. If they still don't move, then she's going to act like she's going to kick them. If they still don't move, she's going to kick them. So she goes through a few different stages of pressure. She just doesn't walk in there and start kicking everybody."

In the herd or the training pen, idle threats don't work; you have to be willing to turn up the heat with your horse.

Be consistent about it and you'll eventually have a horse that seems to respond to the lightest of touches.

Double harness

by Jack Blankenship

It's called trav'lin' in double harness,
or jumpin' over the broom.

Tyin' up the weddin' knot,
or hitchin' a bride and groom
Yessir, it's got lots of names,
monikers by the slew,

To label this here ceremony,
that ends with 'Yes, I Do.'

But these doin's are just the start,
then all the work begins.

So if I give any advice,
it's 'you best start out as friends.'

'Cause friends is folks you pick,
for reasons that are sound.

They may not be rich or pretty,
but you like to have 'em around.

Anyhow riches dwindle,
and pretty fades away.

But if your hearts are knit,
they'll most likely never stray.

I guess the best example,
is an old work team at night.

When turned into the corral,
they never swap it left for right.

They go everywhere in tandem,
never leavin' one another.

Keepin' a good eye peeled,
to protect their life-long brother.

Oh, they'll gladly take a kickin',
so's not to pain their pal.

Please pay attention, Pard,
that's how you best ought to treat your gal

And when hooked to the bob-sled
and the goin', it gets tough.

They tend to encourage one another,
it helps 'em through the rough.

You'll see 'em rubbin' on each other,
after their oats are ate.

I plead with you here girl,
show your man that you appreciate.

Now when the world gets heavy,
and oh, it surely will.

Won't you think of that old team,
I call 'em Bob and Bill.

But one thing we ain't covered,
is who has got the lines.

'Cause no one's on this earth
by their own designs.

So start each day on your knees,
and seek your Lord above.

Ask 'im to show you how to forgive,
and also how to love.

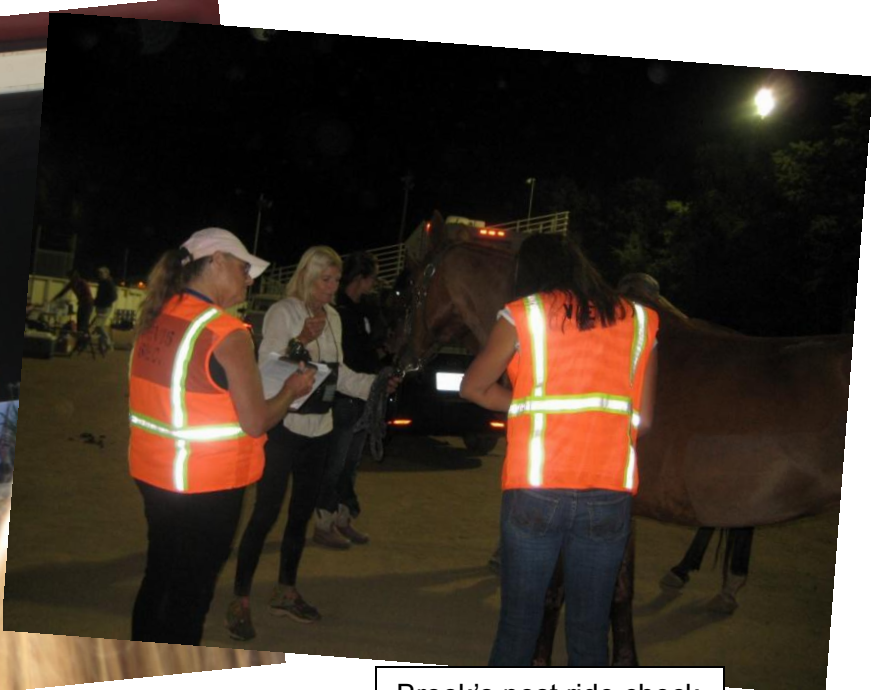
Never go to bed mad, or fail to
give your love a squeezin'.

See, when they made that harness
double, they made it for a reason.

**CONGRATULATIONS to Barbara White on her impressive 30 Tevis buckles achievement!!
We are all very proud of you!**



Julie presenting the buckle



Brook's post ride check

QSER MEETING MINUTES

July 20,2010, Almaden Clubhouse

The meeting was called to order at 7 pm. Those in attendance were officers: Becky Hart, Maryben Stover, Kathy Brayton and board members Elisabet Hiatt, Cathy Kauer, and Lori MacIntosh.

Other members that came were Scott Samson, Michelle (not sure of last name), and Mike and Jill Newburn.

The new club business discussed was that Elisabet would like a member to take over the newsletter for next year.

Maryben presented the treasurer's report. The balance is approximately \$4000. She gave Becky a detailed list of amounts of income and expenditures.

The focus of the meeting was a presentation by Mike Newburn on the development and preservation of the facility on the top of Mount Umunhum. He had many aerial views of possible trails, roads, parking lots and facilities. There are many options and he wanted the input of equestrians as to what would be important to have on the mountain.

The meeting was adjourned at 8:30.

Respectfully submitted,

Kathy Brayton



Mt Diablo P & R by Elaine Elbizri



One year ago, I rode my horse Katie in the 2009 Mt Diablo 30 LD. It was hot and on reflection after that ride I said to myself 'I've done Mt Diablo, it was a good learning experience.'

In June I volunteered to help with P & R at this year's ride. My friend and I arrived late afternoon on Friday set up our tent and staked our spot at base camp among the trailers and horses. We met up with the organizers who provided a great bbq accompanied with live music before the ride meeting. After helping with the clearing up we settled ourselves down for the evening.

That night was restless. I could not sleep, not because of the excitement of a ride but due to a wind tormenting brittle summer oak leaves overhead, a wind that got under the flaps of our tent all night and excited the horses who called to each other across camp. A big bright moon shone directly in to the tent. That lively wind blew away clouds and fog and we woke to a beautiful clear cool day. The first riders left at 5:30 am. I helped collecting numbers. We calculated that the LD riders who were racing would be back at 11:00 to 11:30. I was scheduled to do P & R at the end of the ride. With plenty of time for breakfast and a hike through Castle Rock, we enjoyed the early morning, the wind hung around. Walking the trail that Katie and I came home on last year was cool even cold under the trees. There were lots of streams crossing the trail I recalled last year how Katie dealt with lots of dry stony creek beds.

We returned to camp for a second breakfast. I got out my new expensive stethoscope donned my hat – the sun was beginning to make its presence felt. I wandered around camp where a volunteer offered me a cup of coffee I could not refuse. Then at 10:30 the first riders were sighted. I raced back to get my stethoscope and get in place at the finish line. There were three of the 30 milers coming in eager to pulse down with a first place at stake. My new scope helped a lot I could hear the kerthump kerthump kerthump of a racing heart and had to hold the rider back to cool her horse for a precious five minutes before I heard the steadier 60 beats.

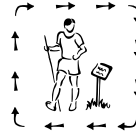
Two of us worked through P & R for the next few hours riders came in twos and threes throughout the day. For the most part they were smiling and said what a great ride. I recognized a couple who had been on the Coe Crazy ride where the husband who was new to endurance riding withdrew at the third vet check, his horse lost a shoe. At that ride both horse and rider appeared to have reached their limits. On this day at Mt Diablo he was all smiles and had a new encouraging view of endurance riding. Some riders took their time to finish to the point where 'an eclipse of the sun' extended the finish time limit.

In my ride last year Katie reached her limits at the third 20 minute vet check. We hung around there until she was eating and drinking everything I could put before her. I reached my limits when we got back to base camp and my friends forced me to sit down where I began to feel light headed and to fade out until drinks and food brought me back to life. I was so out of it I could not wrap Katie's legs because I was afraid I would get the wrapping the wrong way round. My lesson from that ride was to have plenty of stamina and get myself fit enough to care for my horse until she was back home in her stall.

As for P & R - have stethoscope, will travel. I look forward to taking on the Mt Diablo ride again and volunteering.



Trail Warrior Janice Frazier reports...



The 3 meetings held so far on the Santa Clara County Parks and Recreation Acquisition criteria had 50-60 people attending each meeting, some of those were people attending 2 or more meetings. There were people not from SCC attending. SCCPR will hold one more meeting August 18th (location to be determined) so stay tuned, as it is important to have a good equestrian presence at the meetings as there is a survey attendees do that defines recreational interest of attendee. And because of our SCC Park Charter fund measures we pass at elections, there is quite a lot of money at stake here and the underlying agenda for these meetings is that 2 board supervisors are wanting to divert the SCCPR funds to fund urban parks. Summary of meetings so far:

Tim Heffington, the county park real property agent, and Patrick Miller, of 2M Associates, outlined the background and the expectations. The "county" has decided it is time to update its parks acquisition program to account for new understanding of unaddressed needs for park lands and recreation opportunities, including trails, among many other things. The participants got a quick overview of the various plans and policies that currently direct acquisition strategy, and a list of criteria distilled from the policies. Tim and Patrick particularly mentioned the 1995 county trails master plan as one of the drivers of acquisition planning in the last 15 years.

Attendees were asked to break into small work groups at 5-6 tables and tasked with evaluating the criteria to use for ranking potential future acquisitions, and to define new criteria if they felt other criteria were needed. The criteria were lumped under 6 categories derived from the various existing policies and plans:

- Countywide significance
- Partnership
- Linkage
- Use Opportunity/context
- Financial
- Timing



The evaluations of criteria were to be kept on a higher level than individual projects or properties - although one vocal set at each meeting had specific pet projects they kept mentioning (expanding motorcycle park). All participants voted their preferences on criteria with green stickers, and their disapproval with red stickers, all affixed to poster-sized charts. Since there were many possible items to vote for or against, some items received few or no votes at all. The bright stickers on the large posters made it instantly obvious where the groups' preferences and disapproval were focused.

Beyond general support (if not consensus) for criteria under the heading "countywide significance" these items were added at most meetings:

- raised the call for significant habitat preservation and restoration as specific goals of parks acquisition, but that such properties should accommodate public access.
- encourage wildlife corridor addition, again still accommodate public access
- encourage partnerships - especially private
- want to see more places for active recreation, ie motorcycle parks (funded by fee collections from users -- they made that a selling point of their reports). The motorcyclists turned out in numbers plentiful enough to swing the vote on a couple of the posters.
- the issue of using charter funds for urban, infill parks (ie using county funds to acquire property for city parks) was given almost no support by any group

The opinions collected at the workshops will be distilled and presented to the Board of Supervisors at its August 24 meeting. After that the Board is likely to direct staff to do more analysis and perhaps draft a new acquisition policy. Much work and time remains before such a policy would take effect.

Remember there is one more meeting you can attend to help make a difference so mark your calendar for August 18th!

It's your chance to help keep our SCCPR funded vs. urban parks and make sure everyone knows equestrians are not a dying breed. I'll email out to QSER forum the location and time once set.



Mystery photo!

Maryben sent this photo... do you know the riders? We do not know who rider #1 is, (starting from the left), but we do know the rest. Do you recognize anyone?? Are YOU in the photo? Send us a note and let us know or take a guess! We'll let you know next month.

Here are some of the answers:

Karen Chaton says: From left to right: Marily Woodhouse, Smokey Killen on Bandit; Tom Bowling, Trilby Pedersen and Les Carr.

Becky says: I recognize Smokey Killen on Bandit. I think the guy with the mustache might be Jeff Brisco. Les Carr is on the right.

Maryben says: #1 is Marily Laine and her horse is Irish Becky. I am pretty sure she was a mustang. She and her husband Scott are the ones that gave me Rushcreek Q-Ball. How is that for trivia. I doubt that anyone would recognize her and maybe not Trilby (on Rushcreek Lad). Smokey on Bandit and Les on Rom (Could be Buffalo Bill) and Tom on 3228 are pretty recognizable. XP Fall of 1985 as best I can figure.

By the way, if you were wondering who wrote the "Dear Daddy" letter published in the June Quips, it was Julie Suhr!

The August issue of the Santa Cruz County Horsemen's is viewable at: <http://www2.cruzio.com/~candg/Aug2010.pdf>

'Tis more to guide, than spur the Muses's steed;
 Restrain his fury, than provoke his speed;
 The winged courser, like a gen'rous horse,
 Show most true mettle when you check his course.

Alexander Pope (submitted by Judy Etheridge)

Trailer safety hint:

Make sure your hitch is easy to operate, with all parts moving smoothly. If the hitch is difficult to manipulate, a spring or pin may need replacement--a job for a trailer mechanic. Also check the welds that attach the hitch to the trailer, especially those that you don't normally see underneath the mechanism; even a hairline crack in this area is serious. Finally, grasp the jack handle and wiggle it back and forth. If it moves at all, the gears inside may be beginning to wear.

I totally take back all those times I didn't want to nap when I was younger.

The economy is so bad that ...

I ordered a burger at McDonald's and the kid behind the counter asked, "Can you afford fries with that?"

THE POTTY

A little three year old boy is sitting on the toilet. His mother thinks he has been in there too long, so she goes in to see what's up. The little boy is sitting on the toilet reading a book, but about every 10 seconds he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of the head with his right hand. His mother says "Billy, are you all right?" You've been in here for a while... Billy says: "I'm fine, mommy, I just haven't gone doody yet" Mother says: "OK, you can stay here a few more minutes, but Billy, why are you hitting yourself on the head?" Billy says: "works for Ketchup!"

Favorite Photo: Judy Etheridge and Orion on the Coast Trail at Point Reyes.



President's message – continued....

The August meeting will be at our house. There is a nice 8 mile trail nearby if anyone wants to come early for a short ride. There will be a hot dog roast. If you have a bar-b-que, please bring it as we don't have one. Hopefully the weather will warm up and we can enjoy the deck and views. If not, there is room inside.

A-H – Desserts (start with the most important)

I-L – Salad

M-R – Buns

S-Z - Condiments

Bring your own meat – hot dogs or hamburgers and drinks.

See you there!

Becky

DIRECTIONS TO BECKY AND JUDITH'S HOUSE: 101 to 156 - San Juan Bautista exit .Go right on 156 (only way you can go). Go two miles to the stop light, turn right on The Alameda. The Alameda turns into Salinas Rd. Stay to the right. Go 1.8 miles, turn right on Renton Ct. We are the first driveway on the right. People can ride on the Anza trail, the trailhead is off Salinas Rd, on the way to our house. There is a dirt parking area next to the basketball court.

It is a 4 mile out and back trail with beautiful views and a nice climb. They can park rigs at our house after their ride. Horses will need to be tied to the trailers.



Run, Dan... Run!!!



When I was a kid, I used to watch Superman on TV all the time. I thought it was kind of funny that he would stand upright and unmoving while the bad guys shot at him (and the bullets bounced off) but when the crooks ran out of bullets and threw the GUN at him, he would duck! Well... eventually I figured out that Superman was not real, and that no one could do the feats that he did... until I heard about these strange people, who distinctly display a "Superman-ish" trait by running 100 miles in 24 hours or less, at an event called "The Tevis Run". Holy smokes... can you imagine?

A short time ago, Marvin Snowbarger introduced us to Dan Barger, who ran the race this year and came in 10th place. His time was 17:36:34 and had he been a horse, he would have come in 6th place at the Tevis Endurance ride last year! There was some behind the scenes betting going on (is that legal?) and Marv won some Starbucks coffees thanks to Dan's amazing race... although Pat McDonald has offered congratulations along with a bribe to Dan, to "take a fall for the cause" and not let Marv win a bet again. I guess we don't get to enjoy any of the (now highly illegal) coffee, but we are lucky enough to have some questions answered by Dan himself on his race, training etc. For those of you who would like to see Dan's photo and times through some familiar places, go to <http://ws100.ultralive.net/webcast.php> and check it out.

This is what Marv writes about Dan: "Dan arguably has been the best all around endurance talent in this area since he was a teenager. He's finished Tevis, competed and organized mountain bike events, developed business success with his California Sports Marketing Company (adventure racing), and, of course, is a top-level ultramarathoner. And there probably are more athletic accomplishments that I know nothing about (he may also have finished the Hawaii Ironman competition).

He and his family lived across from the Santa Clara County Horsemen's facility on McKean Road for many years and were active in our club. The entire family rode endurance and Dan's father, Mike, was president of QSER in 1981.

Pat McDonald is also a former QSER member, active during the decade when I was president of QSER for a couple of years. Pat has finished Tevis 8 times, finished many other endurance rides, has run countless ultramarathons, and now is competing in triathlons. He lives off McKean Road by Santa Teresa Park, where he rides and runs all year long.

Pat's been my pacer at many of the ultramarathons I've run, including Western States during the early part of this decade. We've trained hours and hours together. He's about the only one who puts up with my lack of speed. We still laugh when we recall a weekend conditioning *run* in Quicksilver Park where some boy scouts called us "*fast walkers*" as we passed them on a single-track trail. Now, that's a reality show!"

Pretty cool, uh? (too bad he is not a horse!) Hey, Dan, there is this tall building I'd like to see if you can jump.... Elisabet.

Q & A's for Dan Barger, who finished Top 10 at the Western States 100 Mile Endurance Run

1. How did you prepare for this year's race? e.g. diet, conditioning, other events.

I started with the HURT 100K in HI in mid January, ran a couple of training runs in the Spring, Cool 50K and the Lake Sonoma 50 mi. Not much racing, really, but good training. Was under full swing by early May. I headed to the Masasanutten 100 mi in Virginia mid May with a good result but more importantly it confirmed that my training was on track. Six weeks later I was at the start line in Squaw Valley. I try not to eat red meat but once a week, heavy on the veggies, pasta, chicken, beans and easy on the milk products.

2. Did your race strategy play out as you intended?

It did. A snow route was implemented by race management which avoided severe snow but left runners with a few miles of snow, 3 mi of pavement and half a dozen of hard dirt roads. This change made the course a little bit faster but seemed to work the legs more than I had expected (possible because of the pace). By Robinson Flat (30 mi) I worked the middle part of the course through the flats and ultimately through both canyons as planned arriving at 2:17pm, my target was 2:15pm. I arrived at Forest Hill by 3:18 where the real race began. In the past I have had some slowing during the run to the River Crossing at mile 78 and ultimately slower again the last 22 mi in. This year I was able to run smoothly to the River in 2 hrs 50 min which set me up for the final race for 10th place over the last 20 miles. My race was with Erik Skaden of Folsom who has been in the top ten each of the last 5 years with a high of second. We both wanted the tenth place and at the time we were 20 minutes behind 9th which I was able to close to 5 minutes by the finish. Erik and I swapped places at least 6 times over the last 20 miles. The final pass came as we descended from Cool down to No Hands Bridge.

I decided to push that three mile section and was able to open 4-5 minutes and was able to run to the finish unchallenged in a time of 17 hours 35 minutes.

3. Did you have to deal with any injuries during the run?

None during the run, a constant state of metabolic and physical monitoring kept my mind busy throughout the day.

4. What do you eat: prior to the run, during, and after?

I stop eating any protein by wed before the race and concentrate on pasta, and veggies with some bread as the weekend nears, during the run I rely on an all liquid diet, with energy gels, & electrolyte drink. This enables me to consume about 2500-3000 calories throughout the run, but some studies show a burning of 14,000 during a 100 mi run. After the run I allow my body to dictate the food, but pretty much nothing is off the menu and as you can imagine the quantities are large, full meals every 2-3 hours during the day for a few days following the event.

5. How did your wife, Kim, contribute to your run?

She is amazing not only crewing for me during the run and helping out afterward she was able to pace me the last 22 miles last year, this year she paced from the river to Hwy 49. One of the most important things that she has helped with is dropping me off somewhere out at a trailhead between 25-40 miles from home and I run back. This type of support has allowed me to keep fresh, and motivated prior to the race.

6. Finishing Top 10 was your goal and you achieved that, but, during the run, did you ever doubt your success? When did you know for sure that you had the Top 10 placing?

I knew when I hit Robie Pt at mile 98.5 that I had tenth, up until then I was not sure, a lot can happen in a run of this length and there are no guarantees.

7. Will the motivation for next year's WS Run keep you in training? Do you take time off in order to relax your schedule of work, conditioning, and building your house on the Western States Trail in Auburn?

No, while WS100 is a primary event for me I really like doing other 100s in areas of the country or internationally in fantastic places. I have two more hundreds planned for 2010, Swan Crest in Montana four weeks after WS and then Cascade Crest in Washington four weeks after Swan Crest. I should be in pretty good shape by then. I used to take off the winters... 20 years ago... but I found that it was far too hard to get the fitness back so I don't take any breaks.

8. Are there special "magic pills" that keep you doing all this year-after-year?

There are no magic pills, not to compensate or make up for training. People keep looking but I have never heard of it. I feel that rather than look around for something that is most likely not there anyway, why not just train? Training = Racing. I run because I love covering the miles quickly, seeing weather change in front of me and pushing my internal limits, that is what has kept me running in the mountains for 29 years now.

9. During the run, do you actually see the beauty in your surroundings, or are you too intent on the trail, your body, the competition, etc.

To be as honest as possible no, I don't see much of the beauty "during" the race. I see a little here and there but mostly I am consumed with foot placement and the monitoring I spoke of earlier. Training runs are where I take time to explore and see the sights.

10. What is your long-term goal for participation at the Western States 100 Mile Run?

I would like to get my 1000 miles – Ten Day buckle. Five more to go

11. Marvin Snowbarger bet Pat McDonald that you would finish Top Ten, for a 3:1 payoff of Starbucks's coffees. Did the knowledge that you would share in the proceeds of that bet provide overwhelmingly critical and significantly strong motivation to reach your Top Ten finish?

Those guys.... I think Marvin might have had a little more access to information than Pat did when making the bet, I can't wait to see what they got planned for next years WS100.

In Adventure
Dan Barger.

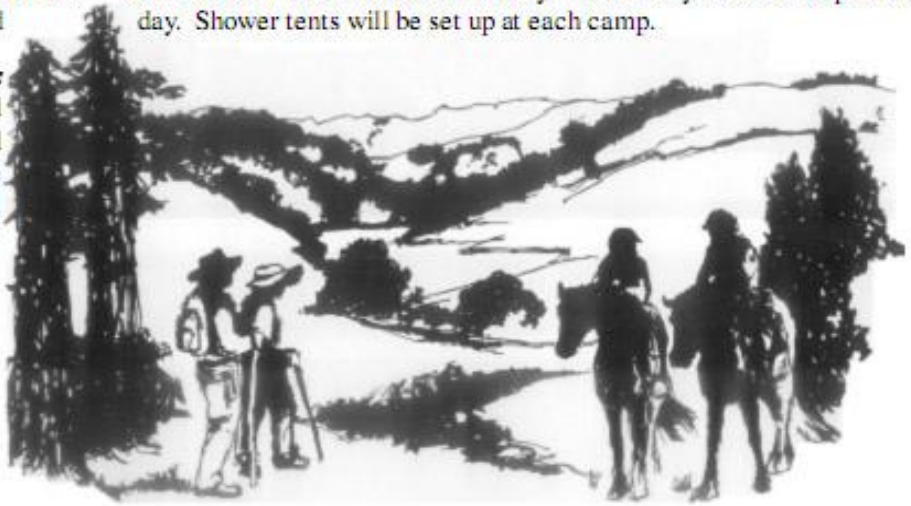
Ninth Annual East Bay Hills Trails Benefit Ride Wednesday, Sept 1--Monday, Sept. 6

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 misxfire@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: _____

Classifieds....

Senior Citizen Caregiver
English Speaking, reliable,
dependable, honest person
seeking employment as a senior
citizen/handicap companion
helper.

Light housekeeping, good cook.
No alcohol, no smoking and no
drugs

Gilroy, San Martin areas
References upon request
contact: Susie Sotelo
cell: 408-607-9436

=====
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

=====

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 (AI 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: mribley@wildblue.net

=====

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

=====

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.

=====

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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**HORSE MANAGEMENT
 WORKSHOP**

Topics Covered

“Gentle to Ride” “Developing Feel
 Between Horse and Rider” How
 the Horse Learns” “Control the
 Feet, Control the Mind” “Tack
 Function & Construction” “Build
 Good Habits, Discourage Bad
 Ones”

*Presented by ERIC HOUGHT from
 McKinleyville, CA*

*\$200.00 per person only 10
 people and their horses per
 workshop which provides more 1
 on 1 time...*

*Friday August 27th 6:00pm-
 08:00pm open discussion
 snacks and beverages
 available*

*Saturday August 28th
 09:00am 4:00pm*

*Sunday August 29th
 09:00am-4:00pm*

*LAKESIDE STABLES on
 McKean Road across from
 Calero Reservoir in San
 Jose, CA*

**HORSE MANAGEMENT
 WORKSHOP**

*Fri 08/27 (optional) 08/28 and
 8/29/2010 09:00am to 04:00pm
 (break for lunch)*

Rider/Student Name:

Address:

Phone:

e-mail address:

Horse's Name:

Breed:

Age:

Primary Use:

Pleasure/Trail

Endurance

Show

WORKSHOP GOALS:

Mail your registration form to:
 Mary Anderson
 5860 Sentinel Street
 San Jose, CA 95120

*408-891-8878 e-mail:
horsemileage@hotmail.com*

*All registration forms must be
 submitted prior to June 15, 2010
 due to limited class size.*



=====

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

=====

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 your 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