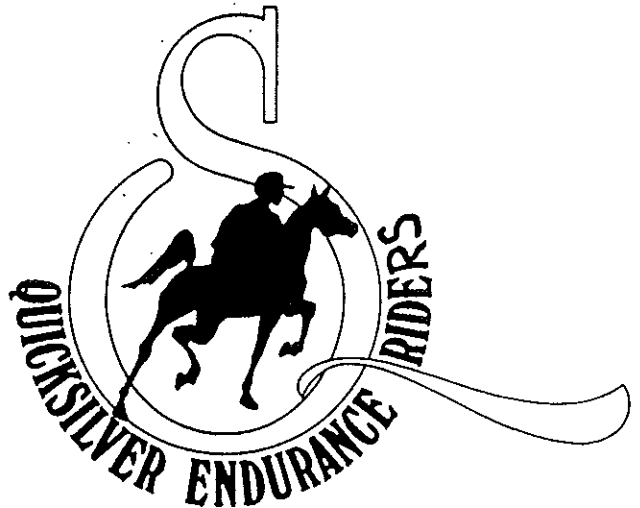


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JULY 1994 QUICKSILVER QUIPS
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Julie Suhr, Editor
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BIG CREEK 70

BIG CREEK 100

CASTLE ROCK 50

BIG CREEK RIDE & TIE

BIG CREEK/CASTLE ROCK RIDES

In a world of change, there are few things that remain constant. But one of the constants is the caliber of the rides that are managed by Lud and Barbara McCrary. Once again, the third Saturday in May saw a congregation of over 250 horses gathered in the meadow off Swanton Road as 50 Milers, 70 Milers, 100 Milers and Ride and Tie teams greeted the clear weather that had been preceded by a week of on again, off again rain that could have put a real damper on the action, even threatening cancellation. The trails were damp, but not dangerous. Many of the 50 Milers and 70 Milers had ridden the rides before and there were no surprises. But the 100 Milers found the course challenging and there was no winner until after 11 p.m. Accommodating as always, Lud and Barbara had staged the special 100 Miler to provide a qualifying ride for those riders who had nominated for the World Championship in Holland.

It would be impossible to name all of the Quicksilver members in attendance because with that many riders in camp, it was hard to keep track of everyone, but needless to say, we were well represented in all four events. Almost everything ran with precision, a factor we have learned to expect at a McCrary Ride. While the 50 Milers and Ride and Tie teams finished their respective courses fairly early, the judging and awards for the 70 milers and 100 Milers was done Sunday morning. It was with a certain reluctance that most left camp when the last breakfast was served, the last horse judged and the last award received. We are so terribly fortunate to have most of our club members living so close to one of the major endurance events of the year. What a way to spend a weekend!!





.....NEW MEMBERS.....

Deborah L. Manion
 1569 Shaw Drive
 San Jose, CA 95118
 267-9924

Genelle Cate
 Carolyn Bell
 1277 Shelby Creek Lane
 San Jose, CA
 997-3230

Linda W. Cowles
 11940 Calle Cielo
 Gilroy, CA 95020
 842-0338

Quicksilver President Maryben Stover has moved her horses from the Santa Cruz Mountains to the Calero hills. They now share pasture space at Skip Lightfoot's. There were eleven horses in all to move so it took a few trips, but the new stomping grounds seems to suit them all just fine...from 35 year old Dusty to 5 year old Berry. Our Mother Hen and her Chicks will have new trails to explore and enjoy. We wish them well.

Our hero of the month is an excellent horseman who keeps the same horses going year after year. He's another Santa Cruz County resident with lots of miles and a wife who shares them with him.

She, by the way, has already been featured as our heroine of the month. Name this man and then check the last page to see if you were a good sleuth. The vintage car in the background might help you guess his approximate age. See back page for his identity.



If you, too, want to achieve lasting fame, rip those childhood snapshots out of the album and send them to Quicksilver Quips!

Julie Suhr has spent four years buttering up Maryben in an effort to con her out of Rushcreek Q Ball who earned Julie her 20th Tevis Buckle. Persistence pays off. Q-Ball now resides in Julie's barn.

All you Tevis Cup Riders can expect red carpet treatment at Deadwood this year as Pat McKendry and her daughter Judy will be there with water melon, cold drinks and similar good things for your horse. She promises to greet you warmly, lend encouragement and send you on your way refreshed and ready for the canyon before Michigan Bluff. Pat's other daughter, Dolores, will be on the Search and Rescue team. Hopefully you won't need her, but if you should, you can be glad the McKendry family are so willing to give of their time and talents to help others achieve their dreams and goals.

Last month's NAME KIM'S MUSTANG CONTEST brought forth a great selection from which Kim could choose. Among those suggested were: Desert Saguaro, Pride of Pahrump, Pahrump's Pride, Wild Fire, Wild Thing, Whinney, Pahrump, Pahrump's Red, Meadow Ash, Nevada Free, Quicksilver, Hi Ho Silver, Nevada and Cinnebar and Gold Dust. The names were sent to Kim and she says the choice was difficult, but the decision was made. The new horse has been christened DESERT SAGUARO. The Quicksilver member who came up with this neat moniker was Pat McKendry. She wins a new halter. Other persons sending in suggestions were Maryben Stover, Julie Suhr, Jeri Scott, Susan Allison and Becky Glaser. In the meantime, Kim is making tremendous strides in her mustang's training and has already been on one trail ride with him. We all share in her excitement.



DIABLO VISTA RIDE REPORT.....by JAN LONG

As of this year, "Mt. Diablo" is now the "Diablo Vista" Ride. It was held on June 4th and Mother Nature cooperated magnificently. The weather was neither too hot nor too cold. New trails on the hills near Diablo provided many difficult climbs, but none on the mountain itself. The views were spectacular and the trails were fairly well marked. The footing was good throughout and so were the low tree limbs. (Wear those helmets on this one!)

The ride attracted a pretty good crowd shared by the IAHA Sweepstake/Competition entries. Everyone seemed to enjoy themselves and most agreed it was a tough ride. Jan Long and Julie Suhr escorted each other into Top Ten positions. Some of the other Quicksilver members in attendance were Heather Bergantz, Courtney Hart, Nancy White, Gerry and Diane Luthernauer and David StCharles.

Bob Suhr was there to attend to Julie and Bravo. Susan Allison stopped by in the afternoon to say "Hi" and a few other members came on Saturday to prepare for the competitive ride held on Sunday. All in all it was a great ride and one you shouldn't miss next year!

..LATE BREAKING NEWS.....

The selection of the USA Team for the World Championships in Holland on August 5 have been made. They are Becky Hart and Rio, Jeannie Waldron and TF Red Rambo, Debi Gordon and CBS Redman, Melissa Crain and Whoa Jack, Stagg Newman and Ramegwa Drubin and Valerie Kanavy and Pieraz. The alternates are Cheryl Newman, Clyea Hastie, Pat Olivia, Sharon Westergard, Jeff Wall and Shirley Delsart.



Alan and Caralee White are moving to Minden, Nevada where Alan will be associated with a five man clinic. Caralee is the Secretary of our Club and will be missed by all of us. There will be a special election to replace her Board position at the July General Meeting.

Becky Hart and Rio won First Place and Best Condition at the Sunriver 100 Mile Ride which was the last in a series of qualifying rides for the World Championship in Holland.

Becky Glaser and Tio won the Overall Best Condition Award for the 5 Day Pony Express Rides in mid-June.

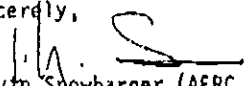
David St. Charles completed the Tom Quilty 100 Mile Ride in Australia in mid-June. More about his adventures next month.

+++++
 This month's PLAUDITS go to Joe Newman with love from Caralee White. According to Caralee, Joe saved her life when she was nearly dieing of exposure at the Almaden Triathlon. As you may recalled, it rained that day, and then rained some more, and then again. Caralee was crewing for an iron woman contestant and nobly gave the athlete her only dry sweater. This left Caralee exposed to the elements and just about the time she was going to expire from exposure, Joe made a quick rescue by offering her a dry jacket. Joe earned Caralee's undying gratitude and a note of PLAUDITS in the QUIPS.
 +++++

TO THE AERC EDITOR OF ENDURANCE NEWS: (copy to Quicksilver Quips)

I'm grateful that Les Carr initiated a discussion of crew awards some time ago. May I throw in my ideas on this subject:

1. The word crew should be re-created as an acronym for Contributor to Rider and Equine Well-being -- C.R.E.W.
2. CREW award(s) should be given at each ride.
3. Ride management should use the CREW award(s) as a fund-raiser and for entertainment at the awards presentations.
4. CREW award(s) would be drawn from a lottery.
5. Tickets for the CREW award(s) would be sold by ride management for a nominal fee just as ride management now sells banquet tickets: either as a selection on the entry form and/or also at the ride site. CREW award tickets would be available for purchase by any appreciative rider or other person.
6. The drawing for the CREW award(s) would add an element of excitement to the awards presentation. Any number of "draws" could be made from the collection of sold tickets.
7. The actual CREW award(s) should be divisible(e.g. six-pack of soft drinks, cash, etc.) because several people may have assisted a single rider.
8. Hopefully, CREW award(s) will become an expected and entertaining part of our awards presentations. The randomly selected winners would symbolize the contribution of all crews at the ride.

Sincerely,

 Marvin Snowbarger (AERC # 2327)
 1223 Valley Quail Circle
 San Jose, CA 95120

 Melissa Ribley (and her horse) would be happy if they could swing down the trail together in a 16" DOUBLE R saddle. She's eager for your call so dial 916-268-1378 if you just happen to have such a saddle.

QUICKSILVER ENDURANCE RIDERS
INCOME AND EXPENSE STATEMENT
For The Period January 1, 1993 through December 31, 1993
(Unaudited)

WHERE DID THE MONEY GO?

Beginning balance			
General Account		\$ 488.97	
Ride Account		4,764.57	
Savings Account		<u>3,130.13</u>	\$ 8,383.67
Income - other than endurance rides			
Membership dues	\$ 1,530.00		
Moonlight ride	415.35		
Donations	<u>1,075.00</u>	3,020.35	
Expenses - other than endurance rides			
P.O. Box rental	7.25		
Goodwill	160.00		
Awards Banquet	2,623.52		
Filing fees - tax returns	20.00		
Rent	300.00		
Newsletter	853.69		
Meeting expenses	69.05		
Donations	<u>2,000.00</u>	(6,033.51)	
Income - endurance rides			
Entry fees and dinners	<u>4,109.50</u>	4,109.50	
Expenses - endurance rides			
AERC sanction fees	20.00		
Drug fees	315.00		
Sani huts	259.86		
Vets	950.00		
Rent	350.00		
Ride supplies	476.70		
Awards	691.83		
Dinners	1,046.30		
Park permits and fees	76.54		
Insurance	<u>431.57</u>	(4,617.80)	
Income - savings			
Interest	<u>65.17</u>	<u>65.17</u>	<u>(3,456.29)</u>
Ending balance			
General Account		93.89	
Ride Account		1,638.19	
Savings Account		<u>3,195.30</u>	<u>\$ 4,927.38</u>
Combined total of general, ride and savings accounts at 12-31-93			<u>\$ 4,927.38</u>



Dear Members,

Submitted by
Jeri Ayers-Scott

The federal and state tax returns for the Quicksilver Endurance Riders has been prepared and filed.

Once again I want to acknowledge the excellent job Kathy Miller did as treasurer for the club during 1993. Kathy has been treasurer for the past three years and she made my job easy due to her accurate bookkeeping and attention to detail. Thanks Kathy.

Jeri Ayers-Scott

From Quicksilver member Robert C. Sass

Julie Subir called me a few weeks ago and asked if I'd write something for the newsletter. She said I could write whatever I wanted to so here goes a brief biography.

I was born and raised in Chicago and would spend summers (not winters!) on a farm in Northern Wisconsin which is probably where I developed a love for the outdoors. My experiences during those summers were right out of Norman Rockwell paintings. They included milking, haying, fishing and of course the outhouse (a 2 holer) in which my great Aunt had posted items from a Sears Catalog and yes, Norman Rockwell paintings from a magazine. There were no horses on the farm and my only childhood exposure to them was one time when I was perhaps 9 or 10. I was given a ride on a pony and am told that I bugged the adults mercilessly for "just one more ride". Perhaps that's when the seed was planted, not to sprout until many years later.

One particularly nasty Chicago winter my dad decided that perhaps this wasn't the best place to spend ones remaining years and so after much ado we ended up in Scottsdale Arizona. After a tour of duty in the Air Force in Germany (jetzt kann Ich nur ein wenig Deutsch sprechen) I returned to Arizona State University to finish up my degree. During my last years in school I worked part-time as a research assistant in a Neurobiology Laboratory at one of the local hospitals and as it turned out, I ended up doing research in some unanticipated areas.

One day we got a new post-doctoral researcher in from Boston named Brenda McGowan (is that Irish or what?) who spoke kinda funny but she appeared pleasant enough. In one of my classes, we were reading various current journal articles and one of the author's names seemed the same as the new post-doc. I worked up a little courage to ask her and sure enough, they were one and the same. After that I got lot more interested in her journal articles... and other things. Ah, I remember those days with such fondness. Secret meetings in the monkey room. A rendezvous in the darkened single-cell recording lab. Late night analysis of the data statistics. All while avoiding the watchful and somewhat lascivious eyes of the lab director. It was a soap for nerds.



But change is the essence of life and eventually I graduated and got a job offer in San Jose. I was anticipating a negotiated arrangement to our by now flourishing relationship but on this point there was no quarter, it was commitment or else. The "M" word. Pretty scary stuff But it was that or lose her and needless to say, I didn't. After our marriage in Boston where everybody speaks funny, we set up housekeeping in San Jose. Brenda ran a lab and taught some courses at Berkeley and I worked in the valley, before all of the Orchards had turned to Silicon. One of my memorable experiences of those years was attending a "function" in Berkeley given by the department head for which Brenda worked. After a short time, an older couple arrived and they were introduced as Mr. & Mrs. Einstein. What!?! Turns out he was a son of THE Albert Einstein and had been an Engineering Professor at Berkeley for many years. He had the same kind and gentle manner as I would have expected of big Al himself.

After a number of years sans kids, our first daughter, Taryn was born in 1976 and in 1977 we moved to suburban Morgan Hill where our second daughter, Kira was born in 1978. One of the really fun activities I did with both girls was to participate in the YMCA Indian Princess/Guides program. Not only did it provide a forum for camping and other outdoor activities to do with the kids but the dads got to dress up like Indians too. It's a pretty amazing sight to see one of these pow wows with 500 or so dads and kids yelling, beating drums and in general both behaving like they were about the same age. But that seems like eons ago because Taryn is now 17 and will attend U.C. Santa Cruz in the fall and Kira is 15 and a Sophomore at Live Oak. "Fiddler On the Roof" is now being performed by the San Jose Civic Light Opera and I can really appreciate the song "Sunrise, Sunset". Where are the little girls I carried?

In 1984 we moved a few miles down Watsonville Road to a place in the country with some land, which of course, Brenda had found after my years of grumbling about getting out of the suburbs and moving to the country. I imagined a life of pastoral leisure, kinda like those childhood years on the farm, so long ago. Now you gotta understand that my concept of landscaaping the place was to bring in a tractor once a year to knock down the grasses when they started to become a fire hazard so you can image my reaction when Brenda decided that we should have a horse. Oh no! One more thing to take care of! Since I'm now writing this, you can see who won the debate. As it turned out, there was an Arab gelding named "Alfie" right

across the street whose mistress had moved on from horses to a career so Brenda bought him, papers, tack and all and he moved about 30 feet to the other side of the road.

As you might have guessed, I took a liking to old Alfie and for years, just rode him in the hills behind our house. No shoes, no truck, no trailer. He knew all the trails by heart, was just spunky enough to be interesting but he treated me gently, except for a few times, and we have had many great experiences together. One short story will give you a clue as to his character. One Saturday we had a Birthday party for Taryn and of course, all of the kids had to have a horseback ride. One by one I walked each one up and down the driveway, some several times, like some other kid you might remember. Alfie was the perfect gentleman, obediently walking up and down the driveway uncounted times, somehow recognizing that he had someone fragile on his back. After the last ride, I was leading him back to the barn when Ouch!! I felt this pain in my arm. He bit me! I was so astonished I didn't know what to do. He had never bitten me before! I looked at him and I interpreted his gaze as something like "look, I was good all day but it was really boring so don't make me do that again!". We walked back to the barn, me chucking while rubbing my arm and Alfie seemingly satisfied that his point was made. That was the one and only time he ever bit me.

I continued on just riding Alfie in the area around the house for a number of years until that fateful day we took our car into Dave Fanara's garage and I noticed the picture of his horse on the wall. After a few conversations, Dave & Carla invited me to go riding with them, helped me trailer the horse, gave me lots of encouragement and advice and in general introduced me to Endurance riding. What great people! I learned more from Dave & Carla in a few months than I had in all the previous years. It was so great riding at the various parks in the area, seeing it all from horseback that I got totally hooked. Before long I had the requisite trailer, rig, tack and pre-conditioned horse (Timir alias Rush Creek Option) and did Las Trampas as my first ride. Now my only problem is finding enough time to condition and do all the rides I'd like to! Thanks Dave & Carla!

Whew! How I do carry on. I'd like to close this epistle with a suggestion for the newsletter. How about a regular column titled something like "Horsebits" i.e. informational tidbits about horses. This could be practical, biological,

medical (Dr. Ribley could provide lots of great info) or historical. It might have items like:

Horsebits - Practical and Trivial Information about our Equine Friends

Did you know that horses have one of the largest eyes in the animal kingdom? Larger than an elephant or a whale. They have a special layer to reflect extra light back into the retina. Now you know why they can move down the trail so confidently at night while you're mumbling to yourself "I can't see a darned thing, I hope he knows where he's going!"

The horse evolved in North America and spread to the rest of the world but mysteriously disappeared from this continent about the same time humans first crossed the land bridge from Asia some 25,000 years ago. The picture we have of the Indians galloping across the plains did not exist here until the Spanish brought their horses in the 16th century. Until that time, all North American Indians went everywhere on foot!

In closing, I like to think of the old Arab saying which Veterinarian Jim Steer likes to quote:

As close as you come to Heaven on Earth is:

In the pages of a good book.
In the arms of a beautiful woman.
On the back of a swift horse.

I guess I've had it all. Happy trails!



The editor of Quicksilver Quip is feeling badly over the inability to cover all the rides attended by Quicksilver members with a nice article. While she would like to attend them ALL, she can't so must rely on others. If you go to a ride, please share it with a nice blurb for this newsletter. All contributions are gratefully accepted.

Saddle Fit

Is your saddle working for the both of you?

by Carolyn Tucker

In the early history of the West, at the turn of the nineteenth century, it was in many cases common and proper for a working horse to have plenty of white hairs on his back and withers! His owner would be proud of this, as it showed how trained he was and that he was a good working ranch horse, having spent many hours on the range under saddle. It was also true that when a saddle was made for a certain horse, it stayed with that horse when he was sold. A rider couldn't afford to have a real bad saddle fit and most would notice and take care of bad saddle sore problems quickly. Today, we no doubt have the same type problems but have a whole lot more help to choose from.

Saddles and the way they fit are usually the root cause of most training and riding problems. The way a horse moves under saddle has a whole lot to do with how the saddle is allowing him to move. The best comparison for human understanding would be to wear several different types of backpacks full of different types of loads. Heavy, un-balanced weight is very difficult to carry at a walk, then just try to run! Now, that is just dead weight, try carrying an active toddler, one that is wiggling and swaying from one side to the other!

Next, lets talk about body posture. We all know that if we don't carry weight properly, our back will hurt. It is the same for horses. If we don't teach and remind them about their posture for carrying weight, then their backs also hurt and they start compensating and behavior trouble begins. Leg problems, tight backs, heads up in your face, etc.....

The first thing to check before saddling is the posture of the horse. Everyone knows what a severely sway backed horse looks like and nobody wants one of those to ride! Well, on a lesser scale the back could be slightly dropped and you may not notice it as easily. The best way to remind your horse to lift his back up is to push up from the belly with your hands or fingers. Some horses will just need a slight reminder and others will not respond to this suggestion at all. To really understand the importance of posture for better movement and carrying ability, get down on your hands and knees and hollow and drop your back and lift your head up. Now try to move your knee and leg forward? Next, drop your head and raise or round your back up, (like a cat would arch his back up.) Now, move your knee forward and you will find it so much easier to move your knee alot farther forward and under yourself!

This is same for the horses. If the back is up and not hollowed or sunk the horse can carry the rider and the saddle much better. He can get his legs better under himself. He can go up and down hill in much better balance and it is a must for dressage work..

The horse mom doesn't teach her baby, " now when the humans get on you, be sure to hold your back up...."! ha. It is up to us to teach that along with the rest of the training. Once your riding, remind your horse about his back by asking his hind legs to come under and his head and neck to round.

Circles and backing exercises can help to get the hind legs stepping under which then helps to round the back, head and neck. These areas are all connected through the spine. If he has his head in your face and hind legs traveling way out behind himself then his back is also hollowed. This is alot rougher ride for the rider too. A dressage or western riding instructor or trainer can help you to learn about this things.

When the back is carried up then the underlying belly muscles are strengthened.

They help strengthen and support the back. As riders we also need to strengthen our backs by strengthening our stomachs and practicing our own self carriage. We need to fill our backs out and not hollow them, same as we ask our horses to do.

Now, back to the saddle. The best way to check how the saddle fits is to stand the horse on a flat surface and put the saddle on alone with out a saddle pad. The saddle should not restrict the shoulder blade. You can feel the bone of the shoulder blade by sliding your hand down from the wither bone. You want to be able to easily slide your hand under the front of the saddle and be clear of both the wither and shoulder blade. A western saddle is going to set farther up on the shoulder blade area but it should still be free of tight pressure. By the time you tighten down the cinch and put your weight on the saddle, this pressure can become very painful and restrict the horse from moving freely. Some horses may show their un-happiness at the time you put the saddle on or tighten the cinch. Watch this behavior, the horse is telling you. Horses may even bite during this time as the saddle is hurting them or they know it is going to hurt. A good fitting saddle doesn't need the cinch so tight. Nobody wants their saddle falling off with them but if you cinch up the saddle to tight, the horse gets very uncomfortable and learns to hold his breath or stick his stomach out during saddling.. You think the cinch is tight then you get on and the saddle becomes really loose. Try to tighten up the cinch slowly and gently and not so tight. Try to think how it would feel to have something so tight around you and then be asked to run and try to breath! The cinch or girth strap should set about four fingers behind the elbow of the horse. If it is to close to the legs, it will rub girth sores as the horse walks.

Dressage Saddle

WINTER

All Purpose

English saddles are able to set just behind the shoulder blade and allow better freedom of movement of the shoulder. They are lighter, but also offer less overall support or distribution of the weight. Try to find english style saddles that have broader or larger panels to give more support and distribute the weight better. When you look at the saddle on your horses back see if it sets evenly and touches down on the back all the way around. It should stand up at the wither area and you should be able to measure at least three fingers high between the saddle and the withers. When you get on, the weight will cause the saddle to come down more and if the saddle rides down on the wither bone, your horse will really be sore. Check as best as you can if the saddle is setting down on the inside and underneath areas. Sometimes you can look through the front and back of the saddle and see how it is setting. Rock the saddle and see how stable it sets. It should not titter. Stand back from the side of your horse and look to see if the saddle sets level. It should not dip forward or back. If it dips down forward it will put pressure on the wither area and if it dips back it puts pressure on the kidneys. It is also impossible for the rider to maintain a good balance if the saddle does not set level. Now, if your horses back is not level then you need to pad up the difference. That is when you really get into the use of different shaped pads to fill in the hollow areas. There are many types of saddle pads today and some are very good at expanding and compressing where the horses back and saddle need them too. The saddle must set level.

There are different saddle tree sizes and this helps quite a bit. If the saddle sets up to high at the wither and doesn't set down well on the back then the saddle tree is usually too narrow. If the saddle sets down too much on the wither area then it is usually too large of a tree. Neither of these saddles can be made to work. The larger tree sometimes can be padded up with saddle pads to fit better but this isn't the greatest for long periods.

If you think the saddle fits ok then saddle up and work for twenty minutes. Remove the saddle and check for dry spots, usually found by the withers or just behind them. These are caused by pressure or un-even distribution of the weight in the saddle. They show up best during the first part of the work. These dry spots can lead to hair loss or white hair that is caused from scaring. The underlying areas can get bruised and really sore. Sometimes the horses get used to this and learn to endure it. Other times the horses just can't move well and act up. If the fit is just slightly off, as no saddle is perfect, then the right padding will solve the problem. Even reflocking the stuffing in your saddle can be enough. As saddles get used the flocking or stuffing inside or underneath gets matted down. You should get them checked by a saddle worker and especially if you buy a used saddle or change horses. The way a saddle molds to one horse will not fit the same on another.

Strübben Siegfried

Crosby

Wintec Endurance

As for saddle pads, there are many available. I like to use a thinner type pad for english style saddles, made of a breathable type cotton. For western saddles, a thicker type horschair or cotton blend is nice. There are some new pad materials available that help absorb shock and help the saddle fit to the horse better. These pads use material that mold and compress in areas. This helps the saddle fit better. Look for pads that can breathe well. Some pads can really hold heat. Usually the saddle pad companies, especially the therapeutic pad companies, are happy to help you over the phone. They will share what they know and give comparisons from other customers and what has worked for them. They usually have several different pads to offer. You may have to try a few different pads. Try to borrow one or keep it clean so you can return it. Otherwise you may own a whole line of different saddle pads!

Now, if you get the saddle to work for your horse, how is it working for you? If it is too big than you can't really hold your balance very well. If it is uncomfortable or hurting you anywhere, you will not be happy. You probably will not get used to it either! If you use really thick pads under your saddle, this puts too much between you and your horse's back and prevents you from moving as well with him. You need to be able to feel his back move in order to find his rhythm better. How do the stir-ups hang? If they are hung too far forward then you can't get your legs under yourself. The only riders I have seen with their legs out in front are cattle ropers and since they do a great job of staying in the saddle I will not be one to tell them to do it differently. Otherwise, I would rather see the riders with their legs under themselves. It is better body mechanics and better balance, just like we ask the horses to do. There are a lot of saddles available to choose from. Try a few before buying one. Ride in it for longer than five minutes! New shoes feel great at first!

About the Author:

Carolyn Tucker owns and manages Amara Farms Sporthorse Breeding Facility. She is a long time distance trail rider and specializes in training and riding lessons for pleasure riding, arena flat work, jumping and trail riding. She also specializes in natural feeding programs, equine injury therapy and saddle fitting. You may contact Carolyn at 13700 Uvas Rd. Morgan Hill, Ca. 95037 408 779-6555 or you may leave a message at EQUINE'S Office (800) 834-4088.

Exercise Saddle

Close Contact

Jumping Saddle

BOZ

ENTEROLITHS

Recently, many people have asked my opinion on enteroliths: their cause, symptoms and treatment. I thought that, since so many people have expressed concern, a piece on enteroliths might be a timely idea.

First, what is an enterolith? An enterolith, or "intestinal stone", is a stone formed in the large intestine of a horse composed of many minerals, predominantly magnesium ammonium phosphate. The center, or nidus, can be anything from a piece of horseshoe nail to a pebble to a hard bit of hay. The horse ingests the nidus and it lodges in the large colon where the intestine lays down layers of minerals around the nidus in order to prevent the nidus from harming the intestinal wall. (This is very similar to how a pearl is formed inside an oyster.) It usually takes many (5-20) years to form an enterolith large enough to block the intestine.

What factors contribute to enterolith formation? The fact that enteroliths are seen mostly in California and some of the southern states and almost never in the northern states lends one to speculate that there must be something about our state that contributes to enteroliths. The water in California overall has a higher magnesium concentration than the rest of the country. Also, alfalfa hay has almost twice the magnesium and protein content of oat or grass hay, and most California horse owners feed alfalfa as the main feed for their horses. Bran also has a high magnesium content, but it can not be called the sole factor in enterolith formation because most of the horse owners around the country feed bran, yet their horses don't get enterolith. The cause of enterolith is still unknown, but most likely many factors contribute to their formation.

What are the signs of enterolith in a horse? Colic is the main sign; usually, the colic is not extremely severe and usually re-occurs in weeks to months. A horse over the age of 5 who colic's frequently and is fed mostly alfalfa is a good bet for having enterolith. The colic may not resolve totally, but may drag on for days with the horse's condition going steadily downhill. Another sign of enterolith in horses are enterolith found in the feces or in the stall. Some horses will pass smaller enterolith and an astute owner will find them in the feces. Diagnosis of enterolith can be made in 3 ways: if a horse passes a stone, if a stone is seen on an abdominal X-ray (U.C. Davis), or if a stone is found at surgery (U.C. Davis).

How do you treat a horse that has enterolith? Surgery is the only effective treatment at this time. Some vets have advocated the addition of apple cider vinegar (1/2-1 cup/day) to a horse's diet to dissolve the stone; there has been no evidence that vinegar works, but since it doesn't seem to harm the horse, I suggest trying it if you can.

How do you prevent enterolith? Moving out of California would be the best way to prevent enterolith. If that is not practical, then trying to cut back on alfalfa and adding oat hay to the diet is advised. I don't think that eliminating bran is the answer, but limiting bran to a few times a week would be more prudent. You must weigh the necessity of giving bran and psyllium for gut sand removal against the possibility of bran adding to and enterolith. And Arabian owners should be especially careful since enterolith are seen more commonly in Arabians than other breeds.

A good article to read is in the January 1992 edition of California Horse Review.

Contributed by Dr. Bing
Adobe Animal Hospital



BAY AREA
RIDGE TRAIL
COUNCIL

311 CALIFORNIA STREET, SUITE 300
SAN FRANCISCO, CALIFORNIA 94104

CALL FOR SUPPORTERS

TRI FOR THE RIDGE

A Fundraising Event for the Bay Area Ridge Trail
Open to Hikers, Runners, Equestrians and Mountain Bicyclists

Saturday September 24, 1994

Mission Peak Regional Park, Fremont and Ed Levin
Park, Milpitas

THE EVENT

The local committees of the Bay Area Ridge Trail Council will host a major regional event for hundreds of trail enthusiasts in the Bay Area. Participants will secure sponsors for every mile of trail they hike, ride, cycle, or run. Each trail user group will start at different points around Mission Peak and converge near the top for a catered barbecue and celebration.

Proceeds will directly benefit Bay Area Ridge Trail projects in the Alameda and Santa Clara County area. Specifically, funds will be used for trail acquisition, trail construction or maintenance projects, or related trail facility construction such as staging areas.

CALL FOR SUPPORTERS

To fund initial costs to plan and promote the event, the Tri for the Ridge committee is soliciting supporters who can donate funds or in-kind donations related to planning the event. In May 1994, a poster will be printed to promote the event throughout the East Bay, South Bay, and the Peninsula. All supporters will be listed on the poster.

If a business, community service organization, or individual would like to donate funds or services to plan this event, please contact Glenn Kirby (510) 581-8893, Peter Bluhon (510) 848-3804, or Margaret Marshall (415) 368-7385.

THE BAY AREA RIDGE TRAIL IN THE MAKING

As a partner in the Tri for the Ridge, you will be a part of a Bay Area-wide grassroots effort to make the Bay Area Ridge Trail a reality. This proposed 400 mile multi-use trail will encircle the ridges of the nine-county region connecting parks, open spaces and communities and will provide local recreational opportunities for the region's 6 million residents.

The project depends on the support and active involvement of a diversity of public agencies, private landowners, community organizations, and volunteers. To date the Ridge Trail Council has completed 165 miles working in cooperation with park and water districts, cities, and private landowners.

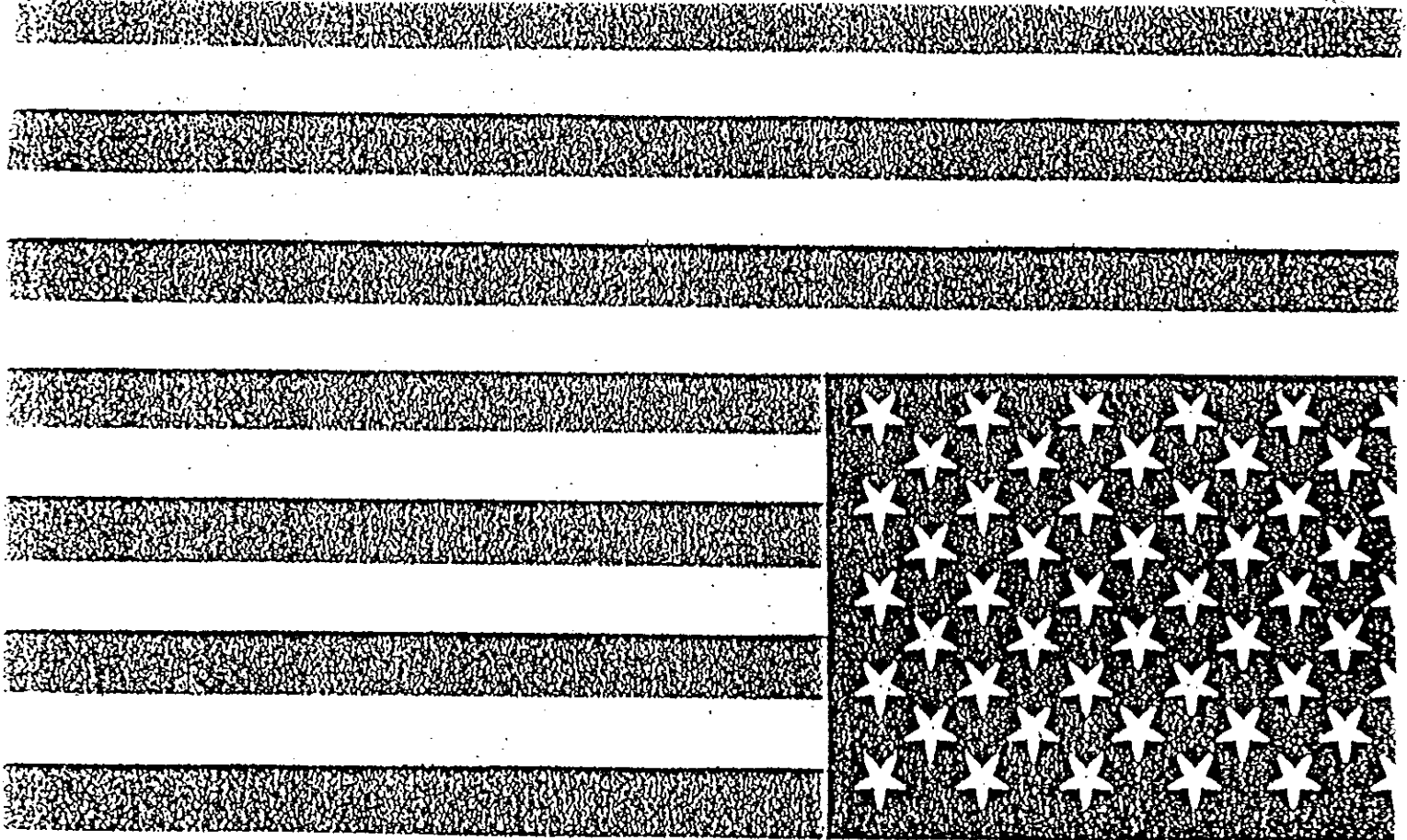
Organized and sponsored by the Bay Area Ridge Trail Council.

Our Hero of the Month from page 2 is Gerry Luternauer

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- GREAT MIDSUMMER EVENTS FOR JULY
- | | |
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| 3 | WESTERN STATES 50 |
| | Jon Bringham 916-885-3941 |
| 4 | "Long May It Wave" |
| 9 | MAD RIVER 25/50 |
| | Elaine Kerrigan 707-443-0215 |
| 13 | QUICKSILVER BOARD MEETING 6:30 p.m. |
| | QUICKSILVER GENERAL MEETING 7:30 p.m. |
| 16 | MORGAN SPRINGS 50/100 |
| | Sarah Seward 916-347-3394 |
| 23 | WESTERN STATES TRAIL RIDE 100 |
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