IICKSILVER QUIPS



September 1998

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Our President speaks

Our President speaks

Just returned from Tevis and Swanton, it was very nice to see all the club members at both rides. From what I heard, at the Fireworks ride we were represented well by the club as well. That is great! That is the main goal of this club....to ride and have fun. And of course to share our adventures with each other.

We met at Trilby's again for a BBQ and social gathering, with Mary showing a few brave souls some country dance steps. It was a lot of fun, and we all owe Trilby our thanks for hosting.

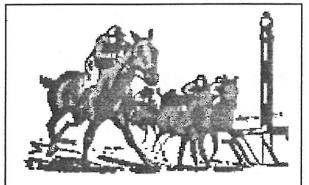
September we will be getting together at the races at Bay Meadows for all that are interested. Call Val at (408) 735-2388 for more info and to hold a place. Bring a friend, family, whatever, just join usl

The Moonlight ride is coming up, as well as the Endurance ride. I know that different dates have been floating around, but the date for the Endurance ride is November 7th at Grant Ranch County Park. It was moved to that day from October 10th due to a conflict in scheduling the park. Please plan to attend, either to ride or to help out.

Nominations for Directors and Executive branch are soon at our doorstep, with several people unable to be reelected because of term limits. So start thinking about who you would want to run our club.

Happy Trails

Brian



QSER Day at the Races

Its official we are going to the races! When? Sun. September 13, 11:45 am Where? Bay Meadows Racetrack Bring all your friends and join us for lunch on the Turf Terrace. This event is not limited to QSER members so bring a party! A hot buffet lunch will be served. It is included in the ticket price of \$22.00. There is a dress code

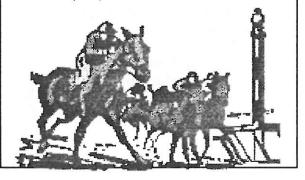
"Smart Casual" for this room. I got a kick out of it...Ties are optional for Gentlemen and shorts are permissible for Ladies (why not men??).

Not Acceptable: worn denim, thong sandals, jogging suits, short shorts, Bermuda shorts, T-shirts, tank tops, baseball caps or visors, or attire deemed inappropriate by the Bay Meadows Turf Club Staff.

Please Plan to be there, mark it on your calendar and **RSVP to Val** right away! We need to give Bay Meadows a final head count by September 2!

Valorie Weizer hm (408)736-2388

wk (650)859-3535



Hi Julie,

Here's something for the Quips. I need to thank a lot of people for taking care of me and Kassiq at Swanton.

On August 15, I was at the Swanton Pacific 100 having a perfect ride for about 55 miles. At that point, Kassiq and I had a wreck. He fell and I broke my collarbone. Quicksilver members really pulled together and took care of us.

I want to thank everyone who helped. As hard as that day was for me, all of you made it a little easier to deal with.

I feel privileged to have so many good people and friends around me. Thanks everyone!

Lori and Kassiq

There will be a ride report on the McCrary's great Swanton Pacific 100 in the October issue of Quicksilver Quips. Will somebody volunteer to write it up?

The editor wishes to thank Mike Maul, Nancy Elliot, Valorie Weizer, Lori Oleson, Elisabet Hiatt, Jeri Ayers-Scott and Dan Barger for contributing to this month's issue.

QUICKSILVER The Good and The Bad

First the good...

Dan and Lorrie Barger have presented us with Tristan Joseph Barger, our youngest Quicksilver member. Tristan greeted the world on July 28th and weighed in at 7 pounds which occupied about 20 inches of our world. Quicksilver wishes him a hearty welcome.

And rumor has it that Quicksilver Member Deborah Manion will be the next to swell the Quicksilver Roster.

Quicksilver Member Nancy Twight bought three horses from Dale Qualls widow. A yearling filly and yearling colt and the dam of one of them.

Since nobody has volunteered to write up the 44th running of the Tevis Cup Ride, I am just going to mention the Quicksilver members who crossed the finish line in good order at Auburn. It was a cool year, but interestingly enough, the winning time was over two hours longer than the average time the history of the following Congratulations to the stalwart enduros of our Club. Oh, yes, we should add, that the second place horse by ten minutes was bred by Susan Allison and formerly owned by former member Deb Cooper. Steve Shaw led the Quicksilver Riders with a strong 4th Place finish on Clown. Following him were Gloria Vanderford and BA Dardenelle, Melissa Ribley and Rocket, Pat McDonald and Korbell, Mark

Falcone and Narev and Trilby Pederson and Exclaimation A. The list of Quicksilver crew people on hand would fill the page. Let's just say it was a Quicksilver effort in the tradition of the three Musketeers..one for all and all for one.

And now for the not-so-good...

Quicksilver member Bo Bochantin was run off the road by another driver in the middle of the night and suffered two compound fractures of the jaw. He is home now and resting as comfortably as can be expected under the circumstances.

Quicksilver member Lori Oleson suffered a broken collar bone when Kassiq fell on the Swanton Pacific Ride. Lori said the day was going beautifully with both Kassiq and herself feeling great until the untimely spill. Kassiq is uninjured, but Lori will be somewhat handicapped for awhile.

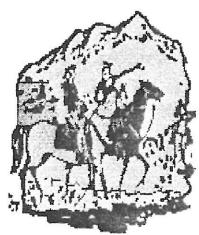
Quicksilver Member **Tack** Enderle bought Dale Quall's stallion upon Dale's death. A real sweetheart of a horse named Step Aside, he was supposed to go to the Fireworks Ride with Jack aboard. But instead he went off for colic surgery. He is recovering nicely, but it was a real scare for Diane and Jack who have really fallen in love with this nice horse. While Step Aside is recovering, Diane and Jack have gone to Southern California to pick up the Curly horse they won at an AERC Convention. He has been in training (a prize they also won) in southern California and is now ready to sally forth on our local trails.

Nancy and Sequoia Conquer The Big Horn Mountains

For anyone wishing to do a tough, beautiful, honest 50 or 100 miler and combine it with a great vacation (or not), start planning now and get thee and ponies to Wyoming for the Big Horn ride I have wanted to compete in this ride since crewing it in '82, and finally had the horse, the time and no conflicts with FEI stuff. Ernie, Izzie (trailer buddy this time), Sequoia and I made the 27 hour trek uneventfully, laying over at the very good Elko fairgrounds and arriving Wednesday night. There is a new base camp connected with The Hideaway, a 'guys guest ranch' owned by Flitner's. They let the ride use one of their pastures, which was fine except for the biting flies and mosquitoes. Tip--get there early and make sure you get a spot under the trees, otherwise it gets HOT.

I was a bit worried before the ride due to a feeling of disorganization by mue management; we are so spoiled by McCrary's and Tevis! Then on Friday, the weather, which had already been hot, turned really hot and humid, followed by pouring rain until 9 or 10 that night. Questions arose regarding getting crews up bentonite (clay) roads to the checks, so we tried to prepare for the "solo" ride possibility--oh joy. Fortunately, the weather dried up and the day started out great, the only minor issue being some slippery two-track roads that slowed some of the better going down. Otherwise, enjoyed everyone wonderfully marked trails over, through and down some of the most spectacular trails I have ever had the pleasure of riding. The course was clockwise this year, with an easy 25 mile beginning into the first vet check--and the crews made it. After leaving this 30 minute hold, we started some serious climbs up into the Big Horn Mountains, with a series of UPs, then downs repeated through some beautiful canyons. Think Tevis difficultly, thankfully without the heat this day. Finally you get up

on top of the world, with huge expanses of meadows completely covered with flowers of every type, Here again, the slipping slowed us down along what would otherwise been terrific cantering terrain, but we just got to appreciate the views at an easier pace. We cruised into the 39 mile vet check, riding with Amy and Garrett Ford (of EasyCare), had a nice 30 minute break, then returned to the trail. During the next leg we got cleaned off by some mountain rain, but this only lasted an hour or two, including our hour hold at 50 miles. The next 27 mile stretch has some more significant climbs, huge meadows, great streams with lots of fish (and wonderful grazing) and some single track trail that tends to eat up time because of rocks and roots



making the going difficult. During this stretch, Garrett Bajamigo ("Baja") and caught two horses, then almost had three right behind us catch up while we were letting our guys eat. We managed to scoot ahead of them enough lose

them at a gate and on the following hill into the next vet check, knowing we had lots of uphill left in our horses. Right before that check we spotted two adult and one baby moose, and started seeing lots of deer. During our final half hour hold, about seven riders came into the check. The first two horses were long gone, but a horse in front of us was pulled, so Garrett and I were surprised to find ourselves in 3rd and 4th going out, with 23 miles to go including a steep downhill canyon with slick rock. The horses felt great so boogied along initially, putting some distance between us and the next back. . Another tip--if you are going through a lot of gates, ride with someone like Garrett, who vaults off, opens the gate while you go through, then leaps on again without any

delays. A big herd of mares and foals belonging to the Flitners accompanied us for a stretch, cantering alongside and having a good time, while groups of deer leaped away up the hills. Just as it got dark, with no moon, we got to the canyon, so had a very slow descent, tippy-toeing over through stuff and sliding down the slick rock. Baja fell on his side, but was okay afterwards. When we got to the bottom, the horses picked up nicely for the trip into the finish. The only complaint we had was that there was no water from the last vet check in, and there was a road that ride management used that provided access for a tank or drums.

It was incredibly rewarding for me to have Sequoia show me that he can handle the longer traveling and then perform well on a tough ride. The sense of accomplishment and pride in my horse is something only another endurance rider can appreciate. All of the planning and driving was paid back immeasurably, and my memories of seeing that special country and coming across the finish has me looking ahead to some other adventure

Nancy Elliot, DVM.

From the Official Tevis Web Page on the Internet came this report on Quicksilver's President's difficult decision at Michigan Bluff.

Goofy Pulls

Brian had been riding with Judy Long in the canyons, but when Judy heated up the pace and began to trot, he opted to hand walk Goofy into the vet check. After a good sponging, Brian checked Goofy's heart rate monitor and noted that Goofy's pulse was not dropping as fast as it should. A few minutes passed, we sponged him a little more, but Brian decided that he didn't want to push the horse any further and was going to pull. They had come into Michigan Bluff with minutes to spare before the cut-off time, and, although it's possible that they could have continued,

Brian felt it just wasn't worth it. Riding this way, means that you are continually chasing the cut-off times and riding can cease to become enjoyable. Goofy had given him a good 14 hours of riding and Brian decided it owed it to him to let him stop at that point. The vet was a little confused, seeing as Goofy's vet card looked very good, but understood Brian's decision.

A Letter from Goofy's Masseuse, Beth Bello:

Beth had been working with Goofy over the last few weeks to help him through his recovery from his accident. Goofy is truly a wonderful animal, with a lot of heart and emotion!

Only recently have I worked on the horse with much improvement from his muscular memory injuries from accident. He responded and participated well with it.

Goofy did his best and was ready to give more in the event to finish when Brian pulled him on his own. It seemed that Brian did not want to push Goofy within the time limit. Goofy had gone well thus far with super marks.

I commend Brian for his decision of not pushing the last 30+ miles. It brought tears to my eyes to see such fine horsemanship and caring for the friend who carries him over miles. I see this as true partnership! This what makes is difference in winning and one that will be with you for years to come! Brian and Goofy are a remarkable team!

I worked some on Nick (Warhol), Judy (Long) and Karen (Chaton)'s horses

too - new clients, and horses. They were most enjoyable! Glad they did well!

I love working with endurance folks, as my work is centered mostly on giant european-bred horses in dressage!

Happy Trails to you! Beth Bello

MIKE MAUL—Texas Transplant

New Member Mike Maul has become a familiar Quicksilver face and a valuable member. Mike does ride reports on the Internet, chronicling the results for easy access by us all. His most recent effort was a trail side report of the progression of the Swanton Pacific 100 on the weekend of August 15th.

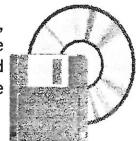
I was born and grew up in Kansas in a small community of 10,000. Horses never entered my mind until very late in my life. Cars were the things of a male teenagers dreams the.

I went to college in Boston at MIT for undergraduate and graduate work - then went to Bell Labs in New Jersey to do research and development work for 20+ years. Late in life - I decided to try riding since everyone in my rural neighborhood seemed to have horses. There was this mature Arab mare (27) that had arthritis so badly that she had a "hitch" in her gait when she trotted. It tried riding her and our personalities matched. She liked to run and so did I. The vet said this was better for her than standing around at the time. So we explored all the trails in this very rural western NJ County.

I graduated from her to a younger Arab gelding and we did a lot of competitive trail rides in the the NJ?Pa region because thee were very few endurance rides around. This was ECTRA - not NATRC out here.

I moved to Houston, TX in 1995 working for Texas instruments and took up endurance seriously there. I learned all bout heat and humidity. We did a lot of 50s and a few 100s and stabled at Darolyn Butlers barn. I migrated further west in April of this year to work for National Semiconductor in Santa Clara. My 2 horses - both Arabs - an 8 year old mare and the 18 year old gelding - are still in Houston. For the moment - I am helping condition other peoples horses in the are and doing a few rides. I will be crewing at Tevis this year for one of those. I am learning quite a bit from everyone I ride with out here. Our biggest hill in Houston was 15 feet coming out of the bayou.

My interests and hobbies are endurance (of course), racquetball, tournament bridge, computers, and science fiction. I used to travel a lot in my job. - Far East and Europe - and like to see new places. California is one of them....



Mike Maul mmaul@flash. net

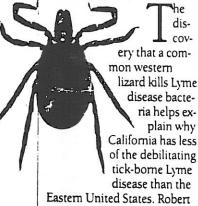








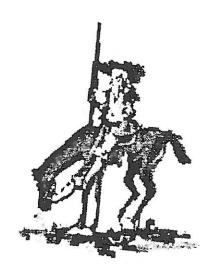
Western Lizard Offers Lyme Disease Protection



Lane, a University of California/Berkeley insect biologist, recently found that a substance in the blood of the western fence lizard—a tiny, blue-bellied reptile—kills Lyme disease bacteria in the gut of juvenile ticks that feed on it.

Many Eastern states, which have a high incidence of Lyme disease because of infected deer ticks, do not have the common western lizard.

Trailer Life, 8/98



LP-Gas Cylinders Will Soon Need New Stop-Fill Valves

new National Fire Protection Association (NFPA) regulation will soon hit many RVers in the pocketbook. Beginning October 1 of this year, and running through 2002, LP-gas cylinders carried on many RVs will require retrofitting with new "overfilling prevention devices" (OPDs) to be legally refilled. These devices replace existing valves and increase safety by preventing accidental overfilling.

Will you be affected? If you have a motorhome with an ASME tank, no. ASME LP-gas tanks don't fall under the new regulation. But nearly all towable rigs and slide-in campers have removable LP-gas cylinders. Any such containers having a capacity of 4 to 40 pounds do fall under the new regulations. As cylinders come due for recertification-12 years after manufacture, and generally once every five years thereafter-they must have the new valves. By 2002 all of these cylinders must have the new devices-or not be refilled.

How much will the new valves cost you? According to Linda Bankston, a representative of Ferrellgas LP Corporation, consumers can expect to pay up to \$35 per valve. And you won't find OPDs stocked at your typical RV parts retailer, but rather by major LP-gas suppliers, the same folks who recertify the cylinders.—Russ & Tiña De Maris

Trailer Life, 8/98

Mutt: Did you hear about the cannibal horse?

Jeff: Don't be silly, horses don't eat other horses.

Mutt: This one ate his own fodder.

My Favorite Things, Horse Version (with apologies to The Sound Of Music's "My Favorite Things")

Raindrops on shed roofs and whiskers on barn cats Clean winter blankets and kick marks on the vets Nice bales of hay that are tied up with strings These are a few of my favorite things

Spotted butt ponies and saddles of leather

Mud puddles to roll in because of wet weather

Riding on trail rides instead of in rings

These are a few of my favorite things

Fresh fragrant shavings and buckets of grain
Playing in pasture, not using my brain
Taking those jumps like I'm flying with wings
These are a few of my favorite things

9

Chorus
When the flies bite, when the slave falls
When I'm feeling sad
I simply remember my favorite things
And then I don't feel so bad

HORSE HEALTH

Reporting on Studies and Research for the Equine



From Colorado State University ARTHROS • Number 7, Spring 1998

ARTHROS is a periodic newsletter from the Equine Orthopaedic Research Program at Colorado State University, College of Veterinary Medicine and Biomedical Sciences Fort Collins, Colorado 80523-1679.

Purpose - To help the horse by finding solutions to musculoskeletal problems generally and, in particular, joint injuries and arthritis.

Philosophy - To offer the best treatment of clinical cases possible, with continued and critical assessment of our results; to use these results to change our treatments; to point our research toward prevention of problems we cannot treat effectively or that cause permanent clinical damage.

Goals - To find new methods to heal joints already damaged; to use state of the art research techniques to find ways to prevent the occurrence of joint diseases and musculoskeletal injuries; to find methods of early treatment to prevent permanent damage when joint disease does occur.

Oral Glycosaminoglycans - Do They Work?

Recently there has been an explosion of products containing oral glycosaminoglycans marketed for use in horses. These products are considered to be nutritional supplements or nutriceuticals rather than conventional pharmacologic preparations. As equine surgeons, we are constantly asked whether these products are effective in preventing or treating joint problems in horses. Various lay articles and promotional literature say these products are effective but there is no controlled data yet that supports their value. In an attempt to answer the question in a controlled fashion, our orthopaedic research group (under the direction of principal investigator Dr. Gary Baxter) at Colorado State University in collaboration with Nutramax Laboratories, the manufacturers of Cosequin, are embarking on a study to evaluate the efficacy of this nutriceutical in horses with experimentally-induced joint disease. Cosequin (Nutramax Laboratories Inc., Baltimore, MD) is an oral nutriceutical that contains glucosamine hydrochloride, chondroitin sulfate and manganese. It is currently available commercially and is reported to reduce the clinical signs associated with arthritis in horses. This product has several positive features such as ease of administration for horse owners; however, its efficacy has not been evaluated in the horse using controlled studies.

The primary purpose of the proposed study is to determine if orally administered Cosequin will prevent articular damage in the middle carpal joint of horses containing an osteochondral chip fragment while being exercised on a treadmill. This model has been used in a number of previous studies at Colorado State University to evaluate the effects of various corticosteroids as well as intravenous HA (Legend). The model attempts to simulate what happens in racehorses with chip fractures and continued athletic exercise. The effects of Cosequin on the joint tissues will be evaluated clinically (lameness, joint swelling and pain on flexion) as well as using gross pathologic and histologic (looking at the tissues under the microscope), biochemical and molecular biology methods. From these results we hope to determine if Cosequin will prevent damage to joints in exercised horses and possibly also determine how

the product works. The results of this study are important in answering the question of whether such oral GAG products are effective in performance horses.

Defining the Expression of Metalloproteinases as Well as Normal Articular Cartilage Components

Although there has been much theorizing and extrapolation from other literature on what enzymes are important in the degradation of articular cartilage in osteoarthritis in horses, there is little data from actual clinical cases. This study involves measuring the steady state levels of messenger RNA for normal matrix components as well as degradative enzymes in small samples of synovial membrane and articular cartilage taken from normal and osteoarthritic equine joints. This work is being done by Drs. Ingle-Fehr, Trotter, Oxford and Sheryl Cammarata. After the total RNA was extracted from the tissue samples, Northern blot hybridization was performed using DNA probes for aggrecan and type II collagen (the two major components of the articular cartilage) as well as stromelysin (MMP3) and collagenase (MMP1). The latter two components are significantly involved in the degradation of the aggrecan and type II collagen of articular cartilage. Using these results as standards, a quantitative reverse transcriptase polymerase chain reaction (RT-PCR) method was also evaluated. To establish the reliability of this quantitation using PCR, the results were compared to those obtained by Northern hybridization of the same total RNA isolated from the joint tissue samples. The two objectives for this project were to determine the expression of normal matrix components and degradative enzymes in equine joint disease, and to validate a technique using small tissue samples (RT-PCR) of the size that is routinely available at arthroscopic surgery. This technique was then compared to the gold standard technique of Northern hybridization which requires larger tissue samples than can be collected at surgery. Tissues were collected from normal and osteoarthritic joints of horses that were euthanized because of their arthritic problems.

The results using both techniques confirmed that there were similar steady state levels of aggrecan and type II collagen expression in normal joints with a consistent increase in expression for both these components in cartilage from osteoarthritic joints. This confirms data demonstrating an attempt by the chondrocytes of osteoarthritic cartilage to increase production of these components. The study also showed amplification of messenger RNA for stromelysin in all samples from osteoarthritic joints using PCR whereas there was only one sample with Northern hybridization showing an increase. This suggested that PCR is a more sensitive method when messenger RNA expression is relatively low. The study did confirm that the PCR based method is reliable for quantifying steady state messenger RNA expression in small tissue samples, allowing a rapid and sensitive method to determine expression levels in the samples obtained by arthroscopy from clinical cases. This work has been expanded to a larger number of clinical cases, and to evaluation for many more of the cytokines and enzymes assumed to play a role in osteoarthri-



ALMADEN TRIATHLON AGENDA

Friday October 16, 1998

8:00am

Park Opens, Camping

4:00pm-7:00pm

Pre Vet & Check-In Main Staging area

Saturday October 17, 1998

7:00am-8:15am

Check -In & last minute Pre Vet Check -In (Please make

arrangements if you will be vetting in Sat. morning.

9:00am

Race Start (All)

3:00pm

Official race conclusion & Cut Off

2:00pm

Awards & BBQ

Events:

Ironperson or Team Competition (2 or 3 person teams) Only one runner per team there will be no doubling up or running for two different teams.

Rules:

All participants must wear a bike helmet during the Mt. Bike segment and it is strongly recommended during the horse segment. Entry fee minus \$20 refunded after September 25, 1998. No refunds for No Shows. Management reserves the right to change any aspect of this event and refuse entry to participate for any reason at any time.

Course:

The course will take place entirely inside Grant Ranch Park. It will start finish at the Stockman's staging area. A wrist band will be used as a baton for all teams and to distinguish teams from Ironpeople. The order of events as follows.

1st 10 mile trail run (moderate in difficulty, 900 ft gain)

2nd 14 mile Mountain Bike ride (1100 ft gain)

3rd 20 mile horseback ride (two loops of run course)

Vet Check: The horse segment will have a vet check at the end of the first loop. The criteria will be established at the pre race briefing Sat. morning, which is extremely recommended for any last minute changes in trail, rules or regulation. Management is not responsible for items discussed at the briefing if you are not present.

Awards:

All finishers will receive a custom designed award. Winners of team categories i.e.: All Woman, All Male, or CO-Ed will be awarded trophies. A Perpetual Family Award will be awarded to the fastest team containing three family members. The Top Male & Female in the Ironperson category will be awarded and recognized.

Directions: From Highway 680 or 101 in San Jose take the Alum Rock Ave. exit East (towards the hills), continue approx. 2 miles to Mt. Hamilton Road also known as Hwy 130. (Yes this is the same location as The Mustang Classic. Make a right turn onto Mt. Hamilton road and continue up 7 miles to Grant Ranch County Park on the right side. Enter the park (Day use fee of \$4) and continue to camp.

Contact: California Sports Marketing PO 20113 San Jose, Ca. 95160 (408)997-3581 Fax (408)997-3384 No faxed entries calsports@earthlink.net or www.csmevents.com

Official Almaden Triathlon Entry Form (Team & Ironperson)

Please print otherwise your name will be misread at the awards

Runner	r or Ironperson Name:			Age:
Address	S:		_ Male	Female
City/State/Zip:			Phone:	
Cyclist Name:			Age:	
Address:			Male Female	
City/ State/ Zip:			Phone:	
Horseba	ack Rider Name:		A	ge:
Address:			_ Male	Female
City/ State/ Zip:			Phone:	
Name o	f Horse:		_ Age	Sex
Color:	Breed:			
Signatu	re of horse owner if different	than participan	t allowing you	to use the horse.
		Date		
Circle	Category Entered: Tea	ms Men's	s Wome	en's Co-Ed
	Iro	nperson	Men	Women
Fees:	Ironperson Entry	\$75.00	0	-2
	Team Entry	\$150.00	2	-
	Extra BBQ Tickets	\$12.00		BBQ Tickets will <u>not</u> be available race day
	Late fee postmarked I after 10/5/98 Team	\$20.00 \$40.00		
		Total	\$	_

* You will be required to sign a waiver before you can pick up your numbers

* Entry Includes BBQ, Finishing award, camping Friday evening

Contact: California Sports Marketing PO 20113 San Jose, Ca. 95160 (408)997-3581 Fax (408)997-3384 No faxed entries calsports@earthlink.net or www.csmevents.com

A Day At The Races—Bay Meadows Remember—Sunday, September 13



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

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Secretaries estates e

SEPTEMBER 1998

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September 5	LASSEN CHALLENGE 50
	Sandi Hess 916-547-3857
September 5 & 6	GARDNERVILLE GALLOP 30/50,50
	Gary Ceragioli 530-694-2972
September 9	QUICKSILVER MEETING
September 13	QUICKSILVER DAY AT THE RACES
	Valorie Weizer 408-736-2388
September 12	CUNEO CREEK
	Elaine Kerrigan 707-443-0215
September 19	LAS TRAMPAS—Cancelled
September 19	VIRGINIA CITY 100
,	GaryCeragioli 530-694-2972
September 26	GOLD COUNTRY 30/50
,	Cherryl Holbrook 916-272-9222