



# Quicksilver Quips

August 2016

## Inside This Issue

<i>President's Message</i>	1
<i>Calendar, Treasurer's Report, Endur. 101 Clinic</i>	2
<i>History of the Castle Rock Ride</i>	3-5
<i>Iceland Horse Trip You Almost Didn't Have an Editor</i>	6-9
<i>My First 25-Mile Ride</i>	10
<i>My Tevis Ride, Tevis Finishers, East Bay Events</i>	11-16
<i>Classifieds and Services</i>	17-21
<i>Humor and Birthdays</i>	22
<i>Membership Application</i>	23
<i>Quicksilver Mission Statement</i>	24

## Officers

**President.....Jill Kilty-Newburn**  
**Vice President.....Barb Granter**  
**Secretary.....Melissa Broquard**  
**Treasurer.....Trilby Pederson**

## Board Members

**Elisabet Hiatt**  
**Jayne Perryman**  
**Pat Verheul**

## Newsletter Editor

**Barbara McCrary**  
[bigcreekranch@wildblue.net](mailto:bigcreekranch@wildblue.net)

## Quicksilver on the Web

<http://www.qser.net/>

## President's Message – August 2016

A good part of the Quicksilver crowd turned out for the mid-summer party on July 16. Michael grilled up sausages, folks brought an impressive array of salads and side dishes, and Trilby lead the charge on rounding up a great selection of ice cream and toppings for dessert. It was nice to have time to just relax and visit, as well as hear from some of our club members on their areas of expertise.

The big topic of discussion for the meeting portion of the evening was around the idea of partnering with the Santa Cruz County Horseman's group to ensure that the Fireworks Ride will continue in future years.

When I look back to the first few years that I started doing endurance rides in the 90's, I find a long list of rides right here in the Bay Area that are no longer happening – Diablo Vista, Oakland Hills, Mustang Classic, Castle Rock, Shine and Shine Only, Del Valle, Swanton Pacific, and Wine Country, among others. There are many reasons why these rides are no longer happening (too many to list here) – but we also know that we are blessed to be a part of a *community* that can save this one ride.

As a club, we have the opportunity to work in partnership with the Santa Cruz Horseman's group to make sure that this beautiful ride continues to be put on, and that it happens in such a way that the physical, financial and emotional burden does not need to be carried by one person. When all of the labor needs to be borne by one person, or even a small group, the act of putting on such a complicated ride is a tremendous effort!

What your Board proposes is that we embark on this opportunity together, so that we will continue to have rides right here in our area that we love to go to, and that attract new local riders to our sport. We are under no illusion that we can do this alone, so I ask you as club members plan to participate in making both our Quicksilver Classic and the Fireworks Ride for 2017 successful. There will be trails to clear, vet checks to staff, and all kinds of activities that we will need your energy and expertise.

Please watch for the dates for these ride in the next issue of the Quips, mark your calendars, and plan to be part of ensuring the future of endurance in the bay area with the Quicksilver community.

Jill

## Club Camp Out and Movie Night – August 27, Graham Hill Showgrounds

The Santa Cruz Horseman's group will once again be hosting us for a camp out and potluck dinner on August 27. Here is the schedule of events:

- 9:00 - Gates open – you are welcome to come anytime after this for a ride, and to set up your camp.
- 10:00 – Introduction to Endurance Riding Clinic
- 4:00 – QSER Board Meeting
- 5:00 – Potluck Dinner. Please bring a dish to share; the club will provide the meat for the main dish.
- 6:00 – A showing of the movie “Unbranded”

Hope to see you there!

## Quicksilver 2016 Calendar



- Camp-out with SCCHA—combined meeting—August 27
- Quicksilver Club Meeting—September 21 (location TBD)
- Quicksilver Ride—October 1
- Quicksilver Meeting & Ride—October 22 (location TBD)
- Quicksilver Meeting (TBD)—Elections
- Holiday party—December 3—Almaden Clubhouse



## Quicksilver Endurance Riders Treasurer's Report (June)

**\$8,411.79 - General Account**  
**\$1,074.34 - Trails Account**  
**\$ 454.38 - Junior Account**

## Endurance 101 Clinic

### Santa Cruz County Horsemen's Association Camp Out

By Jayne and Jennifer Perryman

On Saturday, August 27<sup>th</sup> at 10 AM, we will hold an informal Endurance 101 Clinic at the Graham Hill Show Grounds in Santa Cruz (1145 Graham Hill Road, Santa Cruz, CA). The clinic will loosely follow the framework created by Susan Garlinghouse, DVM. Active members of the Quicksilver Endurance Riders and/or the Santa Cruz County Horsemen's Association are invited to participate in this free event.

This clinic will start at the clubhouse with a short talk about endurance, the great variety of horses and horse people that participate. We will discuss the importance of tack, conditioning and feeding.

The “hands on” portion of the clinic will include a mock “vetting in” and then a guided ride on the trail. While on the trail we will demonstrate how to keep a pace that is middle of the pack, how to safely pass or let others pass, and how to maneuver through obstacles.

When we get back to camp, we will conclude with learning how to take your horse's pulse and respiration and have a question and answer period.

Bring your horse, your lunch, a folding chair and your questions. We will be camping out, so we are happy to show you how we set up camp, our feeding rituals and how to take care of our horse after the ride.

P.S. Experienced riders starting a new horse in endurance and want to practice are welcome.

# Ride History Pre-AERC

## Henry Coe State Park and the First Castle Rock Ride

We all know that the first modern day endurance riding in the United States began in 1955 when Wendell Robie put out the challenge to ride 100 miles through the Sierra Nevada in less than 24 hours. The early ride began in Tahoe City and ended in Auburn during the summer harvest moon. Western States 100 or Tevis Cup, has been held every year since the inaugural journey of five men. Horse enthusiasts all over the world dream of earning the covenant buckle given to every finisher.

In the 1960's, Tevis participation was increasing. Riders didn't want to wait a whole year before they were able to hit the Tevis trail so other rides started to pop up.

The first ever endurance ride outside of Tevis was held in 1963 at Badger Pass, California. The ride was put on by Linda and Went Tellington.

The next ride that I was able to determine was the Castle Rock Challenge Ride and it was held at Henry Coe State Park on May 14, 1967. Although the ride location changed after this first year, it was the beginning of an era. The Castle Rock Challenge Ride continued every year until May 2000. It was at the time, the oldest, longest running 50 mile ride in the country.





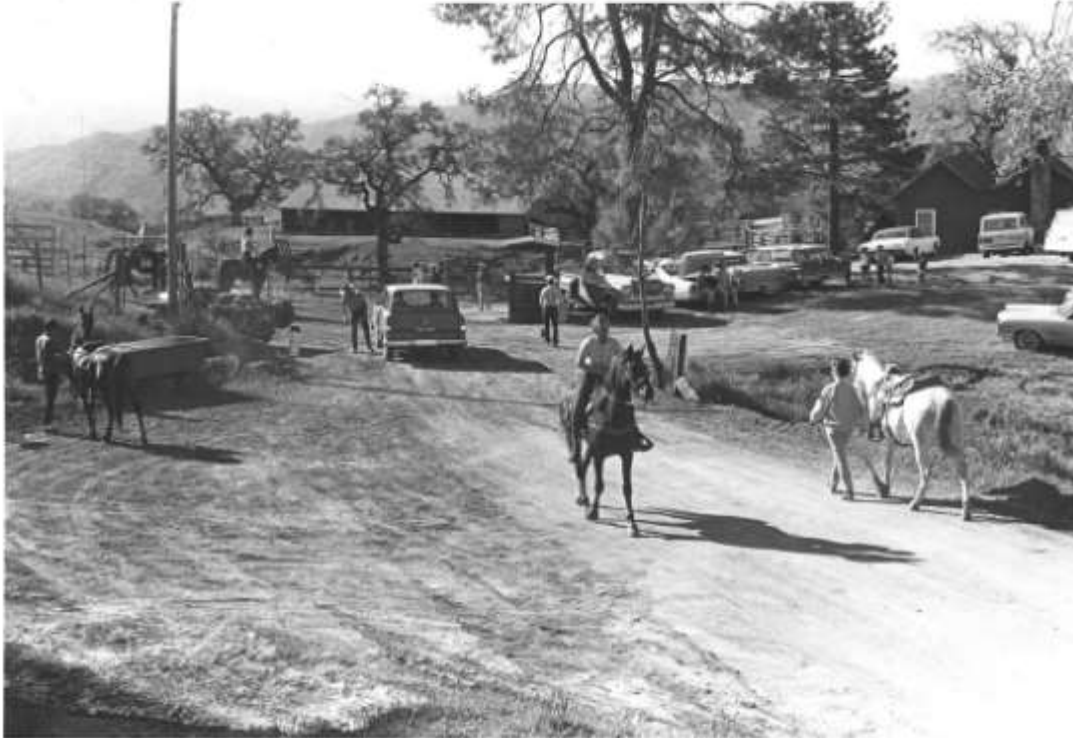
The ride was founded and managed by Julie Suhr as part of the Castle Rock Horsemen's Association. At the time, Julie was the only person on the committee or even in the Association who had even watched an endurance ride. She showed so much enthusiasm for the new sport that the Association was willing to back her up. In the Nov-Dec 1972 Endurance Digest Julie wrote, "The committee and I worked with was the greatest ever...none of them had the vaguest notion what an endurance ride was all about so they accepted everything I said as the gospel. Having grave misgiving over my own knowledge, I simply copied the rule of the Tevis Cup figuring that Wendell Robie knew what he was doing even if I didn't."

Several locations were considered for this first ride but it was settled to lay out a 23 mile course at Henry Coe State Park east of Morgan Hill up Dunne Avenue at the main ranch house. It was scheduled for a Sunday in April 1967, but the weather had something to say. It snowed a few days before the ride and the ranger closed the park to the public.

Frantically, management tried to contact all the registered riders, but the ones coming from Nevada were already on their way. Management met the riders from Nevada to tell them the situation. They were 'good sports' and turned to head home. They even came back the following month to ride.



The ride was re-scheduled for May 16th. The weather changed from snow in April to 90 degree heat the weekend of the ride. The head veterinarian for the ride was Dr. Bill Throgmorton from Gilroy. Management was very happy with the turnout of 26 riders. The first person to cross the finish line was Bud Nielsen of Los Gatos in 2:08. The ride manager (Julie) had made a last minute rule stating, "this year's winner is next year's chairman". What a great rule!



Photos taken at the ride are from Charlie Barieau. Charlie was a friend of the early Tevis riders and loved the sport. He was a bachelor that was free to travel to all the rides that started popping up throughout the west. He was the only photographer present in the early years. Without Charlie, we would have no photographic record of rides in the 1960's and early 1970's.

Although the first Castle Rock Challenge was not a full 50 mile ride, many riders were hooked on the idea of endurance rides outside of the original 100 miler at Tevis. It was not until the Castle Rock moved locations a couple of times the first couple of years did it achieve a full 50 mile trail.

It was a long time ago and things have changed a lot in the past 49 years. Since that original Castle Rock Challenge, Henry Coe State Park has hosted a few other endurance rides in the 1990's and 2000's including Quicksilver Spring and Fall Classic and Just Coe Crazy.

By Lori Oleson

**Editor's Note:** In an attempt to create a full 50-mile trail for Castle Rock Challenge Ride in 1969, Sheila Manchester contacted Lud McCrary, from whom she had bought lumber, to see if he could help lay out a trail from the sea to the summit. Leo Frank was willing to host the finish line. Lud did know of connecting trails from the coast as far as the Saratoga Toll Road, where Sheila's knowledge of trail began. The connection of the two trails was a success. In following years, the trail changed to allow a full loop trail instead of a point to point, making it much easier for riders. They then did not have to move their trailers, and ride management offered crewing necessities at vet checks.



# Iceland Horse Trip

By Mike Maul

I just got back from a great trip in Iceland on Icelandic horses. It was a 7 day trip with 6 days of riding. The horses were very smooth riding in the tolt. Icelandic horses have 5 gaits - walk, trot, canter, tolt, and pace. Iceland has 300,000 people with 400,000 sheep, 200,000 dairy cows, and 100,000 horses. Most of the horses are in the countryside owned by farmers.

The farm we rode out of Hekluhestar (The horses of Hekla) <http://hekluestar.is/about/> is located near Reykjavik. From there we rode out in a big loop around the volcano Hekla (nicknamed the Gateway to Hell) back to our start. The longest day riding was about 30 miles. The areas along the coast were lush and green...



while the highlands around the volcano were black lava sand and lava rocks. We rode to the calderas where there had been huge eruptions in the 1400s and the 1780s. Now they are huge deep pits with lakes at the bottom.



**Iceland** Continued on page 5

Here's a sample of some of the farm horses. The horses were all varieties of colors with the Icelanders saying there are more than 200 color variations. They are small - 13-14 hands but a few get as large as 15 hh.



We stayed overnight in hiker's huts or renovated shepherd's huts. No electricity but propane for heating and cooking. The roof of the older ones was grass and dirt. Some photos of the huts are:



There were 13 of us in the group - seven from the U.S., three from Switzerland, two from France, and one from Belorussia (Belarus).

One thing that was difficult was sleeping at night. Sunset was a little after midnight and sunrise was a little before 3 AM. It never got dark. The sun just went a little below the horizon.

*Iceland* Continued on page 6



We rode several horses during the roughly 120 mile loop. The 25 loose horses rode with the group and stayed with us. They stayed in an electric fence enclosure at night.



Saddles and other gear are:



We soaked in the hot springs and had lunches on the trail.



*Iceland* Continued on page 7



Here are some photos of me and my mare Gletta:



It was a very nice trip and I recommend it as a great vacation. I did see the following in Time magazine the day I returned:

"A volcano in Iceland nicknamed the Gateway to Hell (Hekla) is poised to erupt at any moment according to University of Iceland volcanologist Pall Einarsson, who based his forecast on pressure readings. He said it could cause a 'major' disaster."

Good thing it didn't go off while we were there...

Lots of additional photos are at

<https://www.dropbox.com/sh/lytjul1iy02898k/AAC9z12rMtJoapitMoEwsL3wa?dl=0>

## *You Almost Didn't Have an Editor...*

By Barbara McCrary

One day I was looking at Facebook and enjoying myself as usual. I love to try the quizzes and every once in awhile, I open some other link that looks interesting. The one I chose was "Which side do you sleep on, and why it's not good for your health to sleep on your right side" or something like that. Since I tend to sleep primarily on my right side, I clicked on the link. BIG MISTAKE! My computer began beeping loudly, and the screen went into a wild flashing of intense black and white. It was quite painful—literally—to see and hear. A message popped up advising me to call a toll-free number (which I did.) ANOTHER BIG MISTAKE! A very foreign-sounding voice answered, representing a very legitimate-sounding company. He said he could fix the problem and wanted access to my computer. At this point, I'm beginning to get a little nervous. Having been hit with a couple of other scams in the past, and lost a small amount of money, I began to get suspicious. Now, I'm not a suspicious person by nature and I like to trust everyone, but this was beginning to bother me. I said, "This isn't for free, is it?" The voice mentioned a rather large sum of money—somewhere between \$400 and \$500. I said, "Forget it!!!" and promptly hung up. I then disconnected my computer from its power source and the satellite dish that provides my connection online.

I called the computer shop where I bought it and they explained everything, advising me to bring it in for a good thorough cleaning.

They wiped everything off, re-installed almost everything, and added a couple of programs for future safety. Two extra trips to town, a couple of weeks later, and about \$250 less in my bank account, I brought it home and investigated what had been repaired.

At first, there were numerous little glitches that I had to straighten out, but after two days of tinkering, it looks like I'm back in the publishing business, as well as e-mail, my checkbook, databases, spreadsheets, card games, and Facebook.

The best information I can get from the repair shop is: The quizzes are OK, maybe, but don't open links to health issues, recipes, photos of movie stars, and the latest gossip from the UK royal family.

I am so tired of having to be suspicious and mistrusting all the time when using the computer. I'm just not that kind of person, but I guess I'm going to have to become one.

I'll bet Mike Maul, who has coached me, helped me, and solved my computer problems for several years is thinking "Barbara, you should have known better."

I'm learning, Mike, I'm learning...

# My First 25-Mile Ride

*By Liz Kinoshita*

Even if it was just an Intro Ride... I entered the Shasta-Trinity/Weaver Basin Express Ride over the July 4th weekend...a big Thank You! to Audra Homicz with family & crews who worked tirelessly to make sure teams had the best experience. I originally signed up for 15 miles...but after the first 10...Mocha passed all Vet checks and still had fuel in her tank (another big \*thank you\* to Leslie {sorry - didn't get her last name!} for letting this green bean tag along on her 25 mile ride!) With a bit of encouragement...I decided to give another 15 a try! Great company, beautiful trails and a horse who still gets "race brain" even after 25 miles, made the ride exciting and fun! Mocha finished the ride in better shape than her rider.



Liz and Mocha

*Photo credit - Lisa Chadwick dba Boots n' Bloomers*



# My Tevis Ride

By Sarah Gray

Somehow everything has come together and here we are. Annabelle tells me that the lights that I see up on the hill is our finish line. As I get closer I hear a crowd cheering and clapping. Adrenaline is pumping through my sore body and tears are welling up in my eyes. My heart is beaming and burning with love for my horse, my dear, dear friends I am riding with, and the whole community of people who helped me get to this point.

What seems like a week ago - 24 hours ago - we were getting up in the dark. Sleep deprived but excited, I assemble my gear and carefully tack up my

boy. He is strong and ready. I hear the other riders quietly assembling their gear as well. The tension is thick in the air, even more noticeable than the dust. My partners in this ride are Matt and Tal, my partner and a junior rider that we are sponsoring. We walk out the horses toward the start line with plenty of time. Others join in the walk, all quiet, only the footsteps of the horses, maybe 7 or 8 in front and behind. As we approach the start area (pen 2 for us) glow sticks illuminate the area. I mount up and begin to do large circles, trying to calm my horse and my nerves. It seems like forever and I finally hear "pen two its time!!". We move forward, and join into a sea of horses. There are horses in front, as far as I can see, horses on both sides and horses behind. There is no room to make any choices, we all are moving forward, together, as one. I call back to



Matt "try not to lose me or Tal!!", but I know that this may not be possible. This flow goes on for miles, all of us moving as one. Eventually we are on single track so we are one long string of trotting horses. There is no room to pass, or be passed. We all go the same speed.

The sun slowly lights the sky, and we pass one rider whose horse had tied up. We pass a stirrup on the ground. We pass three glue-on boots. It is so early to see issues come up. We wind up and down the trail cross over the bridge and climb up- and up- and up. Soon we are on the top of the Sierras and can see both sides, Lake Tahoe on one and miles and miles of peaks and canyons all the way to Auburn on the other...what lies ahead for us. Big boulders and tough rock line the sides of the trail. Yellow flowers that look like small sunflowers grow out of these rocky areas and purples and whites. It is beautiful. The rising sun is casting twenty foot shadows of horses along the downhill side of the ridge. The dust gets so thick at times that I can't see anything except the horses rump in front of me. I have to trust my horse will take the right course. And he does. We continue along for miles.

I wasn't going to go over Cougar Rock, but Matt wants to so we do it. My Simmer goes first, and is backing up rather than going forward. I am scared we will go off the cliff. He doesn't understand - there is no trail! Where do you want me to go?? It is a huge boulder! You want me to jump up that thing?!?. Yes I do, my boy. Eventually he does. I throw my arm in the air...YES!!.. we climbed "the Rock!" Even if we only make it to the next vet check, we climbed the rock. On and on for miles we go. I think about my friends who have done the ride and not made it through. But they have done this part.. and I know now what they did. It is hard. It is one climb after another. It is rocky-rocky-rocky. I see a horse with a wound bleeding on his lower leg. I think to myself, this must be the worst part.

Coming into the first hour hold I am so grateful for the organization. The people that run this ride are the best in the world. It is so smooth, I had heard of waits that would cost you the ride. Not so for me. They were ready for me all day long. It was smooth sailing through the checks and on to my first of only two actual breaks for the 24 hours. I tried to eat a few bites, knowing that my horse usually only eats when I eat and drinks when I drink. My stomach is so tied up. I do manage a few bites, drink some water and put on sunscreen. And away we go. Heading out we have a road. It is so nice to be on a road. It is wide and free from boulders. We climb up at first and then it is down. First one, and then another rider are walking their horses back to the vet. I remember that I need to take it easy so that is not my fate. I have heard it is tempting to move out when you finally get a chance to. The road is hard pack and downhill, so it is hard on your horses knees. I take a slow pace, but manage to pass some riders. We are going strong still. My boy feels so

**Tevis** (Continued on page 12)

good. His trot is perfect, big, full, beautiful trot. We can do this for hours. I still feel great. One third done!!

At one point Matt came off his horse Roe, and he ran down the trail. Simmer and I go after him. So futile I know-but I didn't know what else to do. Of course it didn't work- I was just pushing him on. I gave up and rode a backward to get our junior, Tal, to continue on without Matt. We do so, and after a while we find his horse. We vote as to whether we bring him his horse or continue on. Be both felt like we should go back (for me- a second time), because we are a team. So we do. Together again, though a bit worn out from the drama, we continue on down the trail.

As much as I had thought climbing up over the tallest ridgeline of the sierras was hard this morning, nothing could prepare me for the canyons. We start down the switch backs of the steep decline, and the temperature rises almost like riding into an oven. I later heard it was 116 degrees in the canyons—and humid. We can hardly breathe. It is so hot. Going down we walk (off our horses). It is steep—sheer cliff edges on both the uphill side and the downhill side. Sliding on this shale footing will be the end of us. I hold tight to the reins hoping that I can hang on if we slip. As if it would work. Six miles down and six miles up they say. It feels like forever. The climb up is slow and steady. We can't stop because there are horses behind and horses ahead. Stopping leaves everyone in danger of falling off the edges. Matt's mustang is struggling and needs a brake. He gets off and starts walking up. This proves to be a bad idea, because he is now getting wiped out. They rest, and we know that Roe is tired. Matt thinks he will pull him so Tal and I ride off. It is hard to do, but we agree and are pressing time at this point. Roe is 20 years old and we knew this was a possibility.

At our next check we are only ten minutes from cut off, so it is time to use every moment wisely. We begin a strategy of always forward momentum. Trot whenever possible, do all tasks while the horses are drinking. The horses are moving nicely down the trail. My guy has a new sense of energy, missing his best friend, he just wants to get through and be back together again. We pass the most amazing volunteer groups. They are just the most wonderful people you ever met. They greet you with smiles, cheers, food, water, and general happiness. I can assure you, that I would never have made it through this ride without their help and good cheer. Hours and hours of trotting along, wondering when would this trail ever end, and then just when you are ready to crawl under a bush and sleep forever, there is a group of laughing, cheering, happy people giving you everything you need to keep on keeping on.

At Forest Hill Tall is pulled. His horse is tired. He worked so hard it is sad to see him get pulled. Also, I can't believe we are going to have to go down this trail alone. It is dark. We are so tired. My horse wants to eat like I have never seen him want to eat. It breaks my heart to see him so hungry. I have changed my clothes (though I only had Matts riding pants to put on, but they were dry (ish) and mine were wet. Dry socks were amazing, even with my wet boots. Somehow we press on into the dark. I meet Victoria (and Cali) and within 5 minutes I knew my new best friend in the world. Thank goodness, someone to share this dark trail with. There is no moon, I have no idea where we are going. We somehow find our way out of camp and through town (the glow sticks did help). People line the streets, carrying glow sticks and cheering. People have decorated their chairs, their cars, their business fronts. I love these people. They are so motivational. It is the middle of the night and here are all these people out in the dark to cheer us on. I see a horse (by horse I mean moving glow-sticks, lol) and Victoria cheers "Annabelle!!". Little did I know, my angles were assembling. Annabelle was a leader. She was not delirious like me and Victoria. She was strong, cognent and knew the trail. She was slow and steady. "Twelve switch backs down!", "stay in the middle here!", "we walk this hill". I don't know quite how to put into words this last 30 miles of trail with these amazing women, but I will try. My eyes are closing. I am not quite sure what to do about it, because nothing is working to keep them open. I try chatting, hitting my face, pour water on my face from my water bottles. Nothing works. I feel my horse move under me when I start to slide off as I fall asleep. He is so amazing. He is catching me. We move on. It is slow now. Every step is more work now. It is dark and we are tired. Our bodies are hurting. "You OK up there?"... a few minutes later... "You ok back there?"... "You know"... long silence... "We might make it through this." We finally make it through the single track and are back on the wide road. Little glimpses of the moon are finally visible and then disappear behind the mountain. The Tennessee Walker, ahead of us, we have been leapfrogging with all day trips and his rider flies over his head. She is O.K. so we press on. We come to another group of amazing volunteers. This is Poverty Bar. Bless their hearts, they have just what I need. Smiles and laughs, good cheer - and a Rock Star! I can only stomach a sip but it is just what the doctor ordered. We cross the American river - we three - horses bellies in the water, moon shining on the ripples. I will never forget as long as I live. This water crossing, in the middle of the night, as I push the envelope of what I am capable of. On the other side we climb again. I am moving up a steep incline and my horse slips. We are sliding down the hill backwards in the dark. I feel the earth hit my leg, then my arm. It is steep and we are going down. I hear someone yell "She is going off the cliff!!!" I try to free my foot from the stirrup and get away as we fall. I free it and in a split second of terror I realize that I may loose my horse if I get off. I kick him hard (I never kick my horse - he is WAY too forward to kick EVER), "MOVE!!!" I yell to him "MOVE!!!" I scream. He is scrambling on his belly now. Crawling and jumping with his rear legs. We are together, and not falling now, now we are moving up the embankment and back on the trail. I am awake now. I am alive. I am with my horse. I turn on my light for a moment to check his legs as we keep forward down the trail again. We are OK. All the miles seem so slow now. But I think, for the first time, that we may actually make it to the end.



**Tevis** (Continued from page 12)

I am hallucinating now. I see my daughter at the highway crossing. Logic, of course, tells me this is not real, but she is there.

My riding partners keep checking in with me, and I with them. Annabelle walks us through the remaining trail, then Victoria. It still seems like so far away. We keep moving forward, our horses all so much stronger than we are. Eventually we see those lights up on the hill. Tears well up in my eyes. We did it! This horse of mine and I, 100 miles of mountains!

I am so grateful to my crew, Kim Zvik and her husband Assi, Lauren De Vore, Robin Everett, Katie Harris, my daughter Tori and her good friends Dylan and Kein (plus my mom for just hanging out). I would never have made it through without their help. Also the volunteers along the trail were so amazing. I could swear they had little angel wings sprouting out of their shoulders, but I was really tired and apparently seeing things...

## Quicksilver Tevis Finishers

**Robert Ribley** finished Tevis on his mare Allie. They had a great ride. It was Robert's 17th Tevis completion and Allie's first Tevis completion. Robert is working towards completing one hundred 100 mile, one day rides. This year's Tevis was his 95th hundred.

**Mike Maul** finished Tevis in 1999 on Monterey PF(Thor) - it was the first try for both for Tevis.

*I'm sure there are more Quicksilver members who did Tevis this year, but if you don't tell me, I can't include this info in the Quips (hint, hint.) I'd think you would want to brag a bit.*

## East Bay Hills Benefit Events

Hi all, if you are free all or part of week around labor day and looking for a fun place to go, camp, and ride as you want, try this event out on the Bay Area Ridge Trail. Pat McAndrews and I can testify to how fun it is.

Join the Fifteenth Annual East Bay Hills Trails Benefit Ride. We are looking forward to great trails, great riding and camping, great food, great evening programs, and to meeting all of you great people!

For now we still have room for any of your friends who are thinking about joining you on whichever days they can. They will have a great time both because it is a great ride, but also because they will be riding and camping with you! They can register for riding or to join you for dinner using the attached entry form or online at <http://www.eventbrite.com/e/2016-east-bay-hills-trails-benefit-ride-tickets-25106760998> I have also attached a flyer with basic ride information that you can forward to them.

And if you would like some non-riding family or friends to join you on this adventure, pass along the attached flyer for the concurrent East Bay Hills Trails Benefit Hike. Registration for the hike is at <http://ridgetrail.org/events/east-bay-hills-thru-hike-and-ride>

Driving directions and the ride schedule have been posted online [here](#), and shortly before the ride we will be posting and sending you more complete information. You will be given trail maps and trail directions when you arrive at camp to begin.

If you have to cancel for some unfortunate reason, please let us know so that we can adjust accordingly. We will issue a 90% refund on cancellations before August 16<sup>th</sup>, or a 75% refund after that, but also are prepared to be flexible in the case of unavoidable circumstances.

Feel free to contact me at 925-254-8943 or at [ebhillsride@Comcast.net](mailto:ebhillsride@Comcast.net) if you have any questions. And in the meantime, have a great summer on the trails riding your horse!

Happy trails,  
Morris Older,  
for the East Bay Hills Trails Benefit Ride and Hike organizing committee

- 15TH ANNUAL -  
**EAST BAY HILLS TRAILS BENEFIT RIDE**



**Wednesday, Aug 31-Monday, Sept 5, 2016**

**6 Days, 100 Miles:** Explore the East Bay Hills on a series of rides through regional parklands and watersheds with stunning Bay Area Views



- Participate in as many days as you wish
- 2 nights and days at each of 3 campsites
- All meals, trail maps and directions are provided
- Evening entertainment
- This event benefits the Bay Area Ridge Trail, V-O-Cal, and other East Bay trail projects.

For more information or to register, please visit our website:

<http://twha.org/ebride/ride.html>



## 2016 East Bay Hills Trails Benefit Ride Entry Form

Name(s) \_\_\_\_\_ Phone(s) \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_ City, State & Zip Code \_\_\_\_\_

Please check the days you will be riding:  All 6 Days  Wed  Thurs  Fri  Sat  Sun  Mon

Ride Entry Fees	\$70/day times _____ (number of days checked above	x _____	\$ _____
	\$375 all 6 days riding/camping	x _____	\$ _____
	Non-Rider/Hiker Dinner/camping on _____ nights \$15 per night	x _____	\$ _____ (note which nights)
	<i>New this year--stay over Monday night, Sept 5 (no meals provided)-\$25x</i>	_____	\$ _____
	Additional contribution to the Ridge Trail and/or parks	_____	\$ _____
	Late Fee --\$5/night up to \$25 for entries postmarked after August 14	_____	\$ _____

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

## 2016 East Bay Hills Trails Benefit 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), Volunteers for Outdoor California, (V-O-Cal) 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, V-O-Cal, 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, V-O-Cal, 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, V-O-Cal, 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: \_\_\_\_\_



- 9TH ANNUAL -  
**EAST BAY HILLS TRAILS BENEFIT HIKE**



**Wednesday, Aug 31 - Sunday, Sept 4, 2016**

**5 Days, 55 Miles:** Join us in a **fully supported hike** that traverses both **East Bay parklands and watershed** with stunning **Bay Views**



- Participate in as many days as you wish
- All meals are provided
- Travel light, we will move your gear for you
- Evening entertainment
- This event benefits the Bay Area Ridge Trail, V-O-Cal, and other East Bay trail projects.

For more information or to register, please visit our website:

<http://www.ridgetrail.org/index.php/events/east-bay-hills-thru-hike-and-ride>





# Classifieds and Services

## **CRANIOSACRAL THERAPY FOR HORSE AND RIDER**

Are you curious about how craniosacral therapy can improve your riding, your horse's gaits and total well being? Craniosacral therapy can enable structural and emotional balance to yourself or your horse by working through and releasing old physical and/or emotional traumas (whether you remembered it or not!) in relaxing non-invasive bodywork sessions.

Are you uncomfortable while riding? I also offer saddle fit and gait evaluations for both you and your horse, unmounted and mounted, to help you identify and trouble shoot sticky spots as a Better Balance Session. I look at all aspects from rider imbalance to hoof imbalance and offer solutions to achieve Better Balance between you and your horse as a whole so that you can go the distance with joy.

We can discuss your issues and curiosities in detail in a free no-obligation telephone or email consultation. Please contact me to schedule a phone conversation or just shoot me an email!

**Kathy Mayeda, EBW-CST, CMT**  
**(408) 763-0977**  
**klmayeda@gmail.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**

I also have one puppy left for placement. 9 week old blue merle Aussie. Mom belongs to me. I am keeping one and have one left to place. Call me for details.

*(Editor's note: I have not heard from Trilby as to whether this puppy is still available.)*

# Classifieds



BOOKS ARE THE PERFECT GIFT!



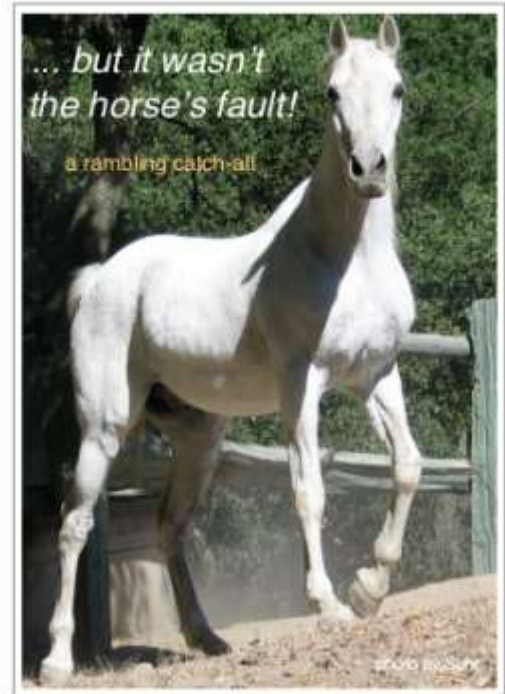
To benefit our trails and our horses, I have written two books. They are entirely different in style.

1. **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. \$9.99
2. **...but it wasn't the horse's fault!** Available from Marinera Publishing, [www.marinerapublishing.com](http://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**

## Offered for Sale

Hungarian Shagyas. One is a gelding, age 15, well-trained, a beautiful bay. The other is a pure Shagya mare, age 16, well trained for trail riding, good breeding quality and both sired by the Hungarian Shagya stallion, Oman. Oman has produced both a Tevis winner and Tevis Best Condition horse. A bit more info about the bloodlines of my Hungarian horses for sale...Besides the pure Hungarian bloodlines there are Arabian bloodlines that include Bezatal, Cougar Rock, Gulastra, and other Polish lines.

These horses live in a 300-acre pasture.

Photos can be provided.

**Carolyn Tucker, Amara Farms (408) 779-6555.**

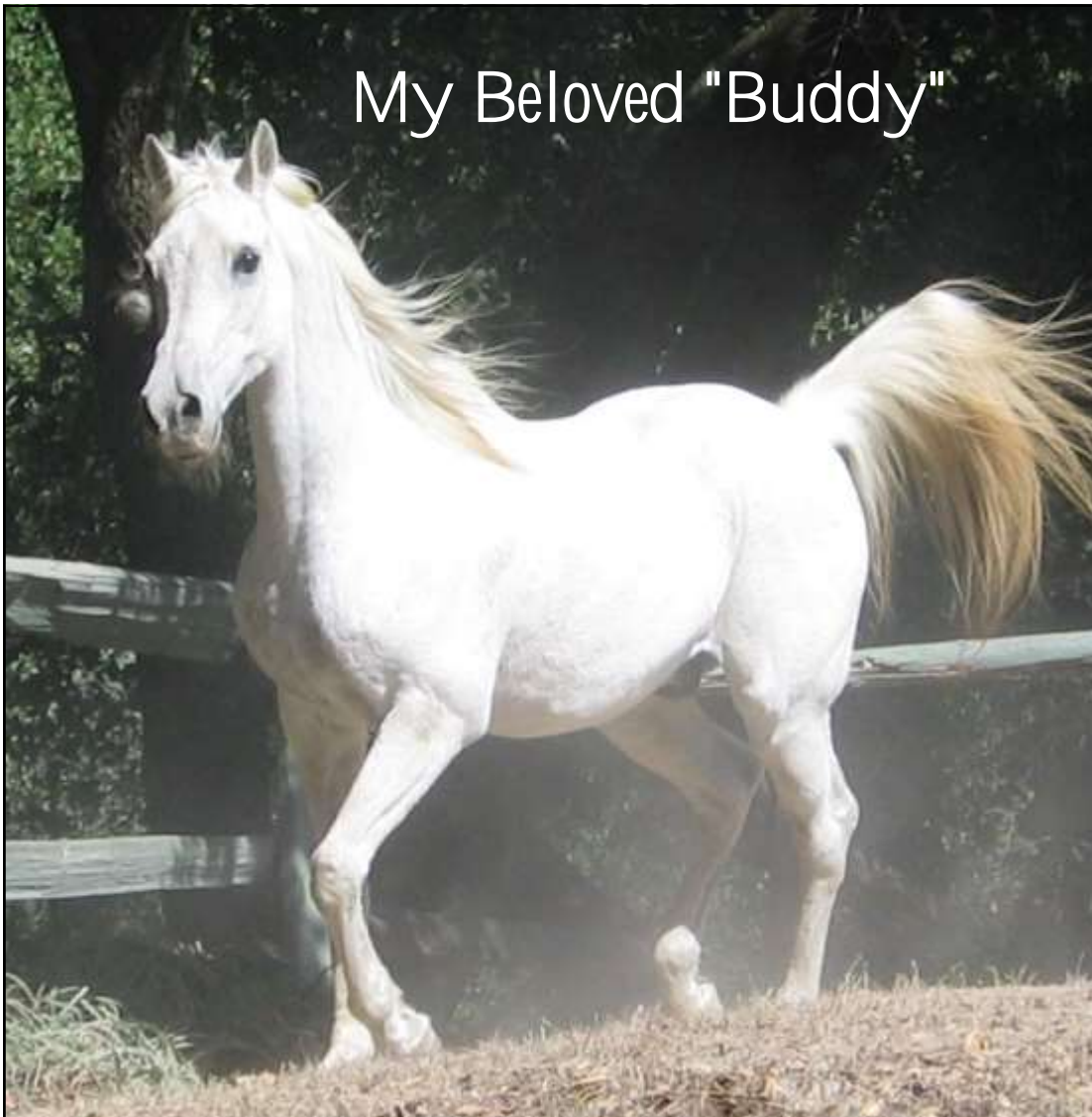
## DO YOU LOVE A GOOD DEAL?

I have decided to clean out my tack room. For very reasonable prices, I will sell my Syd Hill Australian saddle, Stubben Emperor, Orthoflex, a western saddle, Stonewall saddle and an assortment of hackamores, bits, headstalls, blankets, cantle and pommel bags, saddle pads, bale bags and soft cushiony saddle covers, Easy Boots. I also have a silver mounted Hamley western saddle and two sets of tooled tapaderos.

Remember, it is much nicer to buy a used saddle that is all broken in than a new stiff one. You can borrow one and see if it works nicely for your horse or you can bring your horse here and try it up and down my driveway.

All proceeds donated to: the Center for Equine Health at Davis, CA  
Julie Suhr- Scotts Valley-831-335-5933. Feel free to call anytime.  
marinera@aol.com

Free copy of "*....but it wasn't the horse's fault*" with every purchase.





# Classifieds

My jam-packed tack room is now a little less jam-packed because of the following people who have purchased some of the items I have for sale for the benefit of the Center for Equine Health at the University of California at Davis where it will be dedicated to research on cardio-pulmonary and metabolic problems of long distance horses. The friends listed below found items they wanted. I still have saddles, saddle pads, easy boots, hackamores, bits, seat covers, blankets, bale bags, and other sundry horsey items. Pictures upon request.



Australian saddle

Julie Suhr 831-335-5933 or [marinera@aol.com](mailto:marinera@aol.com)

Bob Eaton, Jerry Dowdy  
Guilia Orth, Becky Hart  
Kay Spence, Judith Ogus  
Elisabet Hiatt  
Mary Anderson



Orthoflex saddle

## FOR SALE

Tipperary Sportage Helmet, size L, dark blue, cost \$70, will sell for \$50.

I had to get a white one for Rose Parade so never wore this new one.

It has lots of vents to keep your head nice and cool.

[Julie Suhr \(831\) 335-5933](mailto:marinera@aol.com) [marinera@aol.com](mailto:marinera@aol.com)



## Services

### **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**



### **TAX SERVICES - Specializing in horses**

**Trilby — (408) 997-7500**

### **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](mailto:bghart@garlic.com)**

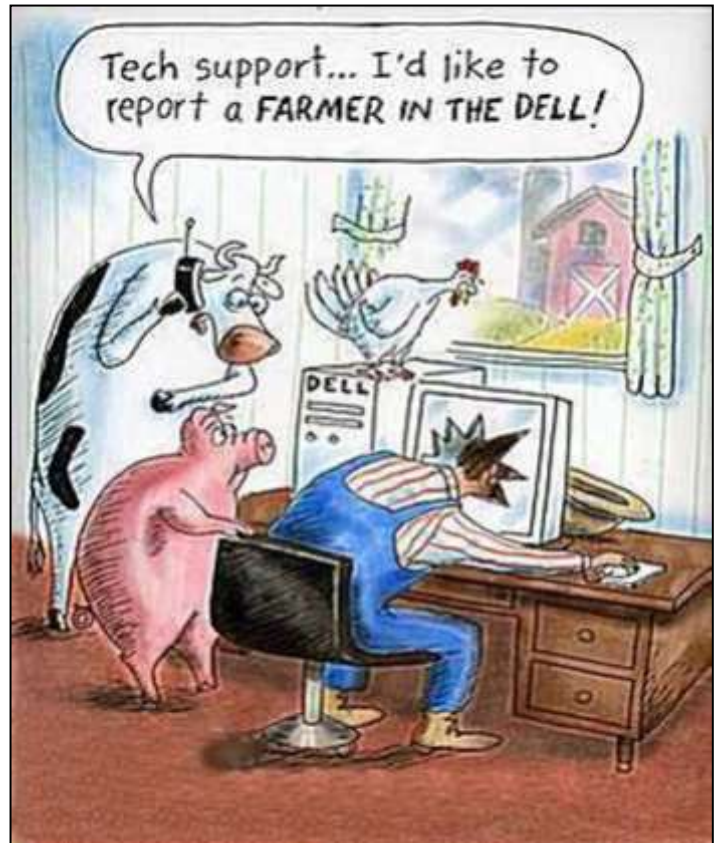


# Humor and Birthdays



I went fishing one morning but after a short time  
I ran out of worms.  
Then I saw a cottonmouth with a frog in his mouth.  
Frogs are good bass bait.  
Knowing the snake couldn't bite me  
with the frog in his mouth I grabbed him right behind the  
head, took the frog,  
and put it in my bait bucket.

Now the dilemma was how to  
release the snake without getting bit.  
So, I grabbed my bottle of  
Jack Daniels and poured a  
little whiskey in its mouth. His  
eyes rolled back, he went limp.  
I released him into the lake  
without incident and carried on  
fishing using the frog.



## Happy August Birthdays to our Quicksilver Members and Endurance Friends



Virl Norton*	1
Heather Reynolds	4
Megan Chamberlin	8
Pat McKendry	14
Barbara White	16
Lori Oleson	16
Annie George	17
Becky Glaser	26
Beverley Kane	27

\* Deceased



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

**FIRST: We need your name**

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**And then your address**

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**And your phone number, Fax, e-mail**

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

**Junior (under 16 years of age) membership is \$ 15 \_\_\_\_\_**

**Family membership is \$ 40 \_\_\_\_\_**

**If you want a printed copy of Quips mailed to you (as opposed to PDF file e-mailed) add \$10 \_\_\_\_\_**

**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; 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 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 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.**

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

