



Quicksilver Quips

September 2016

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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

Quicksilver on the Web

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

President's Message – September 2016

When I was a kid I really hated fall. The days got shorter, a return to school loomed large, and the end of the freewheeling days of summer were imminent. As I have grown up a bit I have learned to love it and found it a great time for looking forward to what is next, to what I want for the remainder of the calendar year, and what sort of fun I can get into in the great outdoors in this beautiful area that we live in.

So fall is a time for looking forward - and that is exactly what your board of Directors is doing!

- **Looking Forward to our ride, which is coming up in just a few weeks**

- Get those entries in – or contact Jill to get a good volunteer job. We really do need everyone's help to make his happen.

- **Looking Forward to our club elections, when we will identify those members to lead the club for the next year**

- Please check in with Barb Granter, Lori Oleson or Kathy Brayton if you would like to be involved

- **Looking Forward to our Christmas Party – and even our awards banquet**

- Mark your calendars for December 3rd, for the Holiday Party in New Almaden

- **Looking Forward to the changes that AERC is contemplating for our sport**

- Have you filled out the survey that was sent out asking for member opinion on some of these ideas? Survey link:

<https://www.surveymonkey.com/r/S8NRZF8>

And most of all, looking forward to the fun and great times that we can create as the community of Quicksilver Endurance Riders!

See you out there!

Jill

Quicksilver 2016 Calendar



Quicksilver Club Meeting—September 21 (location TBD)

Quicksilver Ride—October 1

Quicksilver Meeting & Ride—October 22—Ride 9:00

Meeting 12:00

Quicksilver Meeting (TBD)—Elections

Holiday party—December 3—Almaden Clubhouse

Quicksilver Endurance Riders Treasurer's Report (September)

\$7,402.23 - General Account

\$1,074.34 - Trails Account

\$ 454.38 - Junior Account

QSER Board Meeting—August 27, 2016 Santa Cruz County Horseman's Association clubhouse

Meeting called to order at 4:03pm

Members present: Elisabet, Melissa, Jayne, Jennifer, Lori, Trilby, Jill, Barb

Treasurers Report: It will be several thousand dollars less because Trilby bought material for the awards. Barb also has invoice & check to submit.

Website report: Melissa will be adding link to Yahoo group, since that is missing.

Trails: Nothing new to report.

Membership: One new member from today's meeting/new rider clinic. We will try to do something similar at the Quicksilver ride in October.

Motion made that new members who pay July onwards get all of the current year free and then the next year is paid for. Elisabet second. Motion approved.

Discussion of how to incentivize current members to renew - discount \$5 off ride? Add \$25 to ride entry fees? What about non-riders - special on/around that day? End goal is to encourage renewal starting October-December rather than in January

Motion by Barb: Current members who pay before Jan 1, \$25; afterward, \$30. Second by Jayne. Motion approved

Ride Report:

Lori has photos of beautiful completion awards, will post on Facebook - these are awards for fun ride, 25, and 50! We as a club need to like/comment/share. There is a limit of 100 riders for the QS fall ride.

Riding Warehouse will send tote bags, gift certificates. Jayne will contact Platinum Performance and request samples. Request samples of Mrs. Pastures cookies.

All paperwork submitted to parks, will give Trilby bill.

We need volunteers! Jill is in charge of volunteers and will send request. Jayne and Jennifer will take care of water troughs. Also water truck. Out vet check - Peter and Kiki. Nick will come Thursday and mark trails again. Steve is do-

Minutes (Continued on page 3)

Minutes (Continued from page 2)

ing food again this year for the post-ride dinner. For the small vet/volunteer dinner on Friday, Jill will barbecue (we'll provide meat if they provide sides). Not making Friday's dinner a full potluck dinner; too big, too complicated at this late a date.

Barb will get tables again and will see about getting Pete to pick them up, without the horse. We have gotten a bin from Recology in the past for manure, but they no longer service San Martin. GreenWaste cost is very high. We're looking at getting small trailer and having someone in charge of dumping it, the "Maestro of Manure". Do we know anyone with a dump trailer?

Fireworks Ride is sanctioned for July 15, 2017. Jill setting up a meeting with SCCHA folks to discuss further.

Succession Planning:

- Jayne is happy to be ride secretary again for QS ride.
- Lori is willing to be assistant ride manager for QS next year, but someone else will need to be primary ride manager.
- Jill would like to be involved in both rides next year, therefore will be stepping down as president (but willing to remain on the board).
- Barb and Pat termed out of the board as of next year. Barb Granter, Lori Oleson, Kathy Brayton will be our election committee of 3 people.
- Consider having fewer in-person meetings, more conference calls?

Banquet: Mary Anderson would be willing/interested in taking help. Jennifer Perryman is willing to help and will work with Mary on this. Also, Harry's Hofbrau is closing. We will need a new venue for this year.

Year End Awards/Calendars: Elisabet would be willing to help with calendar. She will check in with Judith to see how things can be done this year.

Request for donation to Lichen Oaks Equine Assisted Therapy Program: Lichen Oaks is a program similar to Dream Power, started in 2015, 8-week sessions, currently people with disabilities, looking at starting wounded warrior program. They have an 80-acre parcel in Santa Cruz County. Full-assistance to 3 clients, 1/2 assistance to 12 clients. 15 different clients to date. Would club be willing to donate fee for 1/2 or full assistance (\$360? \$480?)
Motion made to donate two halves, up to \$500, to Lichen Oaks Equine Assisted Therapy Program. Jayne motion, Lori 2nd. Motion approved

We will ask that they put something on their website for the club

Location for October 22 riding meeting - Calero. Ride at 9, meeting at noon.

Meeting adjourned, 4:58 PM

Melissa Broquard, - secretary

Lori Oleson

8:56pm Aug 29

If you are thinking of riding the QS Fall Classic, you choose a good year. Trilby has made fleece blankets as completion awards. That's right, all finishers (50's, 25's, Fun Riders) will have a hand crafted award made by an endurance legend. Tell your friends and send in your entries.

Snipped from Facebook

Eastern High Sierra Classic

By Katie Webb

Stevie and I had a fantastic ride this weekend at our first race of the year, the Eastern High Sierra Classic 50-miler, just outside of Bridgeport, CA. It was the 30th Anniversary for the race and what a race it was! Simultaneously the most beautiful, most technical, and most difficult 50-miler I've ever done during my 17 years in this sport. I overheard Karen Chaton say that she thought the ride was harder this year than in years past and how tough she thought it was (having just finished Tevis again, she's a lady who knows the definition of "tough"!). I wasn't really sure how fit Stevie was heading into this race (the first race of the year is generally my barometer), but she did another fantastic job and showed her true grit, natural athletic ability, and her pleasant and patient level-headed nature all day. We also got to ride and visit with our buddies Liz Clements and Boon. Boon is a big bay quarter horse and a very handsome dude. I'm always impressed with him out there on the trail motoring along. You've got yourself a gem Liz!

I spent the first half-hour on the trail saying "holy cow, look how beautiful it is", "this is incredible", "the moon is still up, how beautiful!", "holy crap, this is stunning", "are you kidding me, this is gorgeous" "look at the sunrise!", "check out the mountains, holy moly", "look at that cactus", "look at that rock shaped like a pyramid", "look how much green grass there is" about every two minutes until I thought my riding buddy was going to knock me out and dump my body on the side of the trail. Luckily for all involved the rocks, boulders, hills, dust, and heat shut me up pretty soon after that.

If you want a TRUE test of endurance and you have a fit horse that will keep it's head screwed on straight over a LOT of really technical trail, make the drive to do this race next year. It will definitely make every other race you do feel like a cakewalk, and the scenery can't be beat. Plus, the folks up there are good people, very friendly, and run a nice race too (anyone who feeds me a pulled pork sandwich with coleslaw and watermelon after a race qualifies as "good people" in my book).

Katie and Stevie
Photo by Gore-Baylor



Woman Crush Wednesday!

By Katie Webb

I ride a mare in endurance these days and one of my favorite slogans for our little team is "girl power!". Last weekend I fell in behind a group of ladies coming into the finish of a darn tough 50-miler. It tickled me pink to realize that all five of us were cruising along on mares and not only that but those mares looked fantastic, fresh, and so darn business-like and professional coming in off that tough, tough trail. I'll even hazard to say that we ladies didn't look too shabby either, considering!

I've been in the endurance riding game for 17 years (holy crap, has it already been that long??) and I've always thought it was really cool to be a part of a sport where the ladies compete head to head and kick butt alongside the men. We don't even have separate divisions for men and women like so many other sports (though my dad might argue that maybe we should since he says the only reason he started running was so he could stand a chance against all the featherweight and lightweight women whose horses had to carry so much less weight than his!). I think that makes our sport really unique. AERC endurance as one of the first "feminist", everyone is equal sports? That's sort of cool.

I'm not sure what my point to all this is, but mostly I think it's awesome and empowering to ride down the trail with so many strong, tough, fearless, intelligent, and capable women who support and build each other up and genuinely want to see each other succeed (I'm obviously generalizing here, but I've found this to be predominantly true at the rides I attend). I mean seriously, have you seen all the strong female role models our junior girls have to look up to? That's downright fantastic right there.

Woman (Continued on page 5)

Woman (Continued from page 4)

Let's not forget about the guys of course, because the menfolk are killing it out on the endurance trail too. Even though a peek around most ride camps will show that this sport skews heavily towards women (that brings up a whole other kettle of fish; where are all the young-ish single guys in this sport?? Could the AERC marketing team look into a remedy for that pronto? The 25-35 single girl crowd thanks you in advance!).

So rock on ladies, and keep killing it out there! I'm proud to share the trail with you, all day, every day. ■

Training My New Dog

By David De La Rosa

I wanted to get a large Ranch Dog that would stay on my ranch and was protective, so after extensive homework, I decided the best dog would be a young dog that was a mix of German Shepherd and Belgian Malinois. (They are used for police work). I found a 5 1/2 month old beautiful male at Lucky Dog Rescue in Pleasanton. (I prefer to rescue to save a life.)

Julie Suhr and Barbara White introduced me to Tylinda Arthur Sotelo, and Tylinda did an amazing job training my horse "Rico". She also trains protection dogs with former K9 police officer Lance Stackhouse at K9 Clinic in Corralitos. K9 Clinic has a fun program to train the owner to train their own dog and it's very inexpensive.

I can't believe how much my 6 month old dog has learned in 3 weeks. They have him running thru tubes, climbing steep ramps, Jumping over tubes and all the basics. My dog was so hyper and biting when I got him and he's already a joy to have around plus he's gained 5 pounds in 3 weeks so he's going to be a big guy. I highly recommend calling K9 Clinic if you have any dog issues.



Editor's note: Lance Stackhouse was also recommended to me by some friends who have a pair of difficult Catahoola cattle dogs. Our tri-colored Australian shepherd is much better behaved as he gets older, but he was a bit of a handful when he was a youngster. I never did call Lance, but my friends raved about his abilities as a dog trainer.

Good Camping!

I would like to share that a few of us tried horse camping at lake DelVal in Livermore this summer. Wonderful riding and a great horse camping site with nice pens, great burn pit and lots a room.. Riding offered great views and Lake Del Val was awesome... **CAROLYN TUCKER**

News Notes

I saw in the newspaper last week that Keith Scott had passed. He was 85. Old-timers will remember him as Jeri Scott's husband. He did not ride but he was always at the rides crewing.

Other item of news is that I am having my knee replaced on Wednesday. **MARYBEN STOVER**

Ride/Meeting at Santa Cruz Horsemen's

By Lori Oleson

We had a nice riding meeting in Santa Cruz on Saturday. Our seasoned members hit the trail to enjoy the redwoods, great company and even greater horses. Nancy Twight brought horses for Julie S. and her guests from Southern California (Gayle Pena and Lisa Peck). Trilby rode my wonderful horse Flame. I posted pictures of Trilby on AERC's Facebook page and in less than 2 days it had about 500 likes and comments.



Trilby on Flame, Lori on Rosie



Trilby on Flame

(See more on page 6)



L to R: Lisa Peck, Julie Suhr, and Gayle Peña

A Few Thoughts...

By Mary Anderson

Taking a few moments to look back and to look forward...

Wow, look at all the accomplishments that you and your horse(s) have done. Look at the people we have met.

It may be 1,3,5 or 25 years but never fail to acknowledge the stepping stones that have led you where you are today. The footprints that we leave with our horses and the footprints they leave in our hearts as we say hello or say goodbye has such incredible powers.

Yes, to finish is to win, but to begin and conquer all of those little steps we must teach, learn, and overcome allows us to get to the start of a ride. The start is sometimes a new trail or an old trail with a young or inexperienced horse that can leave you grateful as you step off and back onto solid ground back at the trailer.

I am finally taking that new challenge once again with my new horse Rendezvous, a 6 year old Arabian bay gelding, which is also a first, since chestnuts are my favorite. I have decided to broaden the training spectrum and do some western pleasure shows, some cow work as well as some endurance training.

It is interesting as I recover from shoulder surgery 48 hours later, and realize that I am still unable to say this was from a horse accident! Many doctors expect severe injuries when you spend most of your life with large animals going through some pretty rough terrain. Nope—fell out of the office trailer at Fire Mountain last January and tore a tendon but waited until so much scar tissue had built up that letting a coyote chew off my arm would have been less painful.

Ride when you can, for there are those days when life gets too busy or the horse is not 100% or you fall down and have surgery!

Hope to see you on the trail soon.

"Magical Mclver and the World's Greatest Crew"

By Sandy Holder

As I stood in the shower the day after finishing Tevis, my mind was on fire about so many things. The biggest thought still brings tears to my eyes . . . we FINISHED, and well beyond my wildest imaginings—Q was incredibly strong all the way to, and AFTER we FINISHED!!! WooHOO!!!!!!

I've promised to try to put into words the life of this story, so it makes sense that I share the cast of characters. There are plenty more, but suffice it to say, the "World's Greatest Crew", consisted of: Captain, the Coach, Princess, TOB, Sis, Niecey, Honey-bunny and the two so near and dear the past year—Mclver and the Silver Haired Queen. Each of you KNOWS who you are...the rest of you, well, I'm sure you'll figure it out!!

It's taken me over a week to get beyond the emotions of it all. So many things over the past 10+ years leading up to this moment where "doom loomed" and somehow, by the grace of God and those that love me, we were able to overcome it. Some poignant highlights:

After 2 years of looking for the "right stallion", finally her accepting Mr. Wonderful (4 months of teasing), my mare was checked in foal...and 3 weeks later, we couldn't find a heartbeat on her left uterine horn (something had happened). Luckily at 90 days and the next check, we found a live baby on the right uterine horn (twins and one was still with us)!

At 14 months of age, OCD surgery, calling into question whether our fine boy would ever be capable of endurance, particularly after the joint (but not capsule) got infected. *Hint:* Olin Balch, after I pointed out said hock at the Tevis pre-ride vet check, thought we might have to circle tightly to make sure he could start; of course, that was before we trotted out in a straight line and "Q floated"!

Holy moly, we made it through his really young life...and then we had to develop "A Plan". What to do, at what age to make sure we had "longevity" (like still be riding him sound at 19 or so)? Tevis, the ride I'm addicted to (yep, I said that) is really THAT RIDE, and all others leading up to it, are just "training rides" (umm, including the 3-day, 155-mile "training ride"?!) Unfortunately, the thing about plans is, regardless of how well you put it together (I had white plastic 24 x 18 foam core "white boards" for each crew stop), something will happen that you never imagined!

My training partner's horse went over the cliff 2 weeks before Tevis (we did 20 Mule Team 100 and American River 50 together). Talk about tears and heartbreak...

Did I forget my canteen pack, you know, where I put my extra water bottles and electrolyte bottles (at home when I was at Robie)?!!

My NEW saddle billet broke – AGAIN the week before Tevis...and unbeknownst to me until after the ride, it broke DURING the RIDE!

Suffice it to say, this ride would have and possibly could have ended at Robinson Flat—exactly where I showed up without any water (drank the 2 "water only" bottles and was empty before Red Star Ridge), acknowledging I was electrolyte imbalanced (forgot to bring those bottles with me)...and the 3rd nail in the proverbial coffin, well, that's where Magical Mclver and the World's Greatest Crew put both me and my saddle back together – seems that the back-up plan to fix my saddle billet consisted of 2 holes fitted with "Chicago Screws", all without my knowledge, and executed FLAWLESSLY by part of my crew while Princess and the Silver Haired Queen wisely worked to fix ME!

The short story from here is that they loaded us up and sent us on our way, me smiling, my horse grinning—and from Robinson Flat to the finish, my boy Q listened, we worked together as a team, and from the River Crossing to the finish, actually accelerated our pace...AND he had a TON left in him at the finish!!!

Unless you want to hear the longer story, you can stop here!! Overall, things were learned (again, as always), and the next "real ride" on the T-trail will be much improved for 2017!

The longer story: we started in Pen 1 primarily because I was fearful of what the bogs would do to us after such a wild and woolly winter—complete with snow in early June in those same bogs. Additionally, my boy is quite powerful and fast walking up steep terrain, and I didn't want to have my ride end (again) in the Granite Chief Wilderness Area by a stray (or planned) kick due to passing someone walking slower than he. Somehow, I ended up late into the pen which ironically pushed me to the front of the pack, meaning we crossed the starting line 5th or 6th (hint: bad idea, as the struggle began between my fearless mount and me that we would go "my speed", and allow others to pass us). Yes, we had lots of horses pass us, but let me tell you, none but the very last few were very gracious. It was more like a stampede where I pulled over to keep from getting pushed off the trail or my youngster kicking someone when they ran into us (thankfully he kicked up, not "out" otherwise someone's horse would not have been going much further). By the time we reached the steep, open road up to High Camp, Q had almost lost his mind, swinging his hind-end sideways and once, almost stepping backwards off the trail. Quietly, I got off to settle him, walking about 25 yards at pretty extreme altitude

Mclver (Continued on page 9)

Mclver (Continued from page 8)

before he relaxed and I (winded) quietly remounted. All-in-all, about 60 horses passed us before the trail even opened up! From there to the water troughs, we became one again. Upon reaching the water troughs, he drank deeply and I got off. AERC was doing a blood draw: pre-travel, vet-in, High Camp, Robinson Flat, and Chelsea spotted us to pull blood...staying while I electrolyted him, and he peed...like a gallon and a half of the lightest color (ok, probably TMI to some folks but boy was I happy), and then graciously holding him for a moment so I too could recycle some water. A deep breath, back on trail—both EXTREMELY HAPPY!!

Alone we traveled through the Granite Chief Wilderness area—stunning displays of flowers and foliage, and shockingly, ramps built through the bogs. WOW! THANK YOU VOLUNTEERS. They were amazingly well-built venues where other than walking through some water, it was a stunning single-track trail!!!!!! Sure-footed and alone, my mountain boy Q made great time into Hodgins Cabin/Lyon Ridge. Unfortunately, I thought we had to pulse to 60, so hand-walked Q into the vet check having pulled his bit and loosened his girth, only to learn it was just a trot by – and NOT in-hand. Q drank really well and I quietly remounted and headed to Cougar Rock. Going around, the trail had been eroded, and even with some careful volunteer work, my wide boy knocked my knee on the rock (still healing)...but not as bad as the guy behind me who cried out mightily. I think his horse practically took out his knee! Oh no, more trouble...we caught up to a horse going varying speeds, Q and I back fighting about pace, and me realizing I was out of water (plus no electrolytes in the empty bottles) - UGH! We cruised on, making somewhat decent time through Elephant Trunk and onto Red Star Ridge, a delicate balance between allowing him to go at a slightly quicker pace without exhausting me too much. I got off ¼ mile from the Red Star vet check, Q drank well and although a bit hyper with all the other horses around, pulsed in less than 5 minutes. The volunteers were magnificent! At criteria, we trotted out in-hand to the water trough at the end, where he proceeded to drink deeply and then spread his legs to pee! Wow! Great color and really good volume, AGAIN! OMG, only horse people will understand the significance of that!!! Catching up to a couple of other riders who then chose to tag along, we led most of the way into Robinson Flat, where again, ¼ mile from the vet check I dismounted, took out Q's bit and loosened the girth. Now this is where things got a little tangled, as I saw my crew where I expected them (as close to me on the incoming trail as possible) but without water buckets or sponges. The game plan called for meeting me as close to the In-Timer as was allowed in order to pull the saddle off my big beast, cooling him while walking to the pulse box. Who would have thought that they would MOVE the In-Timer closer to the vet box??!!

Oh well, we lost about 20 minutes there, but pulsing my big boy in at 56 as soon as we entered the pulse box, trotting out completely sound and into our 1-hour hold wasn't so bad. After a big hug from Mclver to steady me, and another by the Captain, we hiked up the hill to recoup. TOB and her crew were messing with my pony. Boy was I tired, and was it just me, or was my crew acting a bit strange?!!!! Princess and the Silver Haired Queen came over to tend me—electrolytes, wash my face, and repeatedly massage the big knot out of my neck until it popped, (from the little unseating jump Q did early in the ride over a trickling stream, losing the 3rd pair of Maui Jim sunglasses to the Tevis beast)...more important, it's shocking still to me how unsettled I was, even more so how calm and loving the team taking care of us were. V8, some food = regeneration!!!! But hmmm, lots of fussing over Q, more than I would have imagined. A quick check of the time and tightening the girth, up into the saddle I went, only to stop a wee bit down the trail to refasten my pommel pack. Q stood quietly as I remounted, and we were onto the next leg of the world's toughest trail ride!

Here's where I relaxed, mentally riding with Coach for quite some time—a perfectly long stretch, allowing my big striding boy to set a fabulous pace! We caught up and rode with some famous people, on stunning horses like “John Henry”, “Pro Bono” and others. I must say, having the Coach take me through the Tevis Ed Ride and Tevis Fun Ride in back-to-back years, with her depth of trail secrets, made this part of the journey incredibly special. Along the way, there were a few more surprises—was it my heat training or was it really NOT as hot as I thought it would be? The volunteers at each stop tried to out-do the previous ones and were simply AMAZING, sponging my horse after asking if they could, feeding both my mount and me watermelon. Into Dusty Corners we rode, the tingling goosebumps of heading down and then up to Pucker Point but now for the toughest part of the ride,,oh my GOSH!!!!

In and out of the canyons, my big boy power walking, stopping in the river to cool both of us off and then back up – walking FAST. I clocked him at 4.5 mph UP the first canyon!! WOW!! And the ride continued, again surprised how quickly he came down at Devil's Thumb, and although the plan was to hand-walk him into Deadwood, ½ way there, I remounted and let him carry me. Hungry, hungry, hungry, he taught me another shocking lesson: his heart rate raises when I keep him from food and drops precipitously when I let him eat (he went to 62 from 78 in a mere minute while the vet took his pulse with his head completely down scarfing mash, we had walked in at 70)! CRAZY!!!!

I came into Michigan Bluff really happy . . . TOB + her crew and the Captain, taking care of us both! We hovered each of us eating, drinking and cooling, until the time to trot into Pieper Junction, where we met Sis and my Niecey!! (with oh so good ice water!), vetting through quickly. It was here that I hooked up with Ann Hall and kept her wayward heart monitor from being lost to the trail. She's an incredible lady and I was humbled and honored to ride into Forest Hill together on happy, energized ponies (where the party was on with my crew and I was able to kiss my honey-bunny before leaving.) Ann and I rode together slowly at first, through Cal 2, until we were separated by other riders on the way to the river.

Mclver (Continued on page 10)

Mclver (Continued from page 9)

Speaking of the river "airport" (the glow bars really make it look like that), Q and I discovered that it actually was PRETTY DEEP!! Not sure if that's what turned on his after burners or what but we flew into Lower Quarry, only stopping short of it to hand walk into the 64 pulse (he was at 56). Hungry again, we vetted through and added some more replenishment...until a very wise vet quietly suggested we might want to keep moving. Wow, thinking about that now, I realize how you can get lulled into staying until your horse gets too cold/stiff to continue the journey!! We moved along, the "green electric beast" and I, leading a foursome to within 2 turns of the finish...and THAT's where I made a BIG error, guiding him left when the trail stayed straight.

So many things came to my mind, and we felt Tux giving us guidance. We jumped up a 3-foot blind embankment and I slid precipitously sideways with my saddle, yelling STOP. With all my heart willing it, Q stood perfectly still as the 2 horses that had been behind us, raced into the darkness in front of us. . . he stood as I pulled my ankle from the center of his back and on a very narrow path, stepped up the hillside to slide the saddle back to center and remount. I still am in awe and grateful for the last of the foursome who stopped behind us, patiently waiting for the journey to continue. Shockingly scary at first, then wonderfully exhilarating, we made the final turn in less than a minute, crossing the finish line, blessed to be alive and in one piece. My crew was there with words of encouragement knowing they couldn't touch my pony—lovingly guiding us all the way to McCann. We weren't done yet, and I still a bit shaken, walked in-hand the

winners lap, crossing under the banner. A big bear hug from my favorite old school photographer gave me a bit of life and helped to refocus me on the actual finish. Magical bubbles can burst, so we quickly headed to the vet, already at the right pulse, praying while we trotted out. And then, for the first time all day, Q pinned his ears at me when we stopped to turn around. Oh no, what does that mean????!!!! We trotted back, the vet checked him again, smiled at me and said "nice job." Incredible, I asked "did we complete?" He grinned even bigger and said, a B for gut sounds but A's for everything else, including his opinion!! We DID IT!!!!!! We Finished!!! WOHO!!!!!!!

There's more to the story, but I've taken enough of your time. I just want to say "thank you" to all that have helped us achieve an incredible dream—my beautiful boy Q, all the vets (not just those at The Ride), volunteers, other riders, family and friends, and particularly: "Magical Mclver and the World's Greatest Crew"!!! Thank you, thank you, THANK YOU!!!!



Sandy and Q



Liz and Mocha

Mocha & i entered the **Hat Creek Hustle Intro Rides** the weekend of Aug. 6-7. We did 10mi. Sat and 15mi. Sun. Passed all vet checks and cooler temps made for 2 days of terrific rides. Of course...kudos to Lisa Chadwick with family & crew to manage a great weekend. Kodak moment was generously taken on my phone by ride photographer Sarah Preston. i guess Mocha & I can {somewhat!} confidently sign up for a "real" LD...looking forward to trying a 25 in Oct!

LIZ KINOSHITA

Enduro Dawg!

By Kathy Mayeda

The story begins with my almost new horse, Dado, a son of Becky's Copper. Dado has a fiery personality and tests me a lot and I haven't really been that interested in riding him much. He's never been conditioned or trained for endurance and I got him at 15 y.o. He has no brakes yet. I have no intention of riding him in endurance, even though it's clear that he likes distance! But I need to get him softer to cues. I took him to a clinic with Cezanne DeCristoforo in Arroyo Grande so I could better bond with him.

There was a sweet Aussie at the clinic, and I started jonesing (defined as *an addiction-like need*) for an Aussie. Another clinic participant showed me pictures of her Aussies. Both my sisters had Aussies—one had a couple of mini's, the other had a standard size. I haven't had a dog as an adult because I didn't feel it was right for me to have one when I was working full time, having horses, and no ranch for them to run around in. Now I have an acre and not working. Now is the time to get a dawg, and I started jonesing for an Aussie. Then I saw the post the very next week that Trilby had one pup left from Blue's litter and I called her right away and made an appointment to see him the next day.

Trilby called me back and postponed the meeting until later in the afternoon. I called again to confirm before I left, and she started hemming and hawing about letting him go but I could come and see him anyway. So I came, prepared with checkbook and cat carrier (which my sister said he should fit in...) just in case. I met him, and he proceeded to lie down against my shin. I tried to tell Trilby, "See he likes me, he wants to come home with me!", but she still wouldn't budge. I went home jonesing for an Aussie even more and started looking on the web for Aussie litters and couldn't find any nearby. I was ready to drive to Red Bluff to see a litter. But the following week Trilby called and said the breeder told her she shouldn't keep litter mates together because they bond to each other and not to people, so she decided to let him go. I picked him up the very next day, barely fitting him into the cat carrier and went to Pet Smart afterwards to pick up crate, food, bowls, toys, treats, etc. I named him Sailor, and his registered name is Quicksilver Blue Sailor.

My sister, who's supposedly an Aussie expert, told me what size crate and exercise pen to get. She told me he could sleep in the cat carrier until I get the adjustable crate mail ordered, but she didn't figure that I would get a monster puppy. He barely fit when I took him home, and definitely couldn't stand up in cat carrier! His paws started to get huge, and I knew that he was going to be bigger than normal. I had partitioned the crate in half, then 2/3 and then I took the partition out two weeks later because he couldn't lie down flat in it otherwise! Her full grown standard size Aussie weighed only 40 lbs.

I took Sailor in to the vet a couple of weeks ago because he had a puncture wound in his leg. They took him to the back to weigh him and take his temperature, and I hear gasps of astonishment. They came back in and told me he weighed 49 lbs. He's not even six months old! They found a sharp thistle in his ear and took him back to remove it. I said "good luck" because he was full of energy. She said, well we have three strong people back there to hold him down, but they came back and told me that he was too wiggly and had to sedate him.

We had a nice puppy six month birthday party for the litter yesterday at Trilby's. Blue had three tris and three blue merles. All of the puppies were there except one. It was certainly a mob of energy. Sailor is definitely the biggest and is bigger than his mom now! When he plops himself against my leg he almost takes my knee out.

Crate training and house breaking was incredibly easy. During the day I just let him outside to terrorize my yard and bring him in for meals in his ex pen and sleep at night which he happily does in his crate. He doesn't have full roam of house yet because I have elderly cats that don't appreciate puppy crazies, and I tend to leave stuff around that he could shred, like power cords. I'm sure that some day after his puppy crazies, he will be the best dawg ever and spend some of his day at my feet while I quilt or play on my computer. He is an extrovert and really enjoys meeting new people and dogs.



Puppy party at Trilby's. Kathy and Sailor on L.

Opinion Piece

By Sarah Gray

Hi Quicksilver Riders, I thought I would write an opinion piece for the newsletter this month. I keep hearing stories of riders who don't ride their horse because someone told them their saddle didn't fit, their horse was too small, their horse looks too thin, their horse looks too fat.

I know whole barns of horses that sit in their stalls because the main trainer at the facility has everyone believing that their saddles don't fit! Now I am not going to tell you to put a saddle on a horse that has sores or welts from a saddle, but I am here to say that if you are talking about riding in the arena for 15 minutes, or going out on a 3 mile hack, your horse is going to be JUST FINE. You can check your horse when you get back to the barn, and make sure that things are OK (no sores, no welts, no major sensitivity), and keep on searching for that perfect fitting saddle.

The problem with leaving your horse in the stall for six months while you saddle shop is that when you finally get your horse out, you have a pent-up crazy beast on your hands (now you need that trainer to spend six months doing ground work). Horses NEED daily turnout or exercise. Nothing will make your horse a better horse for you than RIDING. You don't need a million lessons, you don't need a better saddle, different farrier, new outfit. You need to get on your horse and ride!!

It is a vicious cycle. People get horses, and encounter one person after another telling them why they can't ride their horse, how much supplements their horse needs, that their horse needs a chiropractor, acupuncture, stress therapy and new tack. If you want to pamper your horse that is great news! Just don't forget to get on and ride. I promise that both you and your horse will be much happier.

I recently had to travel for work for a week. I got home so excited to ride my boy around my nightly loop. I do this ride nightly, bareback in a rope halter. After about 30 seconds I realized what one week with no riding does to an endurance Arabian (and my guy is not in a stall). It was hold on for your life, we are going sideways, or running in place. I had to get off and walk the three miles. Guess what? The next night it was back to perfect (well not perfect, but close) ol' Simmer!

Editor's note: I'm so happy to read this opinion! I have to agree with Sarah, and it helps me understand the whole "great saddle hunt" a bit better. I have been looking for a saddle to fit my Morgan, and I think my old Sharon Saare will fit her just fine for short rides (which is about all I'm good for anymore.)

A Dream Job!

By Elisabet Hiatt

I am now working at Lichen Oaks Adaptive Riding Center (LOARC) for a few hours every week. It really is kind of dream job, since what I do is work with the horses most of the time I am there. Therapy horses need to be calm, patient, bomb-proof and gentle...so it's my job to put them through their paces and make sure they don't do anything unexpected.

I've always loved working with horses, and using my favorite trainer's techniques (John Lyons) I find that they respond really well. Another reason I am enjoying this new adventure is that the facility is absolutely beautiful, and to make it even more perfect, my office is in one of the stalls!

Unfortunately, as you can see, some of my "customers" are not allowed inside, even though they seem willing to go check it out.

If you are interested in learning more about LOARC, check out their website: <http://lichenoaksarc.org/>

By the way, we are always looking for tack and sponsorship donations, so keep us in mind if you want to donate something. We are a 501(c) 3 so a tax deductible receipt will be sent. If you want to come and have a tour, let me know! I would love to show you around!



Alexandra Kurland Intensive Clinic in Northern CA

Dates: Oct 21–24, 2016. Arrive in time to meet Friday evening at 7 PM, wrap Monday Oct 24, at 5 PM
Location: Half Moon Bay, CA

Alexandra teaches the basics of training your equine using Positive Reinforcement. Then she takes it further; exploring how our body movements influence the horse; how to use lead ropes and reins in a clicker-compatible way; and how to cultivate willing participation, as well as physical and emotional balance in ourselves and our horses. She integrates Feldenkrais, Tai Chi, Classical Dressage, compassion, clear thinking and common sense in her clinics. www.theclickercenter.com

<http://theclickercenterblog.com/2014/11/16/in-search-of-excellence-effective-practice/>

Alexandra is a pioneer in applying clicker training and R+ training with horses. She studied Animal Behavior at Cornell University, and is a featured speaker at the University of North Texas ORCA conference and Clicker Expo each year. She is the author of three books, 18 DVDs, and an online clicker training course about clicker training horses.

Clinic information: <https://drive.google.com/file/d/0BzZPvRQhgjU0MmJBzZRLbkkySjQ/view?usp=sharing>

Registration form: <https://drive.google.com/file/d/0BzZPvRQhgjU0T1dpaXJJT1dLd3c/view?usp=sharing>

Our clinics tend to have a variety of participants, more than just the equine world—we have had dog trainers, bird trainers, zoo trainers, which make for wonderful conversations. The learning environment is exactly what you would expect from Alex's teaching philosophy—positive and challenging. The equine participants are in all stages of clicker awareness, so you can often see the entire process from novice to clicker savvy horses.

If you have questions, please contact me at caeli.collins@gmail.com Reservations are on a first come, first served basis and are secured by a deposit.

What is clicker training? Simply put, it is communication - clear, positive, horse-friendly. With the click we're saying "Wow! You got it right!". It is a "yes! answer" that opens the doors to shared understanding.



Classifieds

Bring your horses! Whispering Sands Ranch is for sale by owner. This home and horse facility with 11 acres is located on the eastern side of the Sierras in Ridgecrest, CA. The property is located within city limits, is on a paved road, yet is very private, and secluded as it sets well off of the road with no immediate neighbors. It starts with a ranch style gated entry then continues with a long driveway that leads to the home and barns. The two barns have a total of eight stalls each connected to a run. There are two fenced pastures, a large walk in tack room, and two hay sheds. One pasture has a large walk under shelter. There is a handy tool room that makes for a great workshop. The bunkhouse in the barn with sleeping area, closet and small kitchen area is great for company or to stay in for foaling mares. Located in a horse community with easy access to many miles of trails right off of the property. Near the fairgrounds that has a riding arena, horse shows and gymkhanas. Beautiful, vintage ranch house with a custom built stone fireplace that heats the entire house and a large Master Cool evaporative cooler. Propane wall heater, Maytag washer and propane dryer. Three bedroom, two bath, approximately 1400 sq. feet. Very peaceful and secluded yet is conveniently close to town. Enjoy the beautiful views of the Sierras and Mount Whitney, the spectacular sunsets over the mountains, and the night lights of Ridgecrest. Has a large pool that could easily be brought up to operational status that has concrete all around the fenced/enclosed pool area and a nice shelter area for barbequing. Super for pool parties! Back yard is completely fenced and safe for pets. All buildings and house newly, professionally painted with top of the line paint. Has a good well with newly replaced pump. City water and natural gas available but not hooked up. The home is very efficient to run with low utility bills. Kitchen has all new appliances with a top of the line hot water heater, refrigerator, microwave, range/oven, and garbage disposal. One bathroom has a vintage, cast iron, 5 ½ ft. claw foot bath tub. Brand new carpet in the living room. Beautiful tile in the entry way, kitchen and one bathroom. All new dual pane windows throughout the house. Large closets for storage throughout the house. This house was built in the late 50's and you will not find a better built house in Ridgecrest. The lumber is a true measurement. The property is unique in that it is located within city limits and yet is zoned for a horse business. \$269,000.00

Contact: Melissa and Robert Ribley
mmribley@gmail.com
530-268-1378



Classifieds



BOOKS ARE THE PERFECT GIFT!



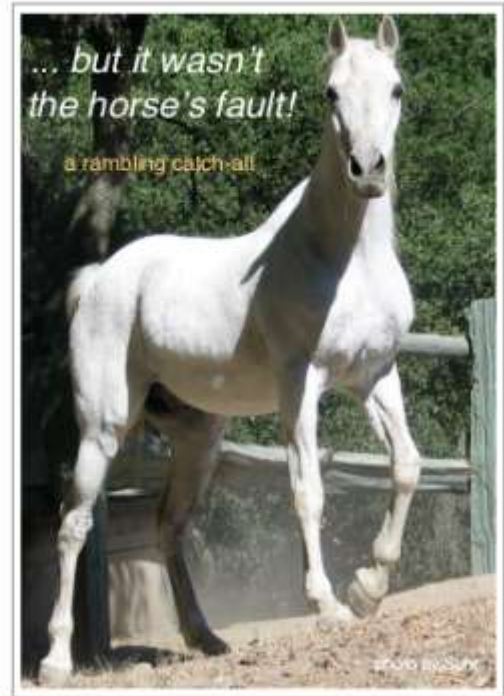
To benefit our trails and our horses, I have written two books. They are entirely different in style.

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 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



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 marinera@aol.com

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

Bob Eaton,
Guilia Orth
Kay Spence

Jerry Dowdy
Becky Hart
Judith Ogus

Elisabet Hiatt

Mary Anderson
Evan Shaffer



Orthoflex saddle



RUSSELL TERRIERS

Puppies for sale (different from Jack Russell)

Contact [Tracy Hofstrand](mailto:Tracy.Hofstrand)

tracy.hofstrand@gmail.com or 408-391-8912

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.

TACK SALE

My tack sale of used items piling up in my tack room for the benefit of the Center for Equine Health at Davis has amounted to \$3,925.00. It will be put in a research fund to study cardio-pulmonary and metabolic problems of the long distance horse. Thank you to all who purchased items, and I still have lots of stuff left, including saddles. **Julie**



COMING SOON!



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**

Humor and Birthdays



Happy September Birthdays to our Quicksilver Members and Endurance Friends



Jackie Bumgardner	2
Becky Hackworth	3
Libby Bass	3
Dave Nicholson	4
Tracy Hofstrand	5
Kathy Mayeda	8
Karen Chaton	10
Miriam Plaggmier*	11
Sandie Parker-Jones	11
Pete LeMond	17
Rick Rashid	19
Cathy Kauer	20
Pam Villa	22
Pat Bush*	26
Jackie Davidson	26

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 (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.

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

