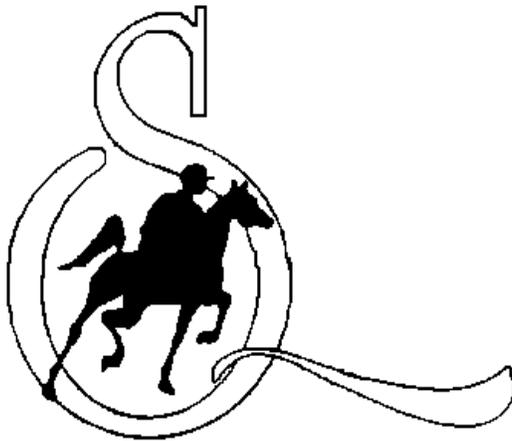


QUICKSILVER QUIPS

June 2003



OFFICERS

President Lori Oleson
Vice President Jill Kilty-Newburn
Secretary ???
Treasurer Kathy Miller

BOARD MEMBERS

Jeannette Brown
Steve Lenheim
Trilby Pederson

Chief Mover and Shaker: Mike Maul

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PRESIDENT'S Message

Our Spring Ride was a great success. About 70 riders enjoyed the challenging trail at Coe Park. Thank you, Scott for all the work you put into the ride. Our Fall Ride is in the works with Jill Kilty-Newburn as our ride manager. There have been a few changes; mainly the ride date has been changed to October 18th, in order to use Calero and Quicksilver Parks.

The June meeting will be a BBQ at Bob and Julie Suhr's place. They have been hosting the June meeting for a few years now and it's always a lot of fun. There is more information inside this newsletter.

At the meeting in May, I was asked by the Board to bring up a section in our Standing Committee section:

In order to participate in the year-end awards program, a member must contribute to the Club in some way that calendar year. This may include, but not be limited to contributing To the monthly newsletter, being a member of the Board, attending monthly meetings (excluding the Awards Banquet and Christmas Party) chair a committee, be a member of a committee, help or contribute to the Quicksilver Spring/Fall Classic, Poker Ride or Or Moonlite Ride, etc.

At times we have run into problems getting participation from the members, which means others have to work much harder in order to get things done. Some of you might be thinking...I'm too busy (or live too far away) to attend meetings or chair a committee. That's

okay. There are so many other things you can do to contribute. After a ride, write a few paragraphs for the newsletter. Help find a sponsor for an award or donate one yourself. Volunteering to help at one of our endurance rides is a tremendous help to the ride manager and it can be fun.

Remember the club is made up of the whole membership, not just a few.

Lori

Board and General Meeting Minutes May 21, 2003

The meeting was called to order at 6:50 PM.

Present were:

Lori Oleson

Scott Sansom

Maryben Stover

Jill Kilty Newburn

Steve Lenheim

Kathy Miller

Trilby Pederson

Also attending: Lars Larson and Mike Newburn

Reports

TREASURER

Checking account \$4,228.57

Trails account 902.94

Junior account 771.28

Bills from the ride were presented and paid. We will have an updated report next month.

TRAILS

We still have to buy a large mirror to put up on the blind curve leading to the Stevenson Ranch ride camp on Canada Road. Scott will take care of that.

The Coyote Lake-Bear Ranch is to start Phase One in the autumn of 2003. There will be 19 miles of multi-use trail.

FALL RIDE

The Fall Ride has hit a glitch. There was a mix-up between the Quicksilver Endurance and Quicksilver Running Clubs and the Running Club will be holding a race in the park on our ride date of October 4th. Jill will check into October 18 or possibly October 25, if that does

ANNOUNCEMENTS

Karen Chaton and Mike Maul have arranged for a new website address for the club:

<http://www.qser.net>

not conflict with Sonoma. There may be a possibility of moving the ride date to September.

SPRING RIDE WRAP UP

There were some glitches as with all rides but the ride went well overall. The riders were happy with it. Many ideas for the Fall ride and for next year's rides were discussed. We need to make an all out effort for club members to volunteer and help. There were eight members riding the ride.

UPCOMING MEETINGS

Next month's meeting will be at Julie and Bob Suhr's in Scotts Valley. Bring a dish to share.

July will be a barbecue/potluck meeting at the Almaden Community Center.

Plans for August may be another barbecue/pot luck meeting.

An effort will be made to get better attendance at the meetings.

Maryben Stover, Secretary

IN MEMORIAM

Maryben reported that honorary Quicksilver member and long time club supporter, Rich Vargas, died on May 31, 2003. Rich was not an endurance rider but supported the club by allowing rides to cross his land and donated hay for many of the club rides. He attended the Awards Banquet regularly. He was a true friend to the Quicksilver Endurance Riders.

Horse for Sale:

Drifter, a 9-year-old 16 h Arab gelding, smooth Cadillac of a ride. Gentle and easy going, anyone can ride.

The Quicksilver Club now owns this domain and has it registered for 10 years. Drifter, a 9-year-old 16 h Arab gelding, C Cadillac of a ride. Gentle and easy-going, anyone can ride. Has 2 years long, slow conditioning. Good home a must. \$6,500. For more information or

a copy of his new video, contact Dawn at dawn@equinecare.net or call 805 680-6069.

House for Sale:

Cold Springs, Nevada. More information is horse paddock. Property is in a cul-de-sac next

Editor's Message

The Spring Ride at Coe was such a beautiful ride that I plan on riding it next rather than to be a worker☺

Orion and I served as part of the team of drag riders and ribbon pullers. Club members **Rick Gomez, Chere Montgomery, Helen Harvey** and **Pat McAndrews** dragged different loops of the ride. Catherine Pokorny (non-club member) and I dragged the second loop of the 50. Catherine and I separated for a while and when I caught up with her, she was just leaving **Carolyn Tucker** and friend's check point with Trilby who was ponying Carla's horse, Sonny. Carla wasn't feeling well so she decided to get a motorized ride back to camp. Trilby was far behind at this point having stopped a few times on the trail to let Carla rest. Sonny was nervous about being ponied so we crept along at a slow walk for several miles. We finally got him to move out a bit and we all moseyed into the last check at Willson Camp well after 4:00 PM.

Trilby elected to pull herself at Willson and pony Sonny back to camp since there was little hope that she could take the required 45 minute break, do the last loop and get back to camp by 6:30 PM. There were two riders who were just ready to leave on the last loop. Pat was there and volunteered to ride that loop for us AND to pull the ribbons, many of which were on the ground. The two young women were actually overtime but this was their first 50 and they really wanted the experience of doing the miles so Scott told them they could continue on down the trail. They were so thrilled to have done 50 miles on their Morgans.

Catherine and I were very grateful to Pat (I certainly owe her one) because we

A slice of Mother Nature in Almaden Valley. Five bedrooms, 3 bath home on 1+ acres with a horse paddock. Property is in a cul-de-sac next

to a year-round stream. Easy Los Alamitos available on the XP website: <http://xprides.com> (Camden)/Stiles/Quicksilver trail access. Call Janice at 268-2177 for more information. both had to drive many miles back home and get up early the next day to participate in other strenuous activities. Though nothing compared to Trilby's next day activity, running in the Bay to Breakers!

The ride trail boss, **Jan Jeffers**, e-mailed me that the Coe Park Managing Ranger, Cameron Bowen, was amazed that he found only one pile of horse poop☺ at ridecamp and that the event went well and there were no problems. We did good!

Trail and Other News

I found this on the Auburn Journal website

"City Council names Auburn the "Endurance Capital of the World." At the City Council meeting on April 14, 2003, Jane Amick, business development coordinator presented a film depicting competitors and race conditions in the Tevis Cup 100 mile endurance ride Western States 100 mile run and various other competitions that are based or end in Auburn.

Councilman Mike Homes said he was unsure of placing the world title on Auburn until he heard from speakers such as Harvey Roeper, Shannon Weil and Tim Twietmeyer who spoke of the international interest in many of Auburn's sporting events.

Mayor Kathy Sands says the unanimous motion was the most exciting one the Council has undertaken. Councilwoman Alice Dowdin said she would be willing to take the title to Assembly tim Leslie, R-Tahoe City and Congressman John Doolittle, R-Rocklin for their approval at the State level. *Wendell certainly approve, too!*

NO DAMS IN COE

From a May 21, 2003 press release from Marty Grimes, Santa Clara Valley Water District.

“Water District Board has no plans to encroach on Coe State Park”

Santa Clara County – Alternatives to solve a water supply and quality problem at San Luis Reservoir will not include any

“We have a good range of possible solutions on the table,” said Sig Sanchez,

SUMMER RE-RUNS

By Marvin Snowbarger

The title says it all. On June 28th, I’ll again run the Western States 100 Mile Endurance Run. I will be three-peating. Not content with that re-run, on July 22 I will undertake another endurance effort: The Badwater Ultra marathon 135 Mile run in Death Valley.

My training for this back-to-back effort began on April 1 which seems as eternity ago. But certain circumstances (snow at Western States (WS) and heat at Badwater (BW) have been on my mind for some time. Although the race director at the WS say snow will not be a problem, we may still encounter some of it, especially at the Watson Monument and along the Granite Chief section. Snow is treacherous and can really slow down the runners. The BW run presents a host of new problems because I’ve not attempted it before. The heat will be extreme; sleep deprivation will be an issue over the 60 hours allowed for completion, and all of the run will be on an asphalt highway (hot and hard).

I’ve made some training changes but, overall, I’ve just had to put in a lot of miles running. Because there will be only about a 3 week separation between the two events, I have looked at the Badwater preparations as dominating by workouts. I try to run in the heat; I have been doing some workouts on the asphalt roads; and I have become conscious of my intake of fluids, electrolytes, and food that will keep my body sugars elevated. Generally on these endurance runs, I drink water and sports drinks, e.g. Gatorade, take salt at the aid stations by dipping fruit (watermelon and cantaloupe) in the salt trays and eat high

plans to inundate any part of Henry W. Coe State Park. Today, the District Board of Directors affirmed that the District would not create adverse impacts to the State Park to solve the problem.

Board Chairman, “We can solve this without damaging the Park.

calorie easy-to-swallow foods, e.g. milk, Kerns fruit juices, yogurt, applesauce, hard-boiled eggs, peanut butter and jelly sandwiches, fruit chunks, fig bars, potato and corn chips and soup (when available).

These events can be monitored in real time via computer updates. For the Western States, use the web page at www.ws100.com. For Badwater, use the web page at www.badwaterultra.com. Participant’s bib numbers are available and runners can be tracked as they progress through the aid stations.

An interesting feature of the BW event is that it is vehicle for support of the Challenged Athletes Foundation, a charity devoted people who undertake athletic endeavors in spite of their physical limitations. The Challenged Athletes Foundation provides financial assistance to athletic endeavors from Hand cycles to Triathlons. Current grant distributions data show that about 45 per cent of the requests are funded; approximately 55% of the funding goes to disadvantaged athletes under 18 or older than 36. California gets about 28% of the grants; and 53% of the funding goes to people with incomes under \$20,000. On behalf of those of us attempting Badwater this year, I respectfully request any financial support you can offer.

Donations can be made anytime at www.challengedathletes.org. Click on DONATE or you can mail a donation to:

Chris Kostman, AdventureCORPS
11718 Barington Crt., #342
Los Angeles, CA 90049-2930

Make the check payable to Challenged Athletes foundation and, if you would, indicate with a note, that you are supporting my BW run this year.

Marvin sent me a clipping from the April, 2003 issue of RUNNERS WORLD showing a picture of actors, Jim Carrey and Robin Williams with Melanie Benn, a double-limb amputee who won a silver medal in swimming at the 2000 Paralympic Games in Sydney. Carrey and Williams

participated in the San Diego Triathlon Challenge, which raised more than \$800,000 for the Challenged Athletes Foundation.

I wish I had a scanner so you could see the clipping. Williams does not look at all like his usual public self—he actually looks like a serious, fit athlete!

June 18 Meeting

Potluck & Weenie Roast

At **7:00 PM** on June 18, Bob and Julie are hosting the Quicksilver Club's annual weenie roast and potluck at their ranch in Scotts Valley. Don't miss this opportunity to sample Bob's interpretation of an American classic.

Club members with last names starting with A thru L please bring a hot dish, casserole, pasta or bread; M thru Z, an appetizer, salad or dessert. Soft drinks will be provided. Bring your own utensils and plates and a chair, too.

Directions to the Suhr's:

From the north take Highway 17 south 3-1/2 miles past the Summit to the Glenwood Cutoff (**do not take Glenwood Drive** which is about 1 mile past the Summit). Proceed 1 mile on the Glenwood Cutoff and turn left at the T intersection. Go 1-1/2 miles to a kiosk of mailboxes on the right. ***This is Weston Road. Punch # 1 7 3 4 at the access box which is next to the mailboxes. The gate will swing open. Drive 2-1/4 miles on Weston Road. At the MARINERA sign on the right, turn onto the driveway to the right and just keep coming. Best parking is up to the left.***

From the south, take Highway 17 north to the second Scotts Valley/Granite Creek Road exit. Follow the signs to Glenwood Drive. Drive up Glenwood Drive 2-1/2 miles to kiosk of mailboxes on the left. Follow italicized directions above.

Here are two Spring ride stories; the first is by QSER member, Kathy Mayeda.

I think this was one of the best rides that QSER ever put on if you don't count the \$\$\$ part of it!

The trail was very well marked for the most part, but there were still people missing turns so I'm sure some one will disagree with me here. The wildflowers were incredible. Some people were complaining that it was too, but I thought that the weather was perfect--it wasn't as muggy as the day before.

The Wilson Camp vet check was very well run, and a good tactical decision by ride management to have all the loops go back through Wilson Camp. Since there is no crew access, having one place to send your crew bag to and have access to it was a real plus. There was plenty of grass and hay for the horses to eat up there. There were three permanent water troughs within a few hundred feet and a spigot; and the only complaint the ride management had at the banquet was to have more water at Willson Camp! Snacks, PB & J sandwich makings, soft drinks, apples and water were provided.

I was pleasantly surprised to have cold beer waiting for me at the banquet. The pasta dinner just hit the spot. What a class ride!

I entered the ride late with a horse that wasn't at his best form for some reason, rode it slow and finished. I am sure glad I didn't ride it any faster...it's one tough course. But I am sitting here at the computer today satisfied that I finished with a happy horse that didn't thump at this ride.

I am thankful that I belong to such a great club, with all its great riders and vets that know how valuable these tough rides are to help develop responsible endurance riding. Thank you Scott Sansom, and thank you Michele Roush, DVM, for making the sound decisions that you made to put on this ride.

Quicksilver LD 25 Miler *By Lynda Moulton*

I wanted to thank Scott Sansom and Maryben Stover for a beautiful ride. It was not easy, but the scenery was gorgeous and Scott "ordered in" beautiful weather for us. This was only my second ride and I had some problems with my horse in the beginning, so I ended up riding with drag riders who pull the ribbons. I finished the ride on overtime so I kept a trail ribbon as my completion award. My horse had a great conditioning ride and he now knows how to sit back on his hindquarters while going down hill. He had lots of practice Saturday.

I also want to thank (drag riders) Rick Gomez, Diana (Malone) and friend (Chere Montgomery) for being great riding buddies and looking after my horse and me. My horse's heart rate was pretty high for the first hour and Rick and I kept close watch on him. I only wish I had had a pen and paper to write down the many tips they shared with me. Congratulations to all the riders and horses who completed or finished with out a completion. It was a hard days work.

This is a beautiful ride but an extremely difficult ride and all finishers are to be congratulated...mb

KUDOS (If I missed somebody, please tell me)

Club members who helped make the ride such a success were:

Head Vet: Michele Roush

Finish Line: Lori Oleson, Becky Hart, Heather Reynolds, Megan Doyle (Jr.), Maryben Stover, Kathy Miller, Cathy Kauer.

Drag riders: Rick Gomez, Helen Harvey, Pat McAndrews, Chere Montgomery, Judy E.

Friday night gate crew: Pat McKendry, Jeanette Brown.

Cooks: Steve Lenheim, Bing Voight, Jennifer Kurtzall.

Parking/Hospital trailer: Ken Cook.

Willson Camp: Mike Newburn, Jill Kilty Newburn, Nina Cooke, Elaine and Tim Alton and the big bopper, Ken Snetsinger.

Trail: Jan Jeffers, Judy Etheridge, Scott Sansom

Non-members who are especially to be thanked, Catherine Pokorny and Diane Malone, safety riders, and Alexandra North, Willson Camp.

Club members who rode the 50

Placing	Rider	Horse
1	Jeremy Reynolds	Sudan, BC
4	Mike Tracy	Aron Moon
	(Moon is 20 now, what a horse!)	
17	Katy Alton	Hy Time

**Cincuenta de Anos Ride
May 31, 2003**

By Jan Jeffers

John Parke really knows how to throw himself a 50th birthday party with all the trimmings.

QSER members attending were Bob and Julie Suhr, Mike Maul, Steve Lenheim, Lori Oleson, Carla Ambriz and Trilby Pederson.

Base camp was located at Cachuma, California at Live Oak Camp. There was plenty of room for the 167+ riders. The camp was dotted with oak trees, water hookups, showers and a nice building where the briefing and dinner were held.

At Friday evening's ride briefing, John introduced one of the owners of the San Fernando Rey Ranch, some 34,000 acres, who gave a history lesson regarding the ranch and the surrounding area.

The 50s started at 5:30 AM and the LD's at 7:00 AM on Saturday for two reasons, to beat the heat and John wanted to be back in camp in order to attend his own birthday party, as he was the drag rider – again proving to us Arabian horse owners that Icelandics can do it all!!

Fortunately the fog came in on Saturday morning. As we crested the first hill and broke into to the sunshine, the fog bank loomed through out the whole valley.

We had two vet checks and one location. At 22 miles, the first vet check, we were greeted by friendly volunteers (no crews allowed at the vet check), all the food you could ever want to munch; cantaloupe, watermelon, dried fruit, jars of mixed nuts,

24	Hailey Daemler(Jr.)	Alosha
25	Gloria Vanderford	Sunny
29	Kathy Mayeda	Beau Joust
RO	Carla Ambriz	Kemo's Bold
OT	Trilby Pederson	Clay, I think

Club members who rode the 25

Elisabet Hyatt	M. Mercedes
Deb Sell	Korbell
Julie Suhr	Linyanti

cashews, pretzels, four different kinds of sandwich meat and cheese, as well as peanut butter. And the horses had carrots, bran mash, alfalfa, oat hay and a beet pulp/grain mixture.

The second loop was about 17 miles with lots of flat roads for about 7 or 8 miles and then a formidable hill. On our way down to the second vet check, we came across a lady who had taken a tumble off her horse and was sitting by the road waiting for help to come. It seems that her horse got a little strong, broke into a gallop and tripped in a rut in the road and she fell, hitting her leg on a rock and cutting into the muscle. She seemed in good spirits though, said just her ego was bruised. As we were coming into the 2nd vet check we passed a truck going to pick her up. Almost into the vet check, we spotted an ambulance, a large fire truck and circling above was a Life-Flight helicopter. The helicopter set down and waited for the injured rider. She got a very expensive lift to the hospital!! At vet check 2, a rider had a heat stroke and she was in the ambulance.

The last loop was 11 miles with a short climb and then eased down into Windsor Canyon, where the public has not been in a number of years. You could imagine yourself riding there a hundred years ago.

The awards banquet and ceremony were absolutely first rate. We were served a New Orleans style dinner complete with green salad, corn on the cob, pork slices, jambalaya, red beans and rice, bread and for dessert, a bread pudding with a Jack Daniels sauce. Very yummy.

The awards were in the true John Parke style. It seems that John always wears a Hawaiian shirt when he competes, so what

do you think the awards were? You got it, Hawaiian shirts with various motifs.

After the awards a live band played 60's music until 10:30 PM for those of us who had the energy to party. (Trilby and Carla rode the 25 so she would be ready to party!!)

Thanks to John and all the volunteers who made this a ride to remember!!

My Non-Horsey Endurance Event

By Nancy Elliot

While Quicksilver members were putting on what sounded like a terrific ride, I played hooky and some fun at the Grand Canyon. A friend had invited me last fall to join him and his friends in their annual Rim to Rim and Back trek through the park. I jumped at the chance to go with a "native guide" and do something I dreamed of doing.

Off we went at 4 AM (sound familiar), using headlamps to augment the waning full moon as we started down the S. Kaibab Trail towards to river 7 miles below. Indescribably spectacular to watch the sun hit the top of the canyon as we were hiking along...I get goose bumps remembering. A brief stop at the Phantom Ranch at the, then about 9 miles of mild climb up Bright Angel Canyon to the start of the real up from Roaring Spring. A five mile, 3,300 feet climb took us to the North Rim (8,300 ft. elevation). This sea-level gal was wishing I could contract my spleen for those extra blood cells like our horses.

We added a civilized interlude by taking a day off in between to revel in the beauty of the North Rim and to enjoy the Grand Canyon Lodge (everyone must go there sometime). Fewer than 10 per cent of the visitors to the South, it's a 220 mile drive around for those not hiking across, but well worth either effort. The best part is just sitting on the porch of the Lodge, which is right on the edge of the canyon and watching the light change.

After our day of relaxing, off we went again at 3:45 AM for the return trek. Same trail down to Phantom Ranch, then ascending via the Bright Angel Trail to get back to the South Rim. It's two miles longer but there is water available on the way up. About 8-1/2 hours this time, and very strange to be hiking up and start running into very casual day hikers coming from the top—sandals, very clean and no sweat yet!

All in all, a 44 mile jaunt with about 10-11,000 feet elevation gain and the drop. This really put me in awe of the ultra runners among us and made me appreciate the way our horses can just eat this stuff up! I do think being used to doing 100 mile rides is a big advantage, since I just took it section by section and knew how to keep drinking and eating. I always felt great, but had no desire to go any faster because it would be too hard to appreciate the scenery. The unofficial (but witnessed) record for the North to South trip is an amazing 3:06, but for me, our sport's motto says it all.

