

QUICKSILVER QUIPS

JULY 1998



President: Brian Reeves
Vice-President: Diane Enderle
Secretary: Marvin Snowbarger
Treasurer: Kathy Miller

Board Members: Lori Oleson
Trilby Pederson
Valorie Weizer

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Hi All,

Well, remember when I said it looks like summer is finally here? Disregard..... Looks like we will never have summer again! On the way back from Applegate-Lassen, it had actually SNOWED in Foresthill !! I think Tevis will be more challenging than usual this year, people are still skiing at Squaw Valley.

Some interesting things were discussed at the meeting. Lori brought in the totals for the poker ride and it was almost three times more than last year!! Way to go Lori !!!!

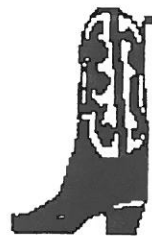
The proposed new Horse of the Year award was discussed, with a time line to complete the criteria by 1 Sept 98. If anyone has any ideas, Trilby's head of the committee. The other members are: Val Weizer, Lori Olsen, Diane Enderle and Dick Carter. .If all goes well, we could have the award voted on in October, and have a Quicksilver Horse of the Year Award presented at the Awards banquet for 1998.

Next month is the Barn dance/ potluck at Trilby's. So all of us who haven't line danced since LAST years barn dance, get ready to do the Electric Slide (or something that almost looks like it!) It's always been great fun, don't miss it.

Well, I'm actually NOT going to the desert this month for a change, so maybe I'll see more of you on the trails.

Happy Trails,

Brian



QUICKSILVER ENDURANCE RIDERS INC.



Treasurer's Report: Kathy Miller

June 10, 1998

General Account

Beginning Balance as of May 13, 1998		\$1808.46
Add: Poker Ride Receipts		939.00
Less:		
Julie Suhr - June Newsletter	<63.96>	
Steve Lenheim - Food, Poker Ride	<307.29>	
Service Charge	<10.00>	<u><381.25></u>
Ending Balance		<u>\$2366.21</u>

Ride Account

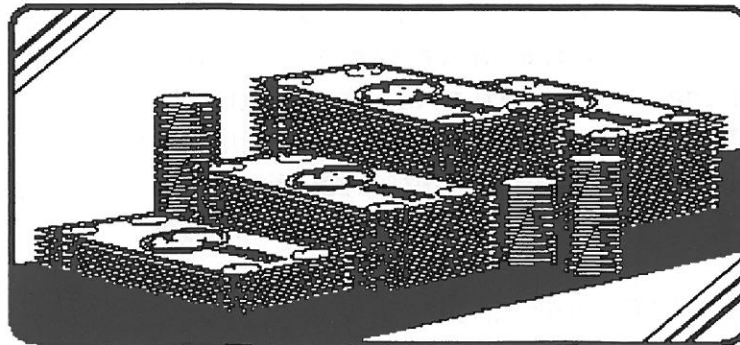
Beginning Balance	\$ 738.16
Less Service Charge	<u><10.00></u>
Ending Balance	<u>\$ 728.16</u>

Trail Account

Beginning Balance	\$ 806.98
Interest thru 3-31-98	<u>3.99</u>
Ending Balance	<u>\$ 810.87</u>

Junior Account

Beginning Balance	\$ 729.70
Interest thru 3-31-98	<u>3.63</u>
Ending Balance	<u>\$ 733.33</u>



Quicksilver Endurance Riders Meeting 6/10/98

Acting Secretary Val. Marvin was grading finals. No promises. I am not a good secretary.

We followed the format—somewhat Call to Order and another Call to Order due to general gossip. 7:22 pm

Guests: none

Minutes of last meeting: published in last newsletter, no changes.

Correspondence: lots of junk mail and letters from other clubs which were passed around.

President's Report: None

Secretary's Report: it's finals night.

Committee Reports.....

Membership - 10 people outstanding that haven't rejoined this year.

Program - Val is setting up a Sunday for the QS Club to go to Bay Meadows in September. And a night for the gang to go to the Grand National en mass too. For July meeting, a barn dance at Trilby's and August Barbecue at Trilby's again. We will still have a meeting in September.

Goodwill - None

Trails - Master plan meeting for QS Park: Equestrian Concessions and new entry on Hicks Road currently being dicussed. Of course this stimulated a lot of general discussion and chatter. Viri Norton Trail being discussed, hills under the hatchet, alternate routes. Letters to be written for this issue.

Rides - Poker Ride. Congratulations to Lori on a great job. Net \$467 (up from last year's \$180). Eighty riders and over 200 hands sold.

QS Fall Classic to be held at Grant Ranch.

Awards - Trilby brought a new jacket to show the group. Polar Fleece with lettering for cheap (\$40) and they do horse blankets too, an idea for year end awards.

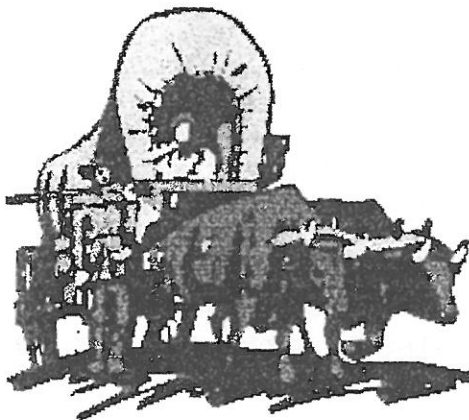
Newsletter - Brian and Lynge to do form letter for QS parks about Norton trail (see what happens when you are not there. We volunteer you for stuff)

Unfinished Business - Horse of he Year Committee. Dick wants to be added to it. Rules and guidelines suggestions to be finished by Sept. 1 so we can have a horse of the year this year. Committee to meet soon.

New Business - AERC Board Meeting coming up SO GET YOUR INPUT INTO YOUR FAVORITE BOARD MEMBERS, all of whom are QS members, Trilby, Maryben and Barbara. AERC Hall of Fame Nominations due.

Announcements & Information - 4th and 5th of July Ride for Pacific South - Don't miss it! Indian Diggins 50 and Indian Diggins Special (50) FEI intro. Teresa Cross (510-837-4988).

Adjournment: 8:30.



with **VAL WEIZER** on **THE APPLGATE-LASSEN TRAIL**

May 31 - June 4, 1998

Well, it happened! Everyone involved was very worried beforehand - and sometimes during. Mother Nature is just determined to make it a difficult ride year. Rain, Mud, Hail, Snow, Mud Slides and Floods are just a little of the problems this year and this ride was no differently effected than any other this year. Ride Management was very creative and determined to see this ride happen. Good thing too, 'cause it was fun.

Base camp had to be moved as the usual site was under two feet of or so or river. So we moved into a truck stop parking lot and started from there. We invaded the restaurants,

(continued next page)

casino (Brian won enough to pay for lunch) and best of all bathrooms with hot running water and flush toilets - I like the small things in life. We arrived on Saturday, May 30 to sunshine and about 75 degrees, very nice having just come from pouring rain. DVM. Bob and Dr. Jamie Dieterich were there to take good care of us during the ride. I was expecting twelve or so riders as that was the last count I had heard about two weeks before the ride from Barbara. I was surprised to see over twenty-five riders. This was going to be a great ride.

Day One — Humboldt River, NV to Rabbit Hole Springs

Sunny and beautiful. a nice trail to start with and then they went down by the lake. Well, the scenery was great cause we were all sight seeing and missed the trail. Riders everywhere across the countryside. Poor Lud was trying to get us all back to the right trail. I saw some mustangs, antelope, pheasant and lots of cattle. The day went quickly. Day one took the largest toll on horses with three not finishing out of twenty-four.

Day Two — Rabbit Hole Springs to Gerlach

Even nicer than the first day. I got smarter and started in a tee shirt instead of carrying a jacket around. Temperature was over 95 in Gerlach. Nobody missed the trail. Scenery was fun. I enjoy having my rig right there and anything I want I can have. If every ride went down the same road as the rigs this would lose something, but I enjoyed the uniqueness of this. Saw several rattlesnakes right in the middle of the road. Dinner in Bruno's is a real highlight. A restaurant in the middle of nowhere. I wanted to go into the whore house but never found time once again. I am determined to see one. Everyone always says do you see it and I never have as we drive and ride by. A silly novelty for a California rider. Still have never seen one even just the outside. I keep hearing about menu's.

Day Three — Gerlach to Mud Meadows Reservoir

About midnight it started to pour and pour and pour. The wind was blowing at about 80 miles an hour and lifted our camper off the ground a couple of times. No start was the word at 6 am. We were to have trailered to the black playa and go across the salt flats. They were completely inaccessible. Brian and Lud headed out in Lud's truck in search of a doable trail for the ride. They came back at about 8:30 and had a plan. We would give it some time to dry out. It had stopped raining around 7:30 and had gone to occasional drizzle. The start was at 10. We rode straight out from camp on the side of the road. We stayed on the sides of paved or on the dirt road itself and headed for Mud Meadow. By lunch we were treated to a spectacular lightning and thunder show with a little hail thrown in. When we hit 50 miles the horses were put into the trailer to go to Mud Meadows. The road washed out in a few places becoming a river. Camp was to be on the other side of a huge road river and became impassable for the later finishing riders. What a fix. Half the riders on one side and the rest on the other side. More excitement than wet tired riders, crew and managers needed. Camp was moved to high ground and with a little help of Lud's winch everyone made it safely. But what now? We went to bed with a tentative plan. We would trailer to the main dirt road to Massacre Lake. If it was raining when we got there we would just drive to the lake and not have day 4. If it was sunny then we would ride from there.

Day Four — Mud Meadows to Massacre Lake

Well, no High Rock Canyon for us. We trailered for over an hour to get to the road junction /start of the ride. We started at 10 am again. This makes for late nights and cranky riders and ponies. We rode for 50 miles (writer's lenience in the "we". I pulled at lunch) and put the horses in the trailer and drove to the lake. I think this was the most beautiful day of the ride. We rode through rolling hills with many rivers, which I am sure are not there normally, and the scenery on this day was wonderful. There were a couple of valleys I would love to own. The rain held off and we were able to camp at the lake.

Day Five — Massacre Lake to Cedarville, CA

Back on the planned trail! I was demoted to crew. Wait, not crew no - I just get to go and rest at the fairgrounds! Yes, I am tired enough to not mind. Being wet all of the time is exhausting. I was pony ambulance and took the Wachenheims mare and Izzy - Nancy Elliot's cute mare who I was riding - straight to the fairgrounds. The boys got upset when the girls would drive by. Hee hee, smart girls were doing it the easy way. The Wachenheims crewed for Brian and did a great job - thank you. The sun decided to shine on the riders and not at camp. It hailed and rained all day at the camp. The riders had to ride into the line of rain. Nevada/sun - California/rain and hail. Welcome back to wet California. The Fairgrounds were great. Hot showers and nice paddocks for the ponies. Dinner was fantastic at the Country Hearth Restaurant. Sleeping in was even better the following morning.

Five five-day riders finished on the same horses including two Quicksilver members—Brian Reeves on Goofy and Trilby Pederson on Red. Way to go! Brian's Goofy received overall BC. Congratulations Brian and Goofy. Other Quicksilver members were of course Ride Management Barbara and Lud and riders Bob and Julie Suhr, Nancy and Peter Twight, Jeff Luternaurer and me.

Thanks Barbara and Lud for putting this ride together and keeping it together..

Our Congratulations

Some of our Quicksilver horse members get to see the country and LS Zane Grey is one of them. He did the Biltmore ride last month, finishing 3rd with Kathy Thompson on deck. He matched Cash, two time world champion, stride for stride, crossing the finish line with the identical time. Toward the end of May he came in 4th in the IAHA CTR Championship Ride with Eric aboard. This latter ride was in Georgia. It is nice to have our west coast horses go almost all the way across the country and do so well. Our congratulations to the Thompsons. There were 45 entries in this latter ride with 32 making it to the finish line in good shape.

A hearty welcome to
new Quicksilver member
Mike Maul

Mike Maul hails from Texas. The computer industry has drawn him to our neck of the woods for a couple of years. He fits in with our Quicksilver gang easily and has been helping ride some of our members' horses until his own arrive. You may recognize Mike's name because he has been active in posting ride results and upcoming events on the internet

Need a Horse?

For Sale: Endurance prospect; bay gelding, 7 yrs., 14.3. Has completed a 25 miler and a 50 miler. Related to World Champion R. O. Grand Sultan+//.; Currently in training with Becky Hart and Judith Ogus. \$3,000 OBO. Call (408) 997-0814

When a Good Horse Dies

Linda Cowles on the Internet on June 15, 1998

Hi folks,
Stacy Olsen's wonderful boy, Porter, had a heart attack late Saturday night after completing the Oakland Hills ride.

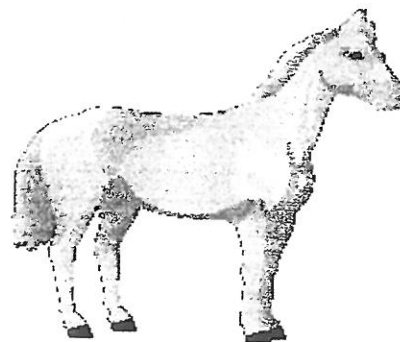
Porter was 15 years old, and had 1400 AERC miles. He was looking great throughout the ride with the exception of a slightly elevated heart rate at the last check - he didn't come down as fast as he usually did.

At the final vetting, the vets were concerned because he had a very irregular heartbeat, but didn't have any recommendations. He looked wonderful - great gut and hydration, eating well.

Stacy was always a conservative rider, and Porter looked the way he always did after a 50 -fantastic.

He died that night in his field at home... he didn't struggle, so it was fast.

We're all gonna miss him! Feed your pony's a carrot for him



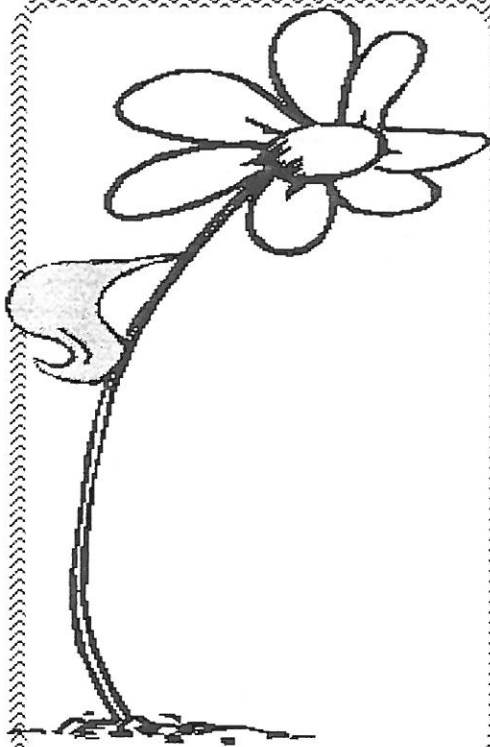
Cathy Kauer Greets Spring at Camp Far West

Held northeast of Roseville about two hours was the lovely spring romp of a ride, Camp Far West. Grassy valley with the odd hill, with three quarters of the trail literally over grass and a perfect blanket of wildflowers. At the 19 mile stop, a nice deep horse bath with lots of clear water made you think you were out for an easy day ride in the country. Purple columbine, lavender Brodiaea, pink wild onion and other wildflowers provided gorgeous spring trails, even zipping through this fast ride you have seen an impressionist's palette of color. The weather was perfect for camping and dust free riding; whenever you'd think it might get hot for the horse a bit of cloud cover would come along - though it did rain Sunday night, enough to chase some of us home.

There was a good showing for both the 25 and 50 - a hundred and thirty 25ers' and eighty 50's. Ride camp was spacious with plenty of shade, privacy, valley views and grass. Bits of news I heard include that Atlantys and Julie Caprino came in second in the fifty, with former Quicksilver member Dolly DeCair fifth with Best Condition. Julie found that before the 'purple cinder' road finish stretch was a single-file creek, making top ten positioning a matter of good manners. Bing Voight rode along with friend Mary Duweke, who completed her first 25, bareback, with all A's and B's o Zak, a 15 year old Quarter horse. Mud was not much of a problem, though bringing up the rear in the 25 I did see two shoes, then lost one of ours at the last creek. Spunky, Becky Harts, curly stallion, finished his first 50 nicely. Trilby and Becky rode together the first half. Judith on Sonya

sponsored a junior, Jessica, who finished the 50, as well as Steve Lenheim, Marwin Snowbarger, Julie and Bob Suhr, and Gloria Vanderford. I also heard that Jeff Luternauer was there. Rara and I completed the 25, though she didn't understand why she couldn't race the top-ten fifties passing us near the finish, three shoes or not. I was happy with how she did after the ride.

Marwin chuckled at the 19 mile stop a the vet's parting comment was to "get some water in that horse" - we've all been there I think; makes the rider look bad when the horse is not drinking. Marwin hopes to do Tevis this year. Pete Lemond came to Camp Far West but his horse came down with the Washoe-ride flu going around, so he left his gelding



Zachary at the Vanderfords nearby. Pete did Washoe and Cliff Lewis' Pitstop 50, in Silver Springs (Derby Ditch country) and plans on the five day Timberon at the end of June. We saw Kim Kirkpatrick on her curly gelding, and had met Kin's boyfriend, though Kim pulled to be safe when things didn't quite add up right later on. We stopped and shared horse snacks with them for a few

minutes while they waited for the trailer. The one surprise was that the ride photographer only ended up with photos of about 1/3 of the horses, which was hard to understand with such a well attended ride, and so many 25's who often want those photos. We hope to see everyone there next year.

Bye for now, Cathy.

POKER RIDE 1998

This years poker ride at Calero was a big success. There were 80 riders (up a little from last year) and more prizes than ever. It was a beautiful, sunny day and everyone seemed to have a good time.

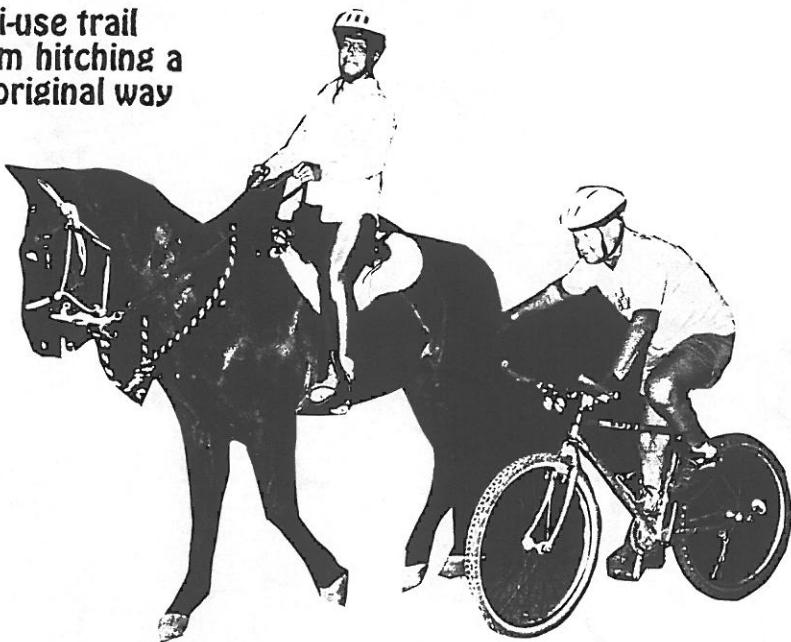
Everything ran very smooth because of all the members who volunteered their time and effort. Maryben Stover and Nancy White handled registration. Brian Reeves, Carla & Jess Ambriz, Chere Montgomery and Judy Etheridge passed out cards. Bill Parker made the trail signs and helped Maryben advertise one of her horses. Steve Lenheim was our chef again, with Bing & Jerrod Voight, Val Weizer and Nancy White helping. Other volunteers for the day were Patsy Scharfe, Sandie Parker and Marvin Snowbarger.



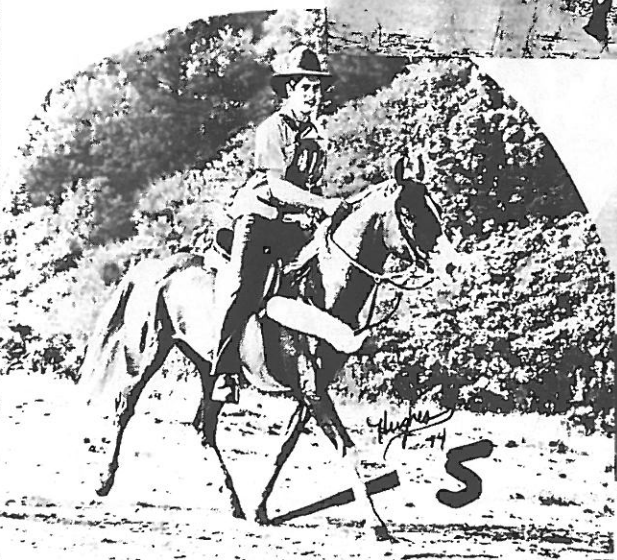
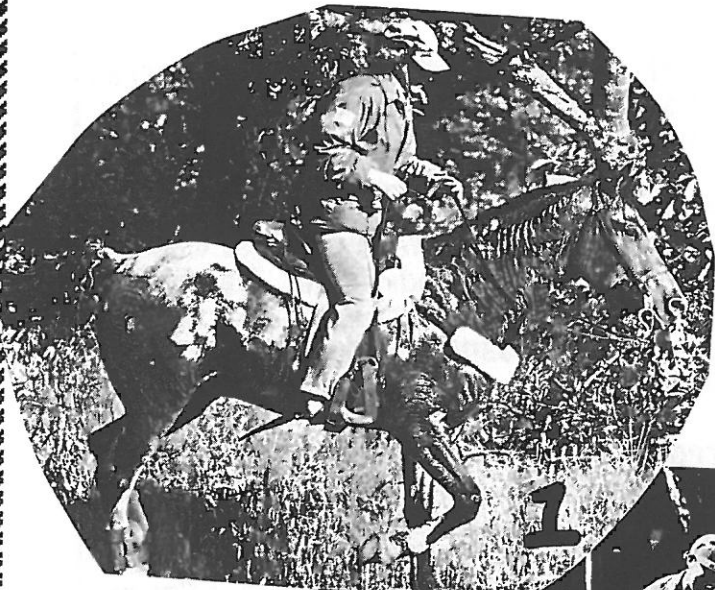
When the budget for the prizes was reduced from the previous year, I asked members to help fill the void. That's exactly what they did. Brown's Arabian was a big contributor and Trilby did a great job rounding up a wide variety of items. Eric and Kathy Thompson donated several prizes, including a nice blanket. There were so many individuals and businesses donating that I'm not going to try to name them all.

A big thank you to everyone who helped, donated and rode! *Lori*

Lars Larsen is a great multi-use trail advocate. Here you see him hitching a ride in rather a novel and original way which demonstrates that bikers and riders can get along. The horse seems to be an amenable animal and Lars seems grateful for the lift.



FROM THE 1981 QUICKSILVER YEARBOOK I HAVE SELECTED SIX PICTURES OF RIDERS WHO ARE STILL QUICKSILVER MEMBERS AND WHO YOU MUST IDENTIFY IN ORDER TO WIN A GRAND PRIZE. (MARYBEN IS EXEMPTED FROM THIS COMPETITION BECAUSE SHE KNOWS ALL) GRAND WINNER AND IDENTIFICATION OF ALL RIDERS WILL BE ANNOUNCED IN NEXT MONTH'S QUICKSILVER QUIPS.



OAKLAND HILLS

Despite the El Nino curse, Oakland Hills turned out to be a pretty good ride. As usual, Quicksilver was well represented with about 15 riders and crew and also well represented in the top ten.

The trail had to be changed considerably due to the damage and the first and third vet checks were moved completely. The first vet check was only about 5 minutes away for crews and with much better access [no hiking in]. However, it did take Becky and I a little longer because I was navigating and couldn't understand the map because we didn't know the check was in a different place. We got there just as Lori was riding in so everything turned out all right.

The weather was a little overcast in the morning but the day turned out to be quite sunny and not too hot on the trail.

Steve Lenheim riding Sorka was the first Quicksilver member to get in, crossing the finish line in 5th place, followed by Ken Cook riding Rocky in 7th place with Lori Oleson and Kassiq in the coveted 11th place. Other Quicksilver finishers were Judith Ogus riding Spunky Dreadlocks [the Curly stallion], Julie Suhr on Buddy, Mike Tracy on Aron Moon. Mike Maul was riding one of Lari Shea's Akhal Teke horses on its first 50 but unfortunately she came up off and could not finish. Mark Falcone decided not to start Tyler. Other loyal Quicksilver crew members were Becky Hart and Bob Suhr. I was sort of a loyal crew member. I can't move around well enough to be a very good crew but I did make my rider a sandwich at lunch. WOW. Anyway, he top tenned so he can do pretty well without a crew. Actually he got his ankle kicked the day before and it was questionable as to whether or not he would ride so I think that my main function was dispensing Vicodin. This seems to be the new "endurance rider helper". Sure works though. He didn't hurt too much during the ride but I heard some definite whining this morning.

We also had a riders in the 25 miler. Skip Lightfoot brought his daughter, Heather, her friend Shannon and their horses. Hillary [I don't know her last name] came to ride Corky and they finished I think 3-6th. Shannon's horse looked so good that she came away with junior best

condition. Valerie Christenson rounded out Quicksilver bunch in the 25 miler.

I saw ex Quicksilver horse AM Tamarind who completed his 3,000 miles and looked very good. The curly stallion attracts quite a crowd to come and look at him. If you guys haven't seen him yet, he is the cutest and sweetest horse around. I hear the Enderles will soon be out there with one of his babies.

Anyway, the ride was very well run with 6 vets and no waiting. As usual the ride had a million and one helpers on the trail and they were all very knowledgeable and friendly and helpful. The banquet was great with all kinds of fresh fruit, tri tips and their usual chocolate cake for desert. There was a great raffle and some nice awards. Laura Fend did a great job as ride manager and this is a ride you would definitely want to go back to.

Maryben Stover
Ex rider
Semi useless crew
Soon to be rider again



**QUICKSILVER MEMBERS RODE LIKE PAUL REVERE
ON THE OAKLAND HILLS RIDE.**

CALIFORNIO 100



On June 5 Judith, Heather and I headed down to the Californio 100 with Sonia, Nattie and Flame. It was fun for me, getting a chance to visit with old friends from Southern California.

The ride started up and over a good hill and then we were on flat wide dirt roads for about 35 miles, with a vet check at 23 miles. After that we spent the next 50 miles (approximately) on the Pacific Crest Trail (PCT) in the Angeles National Forest, which is all single track. This trail was tricky. In some areas the trail was very narrow with severe drops. I was very happy to be on Flame that day because I can always count on him to be careful and quiet maneuvering through difficult trail.

Let me back up a little bit. At the beginning of the PCT there were five gates with metal boxes we had to walk through. Nattie banged her hock on one of them and was pulled at vet check 2 (45 miles).

Judith and I rode together past vet check 4 (70 miles) and parted ways at about 75 miles. Flame was anxious to move out and Judith wanted to get off and walk.

Flame came into vet check 5 (80 miles) snorting, prancing and wringing his neck. Heather took him so I could sit down and eat something (it was only a 15 minute hold). She came back and said he ran the vet over. For any of you who know Flame, you know this is not is normal behavior. When we left that vet check, Flame was able to pass four other horses before vet check 6 (93 miles) and one more at 99 miles.

This was Flames first 100. He finished at 10:45 pm in 7th place. Judith hooked up with Barbara Sanchez and finished just after midnight.

There was some controversy regarding the ride vets. I knew what to expect of the vets because I'm from Southern California, but other West Region riders had problems. Nancy, Melissa, Jamie, Diana, Mitch and other West Region veterinarians are among the best. They should be appreciated for their ability and their knowledge of the sport.

One more thing I should add. This is not a ride for anyone who is afraid of heights. Don't put yourself through it.

Lori Oleson

RIDER HEALTH

by Linda Liestman

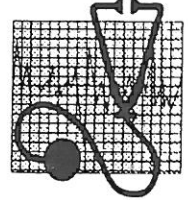
Printed with permission from Linda Liestman,
North American Horsemen's Association
1996 Annual Yearbook

Does Horseback Riding Provide Exercise And Physical Conditioning Benefits?

North American Horsemen's Association • c/o ARK International Group • PO Box 223 • Paynesville, MN 56362 • 320/243-7250 (phone) • 320/243-7224 (fax)

The 1991 NAHA Yearbook of News had a "wish list" article. On this "wish list" was a request for someone, somewhere, to research whether or not horseback riding provides exercise and physical conditioning benefits. Wishes can come true! We now have answers, thanks to Michael C. Meyers, PhD, MS, FACSM, who was at that time an Assistant Professor of exercise physiology at Indiana State University, and adjunct professor at the renowned equine school, Texas A & M. Dr. Meyers contacted NAHA to say he was doing a horse sport-specific research project to develop a physiologic profile of collegiate riders, which should answer three questions:

- 1) Are riders physically fit enough to successfully ride and avoid injury?
- 2) Does riding a horse improve physical fitness?
- 3) How should a rider physically train to enhance his/her ability to perform during competition?



NAHA was not the only entity interested in such a project. Wrangler Jeans had contacted Dr. Meyers, supporting a study of this type, since so many Wranglers wearers ride horses. There was a need and Dr. Meyers was the expert to fill it. Meyers has been hot on this trail for some time since he began similar work with collegiate rodeo teams and U.S. Dressage Teams. Other sports—from cross country, to football, to baseball, to wrestling—have a large body of scientific research those athletes can turn to in preparing for their event. Meyers, who has worked with U.S. Equestrian and U.S. Dressage teams, thought riding deserved the same. In fact, Dr. Meyers funded some of the research costs himself along with Indiana State University.

Dr. Meyers provided the 1996 NAHA Conference attendees with an interesting and entertaining report containing some surprises and causing plenty of debate. A former colleague from Montana State University recently commented to NAHA about Dr. Meyers, "He is a very productive, knowledgeable person, who has great rapport with people, and who is much in demand." NAHA was most fortunate to have Dr. Meyers speak at its '96 conference, and that his schedule allowed him to stay and visit with attendees for most of it. He is currently with the University of Houston in Texas and can be reached at 1-713-743-9840.

SO, WHAT ARE THE RESULTS? Factors Unique to Riding

Horseback riding is unique among activities of people and sports. When studying the physical benefits of riding, these factors need to be identified and compared to other sports. Many riding activities are power or anaerobic sports, such as barrel racing, cutting, and timed events, which involve short term uses of muscle, oxygen, and energy. Pleasure riding, at times, would seem to fit into that category.

At the beginning of the study only a few horse riding activities seemed to have potential as aerobic sports, those being dressage, three day eventing, and endurance riding.

These sports would appear to involve extended large muscle use, higher elevation of heart rate and breathing rate, and more power and stamina, which is continuous and extended over ten minutes or longer.

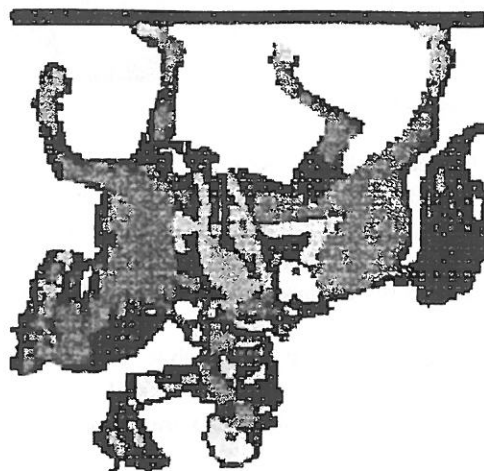
Another unique factor is that in riding two living creatures join forces: one being a large, strong and naturally athletic animal being ridden by a smaller, weaker human. This unique situation requires that the rider has proper balance, flexibility, coordination, strength, and power skills. In addition, the rider uses many different parts of his or her body at the same time, in constant change of interplay, to stay on the horse and assist it to perform the wishes of the rider. Such skills can be difficult or impossible to duplicate off the horse for study pur-



poses. The question is, "Can a rider acquire and maintain these skills by only riding horseback or must a rider cross-train?"

We know riding and caring for horses requires some strength and stamina, but the question is, how much? And what parts of the body are most effected? Riding and caring for horses is a fairly high risk activity, in which one must sometimes move quickly, effectively and powerfully to contain the horse's performance while remaining safe. Riders do not usually have an off-season period to recover from an intense schedule of sport activities, as do athletes in most other sports. In addition, it does not matter how tired one is from a weekend of competition; they still have to keep the schedule of horse care and feeding upon returning home, whereas athletes in other sports can generally rest for several days after their event is over.

Sometimes, too, a rider is "over-horsed." Their skill level does not match the horse's level of performance capability. When riders have problems getting a good performance from a strong, well-schooled horse that needs either a lot of driving or holding back, we don't even realize that it may be our own strength, stamina, and skill limits which are causing performance problems. Therefore, we keep looking for a better horse. These and other factors are unique to horse sports, and cross training for the rider could be the answer.



QUICKSILVER ENDURANCE RIDERS, INC.
P.O. BOX 71, NEW ALMADEN, CA. 95042

JULY 1998

- | | |
|---------|--|
| July 4 | Flatwoods 50/75
Churstie Evans 916-557-6550 |
| July 4 | Indian Diggins 50
Teresa Cross 510-857-4988 |
| July 5 | Indian Diggins (Special..FEI Rules)
Teresa Cross 510-837-4988 |
| July 8 | Quicksilver Meeting
Barn Dance at Trilby's |
| July 11 | Tahoe Rim 50
Charmaine Driscoll 916-994-5932 |
| July 18 | Eastern High Sierra Classic
Jim Baumgardner 760-952-7716 |
| July 18 | Mad River 25/50
Elaine Kerrigan 707-445-0215 |
| July 25 | M.I.A.H.A Robie Park 25/50
Marion Arnold 916-663-5215 |