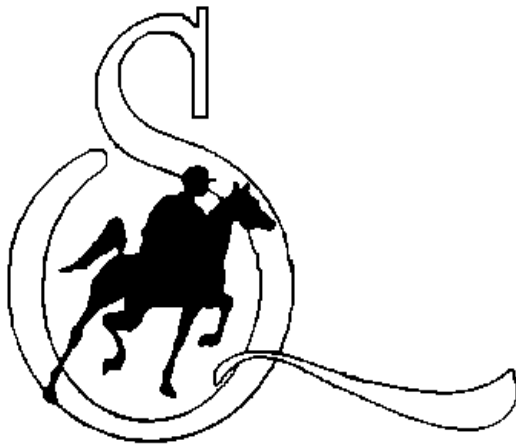


# QUICKSILVER QUIPS

JANUARY 2004



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## President's Message

None this month

*Even though we all 'know' this information which I found on the AERC site, it doesn't hurt to refresh one's memory at the beginning of the year ☺*

### "What Riders Can Do" AKA KNOW YOUR HORSE

This checklist is an educational tool for the rider in the proper care of the horse before, during and after the ride. Each item deserves considerable explanation. Riders are encouraged to seek far more information. See Rider and Vet Handbook. Learn by helping out a ride, e.g. being a recorder for vet.

## Pre-ride

1. Maintain regular de-worming program. Endurance riding can reveal underlying parasite damage.
2. Know your horse. As part of training and conditioning due your own "vet check exams": End workouts with a quick vet check including trot out, check for dehydration, pulse, etc. The best riders learn ADR= Ain't Doin' Right - a very important parameter although difficult to define. Monitor horse's

- weight. Should be neither too heavy nor too lean. Keep a log book.
3. Do mini-vet exam. Check temperature; trot out before leaving home and after arriving at ride site.
  4. Bring the horse into the ride well hydrated. Electrolyte to encouraging drinking upon arrival, feed slurries, or even bring water for finicky drinkers. For horses accustomed to grass, hand grazing on grass is excellent.
  5. Trailering is stressful. Water regularly. Horses trailered more than 3 hours need 12 hours to recover. More than 5 hours need a full day. Loosen up muscles after trailering thru easy exercise. Use fly masks to protect eyes during trailering.
  6. Minimize feed change as far as possible. Make sure horse has plenty of forage.
  7. Watch EDPP-MF; eating, drinking, peeing, pooping and moving freely. Know and observe your horse.
  8. Plan your ride carefully; plan a ride time based on past ride times, weather, trail conditions and state of conditioning your horse. Ride to your plan, not to what other horses are doing.
  9. Electrolyte starting well before the ride so horses will drink properly. At least prior pm and am before starting.
  10. Learn your horse's needs and adjust your ride plan according to what the horse tells you.
  11. Maintain proper hoof care. Shoe properly for ride to minimize chance of injury and extra stress.
  12. Make sure your horses are secure at the camp site and are trained for your stabling arrangement.
  13. Select rides and ride strategy i.e. how cautiously you ride with a view to ride management, veterinary controls, number of stops, distance between holds, etc.

**Ride (remember the ride vets are there to help you!)**

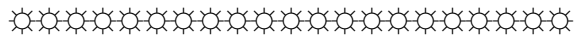
1. Watch EDPP-MF. All normal, fine. If not, slow down or stop.

2. Horses need to rehydrate, feed, and rest by about 15 miles. Horses rehydrating early do much better.
3. Monitor Progressive Pulse Recovery During Check. The pulse should continue to drop during the hold period and be 8 to 20 beats lower than the criteria by departure time. If not slow down or check with vet. Watch weight loss during ride.
4. If concerned on trail about ADR "Ain't Doing Right" do a mini-vet exam and CRI on the spot.
5. Watch out for over-excitement that can cause early tie-ups, dehydration, etc. Much of the critical electrolyte and water loss in horses occurs in the first 10 to 20 miles. Warm you horse up thoroughly or wait a couple minutes after the start and use the first couple of miles as warm-up.
6. Be willing to let leaders go, separate into small group going at your pace.
7. Adjust for temperature and footing. Humidity even if cool necessitates slowing down as does heat. Muddy, sandy footing, single track twisty, side hill, and even slippery grass, require far more work as horse cannot use natural suspension system.
8. Give your horse every opportunity to drink. Wait at water stops; loosen the girth if necessary. Train your horse to drink.
9. Electrolyte regularly and often. As much as once per hour if hot, humid or difficult footing.
10. Ensure the horse is getting enough energy food for pace of ride.
11. Use a heart monitor and if readings are higher than expected for terrain, etc. slow down.
12. Learn your horse's needs and adjust. If in doubt at vet check, discuss with vet your concerns.
13. Slow down coming to vet check. Start out slow from check or warm up before leaving vet check. Abrupt changes are hard.
14. On cool or wet/windy days cover your horse to prevent cramping or tying up at holds. Consider a rump rug.
15. Use body work such as TEAM work and massage at holds.

- 16. Use the vet as your partner and friend. Discuss any concerns with them. The only stupid question is the one not asked.

**Post Ride (these are steps to avoid treatment and do not include leg care, massage, etc.)**

- 1. Watch PPED-MF. Peeing, pooping, eating, and drinking -- moving freely. All normal, fine. If not, check w/ vet.
- 2. Rehydration thru free access to water, offer slurries, etc.
- 3. Postpone concentrated feed for several hours, particularly if pulse stays up. Feed small amounts frequently.
- 4. Monitor post ride pulse recovery, dehydration level, and gut sounds.
- 5. Blanket if necessary if weather is cool; use rain sheets to keep dry if necessary.
- 6. Any question about hydration or colic, immediately see vet (vets not experienced w/ endurance horses should consult with endurance vet if possible); do not hesitate to stomach tube or aggressively get hydration to normal through IV if necessary.
- 7. Do not trailer horse home until adequately recovered and hydrated. Ideally trailer home the next day so the horse has overnight to recover. Electrolyte for trailering.
- 8. If you believe the horse ADR – Ain't Doing Right, go see the vet. Vets are there to help the horse.



**WANT ADS**

**Saddle for Sale**

**Arabian** saddle, Solstice model.16 inch seat \$750.00  
925-240-5809 or [Jreens@aol.com](mailto:Jreens@aol.com)

**Stalls with Paddocks/Pasture for Rent**

Brand new 12x12 stalls with 24x12 paddocks, shavings; we clean. \$250, pasture \$180. Feed twice a day, high grade oat and alfalfa hay. 96x48 outdoor arena. Close to 3,600 acre Almaden Quicksilver County Park with 19 miles of manicured trails. Call Trilby at 408 997-7500 for more information.

**Room for Rent**

*Now you can now live with your horse ☺*

Room with bath in Trilby's barn, refrigerator and microwave. \$450 per month.

**Employment Wanted**

Responsible yardman/handyman seeking caretaker position. Has own motor home for housing and has experience around animals. Call Janice Frazier 268-2177 or e-mail: [ddawson@almaden.ibm.com](mailto:ddawson@almaden.ibm.com) for more information.

**Dynamite Products Distributor**  
[www.dynamiteonline.com](http://www.dynamiteonline.com)  
**Jan Jeffers, sleeeker@garlic.com**  
**408 779-4722**

**FASTRACK Probiotics** at a direct discount from the Manufacturer. If you are interested in trying daily and supplemental probiotics now is the time. Promote health, increase performance, ensure a healthy digestive tract at a low cost. For more information contact Wild Eye Arabians, Kirsten and Michael Berntsen at 831-623-2120 or [kirstenzazz@hotmail.com](mailto:kirstenzazz@hotmail.com) or [www.conklin.com/wildeyearabians](http://www.conklin.com/wildeyearabians).

## It's That Time of Year!!!!

**Your QUICKSILVER Riders membership fee was due by January 1, 2004 but since I forgot to put this form in the December newsletter, it is now due on February 1, 2004.**

**We need your name** \_\_\_\_\_

**And then your address** \_\_\_\_\_

And your phone number, Fax, e-mail\_\_\_\_\_

And last we need the names of the other members of your family.

\_\_\_\_\_  
\_\_\_\_\_

And then we need your money! Senior membership is \$ 15\_\_\_\_\_  
Junior membership is \$ 5\_\_\_\_\_

Why join the Quicksilver Endurance Riders? You will have the opportunity to participate in poker rides, moonlight rides, endurance rides, trail projects as well as attend monthly meetings, the Christmas party and the annual awards ceremony and saving the best for last, you will meet the best friends you will ever have!

How are our dues spent? Annual Yearbook/Calendar; monthly Newsletter; a representative voice in horse politics locally; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your 2004 dues, checks made out to: Quicksilver Endurance Riders, Inc.

Mail to Membership Chairperson: Maryben Stover  
1299 Sandra Drive  
San Jose, CA 95125-3535

May your and your horse have wonderful Year 2004 riding together as members of the QUICKSILVER ENDURANCE RIDERS.

### Gina Farnquist Memorial Grove

*Put this date on your calendar!*

On January 18th at 1:00 PM there is going to be a dedication of the rest area for equestrians in the "Gina Farnquist (memorial) Grove" on the Los Alamitos trail. The site is on the trail near Graystone Bridge and Camden, "southern" end between the paved trail and the creek. Gina was very active horsewoman in San Jose and supported both City (she worked for the City

Parks Department so was well connected to influence) and County Park trails - both in obtaining, building, and maintaining them, and she was on the committees of several County Park Master Plans. It would be nice to have a large gathering of equestrians to show our support for the rest stop and for Gina. *Janice Frazier*

### TRAIL NEWS

Fall Trail Days Santa Clara County Parks

*I am again repeating this from Janice's information in October; we need to get out and work on the trails we use so much!!!!*

Come on out and help repair, restore or build the following trails on these dates:

- Jan 3 Stiles Trail at Santa Teresa
- Jan 10 Prospect #3, Almaden Quicksilver
- Jan 18 Table Mountain Trail at Upper Steven's Creek Park. and snacks are provided. For more information and to sign up contact the Volunteer Coordinator at (408) 355-2264 or the Trails Program at 408 629-9367 or visit parkhere.org.

Work begins at 8:00 AM. Tools, gloves, water and snacks are provided. For more info and to sign up contact the Volunteer Coordinator at (408) 355-2264 or the Trails Program at 408 629-9367 or visit parkhere.org.

### Around the Mountain

The "Around the Mountain" 5 day Pioneer ride was near Deming, NM from Dec. 10-14. Basecamp is Barney and Linda Fleming's horse camp. Barney was head vet and his wife Linda filled in for ride manager Roger Taylor who just had both knees replaced.

The terrain is desert with small mountains rising out of the plains occasionally. Four of the days are loops out into the desert while the trail that names the ride is just that - completely around the base of the nearest mountain.

The days are 50, 60, 60, 60, and 50 miles. The temperature was chilly - in the 20s at night with ice in the water buckets in the morning. Most days were clear but windy.

Only one day had bad weather - we rode near the base of the mountain into rain, freezing rain, sleet, and finally a little snow. Riding in the lovely California weather hadn't prepared me to think ahead for situations like this and so I wasn't wearing any rain gear that day. The wind

came from one side only and it was pretty miserable for about 3 hours. If the sun hadn't come out by the vet check - I was going to call it a day.

I warmed up and dried out in a truck at the vet check. The temperature never reached 50 and the wind was strong enough to make the fence wires "sing". It was still a pretty nice riding day after the sun came out.

I gave my horse Rroc a day off and only rode 4 of the 5 days. And it was exactly the way multiday riders say - he got better every day. There's sand in places and it's not something I'm used to yet. We walked all the sandy areas. We usually placed in the bottom third.

There were riders from Canada, Indiana, Iowa, and Washington State as well as closer states. The largest number of riders was 22 on Saturday with 13 being the smallest on another day. Only one QSER rider - Mike Maul was at the ride. About 6 riders did all 5 days on the same horse to receive Pioneer points.

One odd item from the ride is that there are large areas laid out with roads for "subdivisions". There's no water and no houses. Why anyone would want to live in a subdivision out in south central New Mexico in the desert just off I-10 is beyond me. *Mike Maul*

### Marvin's Corner

#### MUSINGS

Well, I'm "in" again. "In", as in the Western States 100 Mile Run to be held in June, 2004. I was not lucky enough to get selected via the lottery, but I was selected as an entrant in the Special Consideration category. My Special Consideration? Finishing both the 2001 and 2002 Runs as the Oldest Male Finisher. So, there are some perks at this end of the age continuum!

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My Christmas Present at the Quicksilver Christmas Party was a baseball hat embroidered on the front with the message: BOSS mare. Boy, did that bring down the house when I opened the package. As I saw it, it was clearly a conspiracy. But,

I was wondering, "Is the BOSS/mare in charge of the harem?"

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The following quotation from New York City mayor Michael Bloomberg, speaking about the safety precautions being taken in New York, was reprinted in the SJM-N on Sunday, December 28: "Whether you think you're being watched or don't think you're being watched, you are being watched."

Mayor Bloomberg's statement brought to mind an incident that occurred in my office at SJSU just a few weeks ago: A student said she had completed all her assignments on time, but that the computer records indicated zeros for her performance on the ten online lab assignments. While she waited, I called the online company for assistance and the representative retrieved her online records. The records showed that, in fact, she had not attempted the assignments prior to the deadline, and that she had been on the computer for less than one minute (insufficient time to complete the answers to approximately 100 questions). I asked the company representative to fax the computer record of this student's usage to me.

As I wrote down the information, the student watched from the side of my desk and began to cry when I hung up the phone. Tearful and sobbing, she admitted to trying to deceive me and said she was sorry. I told her that she should learn two things from the episode: 1. It's better to admit to a mistake than to get caught in an attempted cover-up. 2. There is no privacy in electronic communication, whether it be computer, ATM, cell-phone, etc.

Although the context and content of the student's transgression was different than someone's visit to New York City, a slightly altered rendition of Mayor Bloomberg's warning would be, "Whether you think you are being monitored or don't think you are being monitored, you are being monitored."

The value of this rendition is that it is more generally applicable to everyone. Privacy in this day-in-age, and in our current national/international situation, is difficult to achieve.

## **New Treatment for Tendon and Ligament Injuries**

From the Horse.com

A medical device derived from the lining of urinary bladders of specially bred pigs shows promise for healing equine tendon and ligament injuries, according to Rick Mitchell, DVM, of Fairfield Equine Associates in Newtown, Conn. Mitchell recently addressed a group of veterinarians at Emerald Downs in Auburn, Wash., about the technology and his positive experiences with it in his practice.

Urinary bladder matrix (UBM), sold under the name *ACell Vet*, is a naturally occurring extracellular matrix scaffolding that promotes remodeling of damaged or injured tissue. It does this by recruiting cells for tissue differentiation

from the circulatory system and local tissues. It's typically distributed as a thin, dehydrated or hydrated membrane. ACell scientists approached Mitchell and other veterinarians to determine if there might be an application of the UBM technology for equine ligament and tendon injuries. Since tendon and ligament tissue structures are dense, it was thought that powdered UBM material in suspension could be injected into these structures without seeping out of them.

Mitchell's clinic treats predominantly jumpers and some dressage horses, and he has been using the UBM treatments for about 1 1/2 years.

He explained, "The positions (these horses) get themselves in performing dressage and landing awkwardly off a wide jump can certainly (put them) in some rather stressful positions with a full weight bearing of a 1,200-1,500-pound frame on one limb, and so the opportunity for injury there is great."

Mitchell said that before any horse was selected for the UBM treatment in his clinic, he firmly established a diagnosis through full lameness workups, diagnostic nerve blocks, and sometimes nuclear scintigraphy and diagnostic radiographs. "Most of the horses I have done this procedure on have been horses that failed to respond to corticosteroid infiltration, shock wave therapy, rest, laser, ultrasound—you name it, they've been to us," he said. He had used UBM as a first course of treatment on a few fresh, very severe cases.

After suspending the UBM in saline, Mitchell uses a surgical procedure identical to that which is used to administer bone marrow .

Prior to Oct. 12, 2003, Mitchell's practice had performed 31 proximal suspensory injections, many in combination with a fasciotomy, or an incision through the muscle fascia that is performed when swelling is anticipated that could compromise blood flow, cause pain, and constrict tendons and ligaments. They had completed three suspensory ligament branch injections and 10 superficial digital flexor tendon injections, for a total of 44 treatments. As of Oct. 12, 10 (22.8%) of the 44 horses were back to full working soundness, 17 (38.6%) were conditioning and sound, and 17 (38.6%) were convalescing. Mitchell added, "Eleven of 13 (84.6%) horses that were treated more than six months ago are in full work and are sound. That impresses me."

Although it's typically a one-time treatment, Mitchell had one problematic horse that required three treatments before improvement was noted.

He said that most horses which undergo UBM treatment have mild or moderate swelling, with a few developing severe swelling. Mitchell said the horse might be "mildly to severely lame for a few days--the typical horse is comfortable day one, sore day two and three, and better on day four and five. Some horses do become inordinately sore and remain so for upwards of two weeks." He uses anti-inflammatories along

with icing if necessary to help reduce the swelling.

Mitchell said he performs ultrasound exams 30 and 60 days post-treatment, with major results being evident on the second exam. He noted that measurements were still being performed on collected ultrasound images from the trials, but that "the fiber pattern speaks for itself," showing that healthy tissue has formed.

He emphasized that traditional tendon/ligament injury therapies such as rest, support, anti-inflammatory therapy, ice, hydrotherapy, and poultices should not be abandoned, but used to reduce pain and swelling.

Here are the almost final 2003 standings for the QSER group.

**Regional Point Standings West Region**

**Featherweight Division**

Div.Pl.	Rider Name	Equine Name	Breed	Sex	Miles	Div.Pts.	Ov.Pts.	Ov.Pl.
3	Michele Roush	Do So La	Arab	G	560	1605	1430	2
4	Michele Roush	PR Tallymark	1/2 Arab	G	400	1447.5	1245	8
5	Karen Chaton	Rocky	Arab	G	805	1352	850	
7	Trilby Pederson	Beau	Arab	G	1055	1125	1055	

**Lightweight Division**

1	Dennis Tracy	San Francisco	Arab	G	450	1625	1365	5
6	Heather Reynolds	LF Master Motion	Arab	G	355	1239	1155	
10	Judy Reens	Benjih+//	Arab	G	300	1055	855	

**Middleweight Division**

3	Jeremy Reynolds	LF Al Zarka Sudan	Arab	G	605	1579	1157.5	
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**Heavyweight Division**

3	Michael Berntsen	Padrons Cruising	Arab	M	715	1953.5	952	
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**Junior Division**

8	Katie Alton	Jake Brake	Spotted Saddle Horse	G	250	450	0	
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**Regional Point Standings Pacific South Region**

**Heavyweight Division**

1	Mike Maul	Rroco-My-Sol	1/2 Arab	G	720	1749	757.5	1
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**Regional Best Condition**

Rank	Equine Name	Breed	Owner	#BC	Miles
1	PR Talleymark	1/2 Arab	Steve Shaw	4	300
5	Benjih+//	Arab	Judy Reens	1	100
5	Aleclipse	Arab	Judith Ogus	1	100

**National Best Condition Award**

Rank	Equine Name	Breed	Owner	#BC	Miles
1	PR Talleymark	1/2 Arab	Steve Shaw	4	300

**Bill Stuckey Award**

Rank	Name	Region	Miles
3	Trilby Pederson	W	1205

**Bob & Julie Suhr Husband & Wife Team Award**

Rank	Name	Region	Miles	Points
3	Jeremy & Heather Reynolds	W	2140	3938
9	Dennis Tracy & Judy Reens	W	900	2530

**National 100 Mile Award**

Rank	Name	Region	Equine Name	Miles	Pts
4	Dennis Tracy	W	San Francisco	300	1005
8	Heather Reynolds	W	LF Master Motion	200	900

**Pioneer Award Standings Featherweight Division**

Rank	Name	Reg.	Eq Name	Breed	Sex	Miles	Pts
1	Michele Roush	W	DoSoLa	Arab	G	560	1605
2	Trilby Pederson	W	Beau	Arab	G	855	865



## 2004 January Rides

Date	Region	Ride Name	Distance	Manager	Phone #
<b>01/10</b>	<b>PS</b>	<b>Warner Springs</b>	<b>25/50</b> (140 rider limit)	<b>Terry Woolley Howe</b>	<b>619-445-5443</b>
<b>01/17</b>	<b>PS</b>	<b>Fire Mountain</b>	<b>25/50/75</b>	<b>Mike Benson</b> <b>1539 N. China Lake Blvd.</b> <b>Ridgecrest, CA 93555</b>	

### **01/18 Gina Farnquist Grove Dedication Ceremony**

Meet at 1:00 PM near Graystone Bridge and Camden at the southern end between the paved trail and the creek.

February—no meeting, instead we party at the annual Awards Ceremony on February 7 At 6:00 PM at Harry's Hofbrau, Saratoga and Keily in Santa Clara.

January 20, 2004

Quicksilver Riders Meeting

**The Board meets at 6:30 PM, members are welcome.**

**General meeting begins at 7:30 PM**

The meeting location is at the New Almaden Community Center on Bertram Road just behind La Foret.

**Quicksilver Endurance Riders, Inc.**

**P. O. Box 71**

**New Almaden, CA 95042**