

Quicksilver Quips

September 2005

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 Treasurer Trilby Pederson

BOARD MEMBERS

Mary Anderson
 Lori Oleson
 Maryben Stover

Chief Mover and Shaker

Mike Maul

Newsletter Editor

Jackie Floyd
 P.O. Box 1045 • Lodi, CA 95241
typef@comcast.net

Quicksilver on the Web:

<http://qser.net/>

Deadline for submission of QUIPS material is the 25th of the month for 1st of month distribution. Exceptions made for late-breaking news and individual pre-arranged deadlines. Photos can be emailed or snail mailed. Word docs preferred for stories material, but not a prerequisite.

PRESIDENT'S MESSAGE

I am amazed at the response to our call for volunteers to step forward and lead the club into the future. For one, we have Peggy and Sandy stepping up to the plate and swinging for us on the endurance ride in Oct. For two, we have Jeniffer and Mary wanting to do the Poker Ride. Now all we need is a Moonlight Ride and all will be well in Tinseltown.

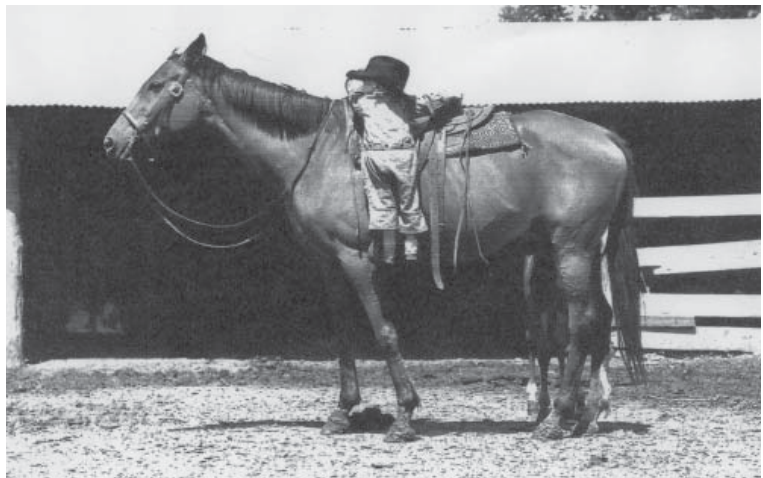
On another note we will need some input for the election of Board Members and Officers. My reign now comes to an end and a new President is needed. Someone with ideas and dreams to lead us into a bright future, riding a golden stallion into the sunset (or sunrise as the case may be). Hey, we need a bunch of officers who can kick some !!! (mud) and move us forward. How about you?

September meeting will be at the clubhouse on the 21st for lack of a better idea. I was thinking that it would be all about the ride on Oct. 1st. You know, plot and plan, volunteer and such. Help Peggy and Sandy out. Maybe we could make it a dessert night.

Costco has great cheese cake and other heavyweight stuff! Yea, lets do a dessert night and I'll stop by Costco. We can all become a heavyweight.

Not much else to report.

EI Presidente –Steve-0



The older you get, the taller they get.

Submitted by Julie Suhr

QUICKSILVER FALL CLASSIC

The location for the Quicksilver Fall Classic on Oct. 1st has been changed to Joseph Grand Park as the other parks were not available. Also, we're having a raffle, an LD BC award - these are 2 new things at the ride. We're also asking everyone to RSVP for the ride dinner on Sat. night. The club is providing and cooking the food - Bob's fire dept is donating a big-wheeled BBQ for cooking.

We could use more raffle items! Please e-mail Sandy or Peggy w/ donation info should you so desire ... the raffle \$\$\$\$ benefits our great club!

The BBQ will be 'Oktoberfest Style' - a sausage extravaganza!

- Peggy Eaton

TRAIL EVENTS

September 1-5 - East Bay Hills Trail Ride. Benefit for the Bay Area Ridge Trails. Labor Day week with members of the Tilden-Wildcat Horsemen's Assoc. and Metropolitan Horsemen's Assoc. Ride up to 100 miles, or 14-18 miles each day in small groups at your own pace. Great for introducing a new horse to camping, short rides, etc. Will be following the Bay Area Ridge Trail through many Regional Parks, EBMUD Watershed, along San Pablo Reservoir, Upper San Leandro Reservoir and others too numerous to mention here. Breakfast, lunch and dinner provided for riders, hay, carrots and water provided for horses. Evening programs include a visit to the Chabot Space Observatory, horse massage workshop, campfire classical harp music, cowboy poetry, etc. Bay Area Barns and Trails Trust will match the first \$5,000 raised. Cost is \$50/day, 5 days/\$225. Non-riding visitors dinner is \$15/night. Due to the increased park fees, additional trailer fee of \$7/night. Solicit pledges from friends, neighbors and other trail supports for this event. Contact Morris Older 925-254-8943, morrisolder@earthlink.net or Martha Mikesell 925-833-9279, martha.mikesell@sbcglobal.net. More info at www.twha.org/text/page13.html

FOUND AT SWANTON PACIFIC

There were a number of fairly valuable items left at Swanton Pacific this past weekend - some clothing, including a SP sweatshirt from about 3 years ago, small tack, a cell phone, a black quilted item (maybe a rump rug?) with pockets for heat packs. Please contact me for their return. I will have to charge \$5 for packing and shipping each item. Unless it is extremely important, as in the case of the cell phone, it may be later in September before I can send the items. We're going on vacation August 31st - September 18th. The cell phone was found in the parking lot of the Cascade VC, so it may belong to a crew person.

- Barbara McCrary, ride mgr.
bigcreekranch@cruzio.com

QUICKSILVER ENDURANCE

RIDERS INC.

MEETING 8-17-05

At Calero Park

This month's meeting was a ride/potluck in Calero Park. It was fairly well attended and, as usual, the Chefs provided an excellent BBQ. The meeting mainly consisted of updates and discussions regarding our QS Fall Classic Ride on 1st October, 2005.

Ride

Sandy Holder and Dick Carter are still working on the trail. We still need the permission of one of the landowners to use the new trails. Discussion took place on alternative trails should we not gain this permission.

Peggy Eaton stated that the Club will provide the meal for the ride rather than employ caterers. We need volunteers to buy, cook and serve the food. It was suggested that we ask for RSVPs on the ride entries for the after ride meal so that we can budget for the food. It was also suggested that we have a raffle.

Discussion took place regarding prizes for Top Ten, BC, First Junior etc. It was also suggested that embroidered, brightly colored tee shirts be given to the volunteers. This was agreed upon.

Lunch will also be provided for riders and volunteers.

We will need an extra Ride Meeting for this event, the date of which is yet to be fixed.

Poker Ride

Mary Anderson has volunteered to put on the Poker Ride. The date for this is yet to be fixed.

Volunteers for the Fall Ride and Poker Ride should call Peggy, Sandy and Mary.

Meeting adjourned 7.15

TREASURER'S REPORT

as of 8-18-05

Trails Account	\$1009.47
Junior Account	776.58
General Account	4898.36

DRAGGING THE SWANTON

This past weekend was the Swanton endurance ride where I suckered (hahaha) my non-endurance barnmate Annie into drag/safety riding about 16 miles towards the end of the ride. It was the last stretch for the 75 milers and the 2nd to last for the 100s, so we didn't get our horses out onto the trail until about 8 pm. No worries though, we hung around the Cascade Ranch vet check until the last riders came in for us to follow. I saw a bunch of people I knew from endurance rides as well as NATRC including Becky's daughter, Julie, who was riding in the 75 miler. Unfortunately Becky's horse Solerro hurt himself a week before the ride so she had to pull ... but she got to live vicariously through her daughter, who before this weekend had never even ridden past 25 miles, let alone by herself! Pretty amazing. I'm not sure yet if they completed, but at the Cascade check both looked great and Lady, her bay arab mare, was way too busy to say hello as she was chowing down on everything in sight.

Anyways, our main goals for this ride were to 1) pull ribbons and glowsticks 2) stay out of the way of the riders in front of us and 3) not kill ourselves. We managed to achieve our goals (mostly). The trail started off as a nice wide fireroad that kept climbing and climbing. We trotted where we could and stopped often when we caught sight of the two 100 miler riders in front of us. Annie was riding her 16hh chestnut thoroughbred, General, who was approached by more than one person in awe of how big he was. On the other hand, Annie, who had never seen an endurance event, was in awe of all the "little greyhound" arabs (being an eventer/dressage rider she's used to gigantaur warmbloods and also rides a 17hh monster Trakehner). We climbed what turned out to be the first of 3 big mountains and ended up at the top ridge as the sun disappeared. The view from the top was incredible.. all around us we could see tree-covered mountains, some covered with thin foggy mists, and off in the distance to our left was the glimmer of a big orange moon that would eventually provide us with some light along our way.

As darkness fell, the trail became increasingly more technical. Both of us brought headlamps but mine burnt out after less than 15 minutes (nice). The hills were becoming steeper and narrower as we worked back down the mountain ... I'm not sure if we would've been better off if we were able to see the trail as those switchbacks down were quite treach-

erous! I was giving Isabella her rein but stopped trusting her completely after she tried to walk off a sandy edge into the pitch black (EEK!). After we arrived at the bottom of the hill it was time to work our way back up. We saw the riders in front of us by their headlamps glinting through the trees halfway up the mountain. This mountain was mostly covered in big eucalyptus (or pine? couldn't tell!) trees that provided us with "shade" from the moon. In other words, it was pitch black here. I let Annie in front so we would be able to see from her light if we were actually on the trail or not. We became quite adept at spotting and pulling ribbons in the dark by this point, although a few times we ended up with handfuls of draping moss. :)

More switchbacks down the hill led us to a big creek where we stopped for a little while to provide distance again with the riders in front of us (we weren't going fast at all). We met up with the fireroad again and had a nice long trotting stretch before we reached the lumberyard. There we found the two 100 milers we'd been tailing, wandering around, a bit lost. Together we found the next glowstick in the distance and walked into the Sawmill vetcheck, no worse for wear. By this time it was midnight and we were offered a ride by the ambulance driver back to camp, which we graciously accepted after learning the two riders we followed were fit to continue (yay!). We managed to find my rig back in ridecamp, which the previous drag riders had driven, and loaded up to leave at around 1:30 am after giving our brave steeds some time to rest and recuperate. Despite the one little mishap towards the ridge edge, this ride really proved to me how amazing Isabella is to me, there were times when I was not able to see the trail at all and she was twisting and turning around the bends with her nose to the ground, smelling the horses that had trod there before us. Ridecamp was absolutely beautiful under the moonlight as we drove away and after unloading the horses back at the ranch, I finally flopped into bed around 3 am to sleep. What a night! We had so much fun ... I admire all the riders who trekked through these tough trails after 50+ miles of riding already! Isabella and I probably have two more years to go before we're ready for a ride this long, but now that I've seen the trail I'm definitely looking forward to it. :)

– **Julienne Rha**

SWANTON PACIFIC 75/100

The weather was perfect! The ride went well. A few (maybe 3) horses had eaten some wild hemlock and had elevated and hanging pulses, requiring treatment. The other pulls were for minor lameness.

From ride management perspective, it went quite well. Some vandalized flagging in the state park, a problem we hope to solve next year.

Congratulations to all finishers, and we look forward to seeing you next year.

SWANTON PACIFIC RIDE AND TIE

Two teams started the Swanton Pacific Ride & Tie, Saturday, August 20th. Only one finished.

Team Dennis and Ellen Rinde had competed many times before, actually finishing the SP 100 R&T five consecutive years on the same horse and winning it a couple of times. This year, their luck was not good and their current horse General Geranium vetted out lame at the first vet check, 25 miles into the race.

This left the remaining team of Steve Shaw and George Hall, both longtime R&Ters. Steve is also a top 5 Tevis rider.

On SP 75 R&T, they came in to the finish line at 8:50 PM after a 5:00 AM start. Never let it be said that R&Ters are wimps Steve competed with a bad knee and George was competing with two complete hip replacements.

George has been loping around the Santa Cruz Mts. since he was a very young man, so he knew his territory in this race. He is currently a small animal vet in Santa Cruz. 'Way to go, guys!

– **Barbara McCrary**,
ride mgr.

SWANTON PACIFIC 100

1	Suzanne Ford Huff	Chase Thewind AH (First, B.C.)	10:50 PM	13:50
2	Gayle Snow-Lynch	Maui's Independence	11:15 PM	14:15
3	Jackie Lefebvre	Pippi (1st Junior)	12:28 AM	15:28
4	Evelyn Marshall	Tierninoak	12:28 AM	15:28
5	Jonathan Bowman	Heigh Ho	12:38 AM	15:38
6	Jill Putnam	Karalace Bey	12:38 AM	15:38
7	Sandy Holder	Metallica	12:38 AM	15:38
8	Deborah Breshears	Remfire	12:39 AM	15:39
9	Katie Alton	Tai Jamir	1:28 AM	16:28
10	Lori Oleson	WRA Flaming Fire+/-	1:28 AM	16:28
11	Donald Whitlock	Hot Toddy	5:15 AM	20:45
12	Heidi Helly	Andreti	5:15:01 AM	20:45:01
13	Robin Everett	Ice Storm AAM	5:15:02 AM	20:45:02

Started 24, finished 13

SWANTON PACIFIC 75

1	Jennifer Niehaus	Cheyenne XII (1st, BC)	5:15 PM	9:15
2	Lindsay Graham	Phoenix Affair	6:16 PM	10:16
2	Barry Waitte	LV Cambridge	6:16 PM	10:16
4	Dominique Freeman	Paris	6:20:15 PM	10:20:15
5	Daniela Mielke	Count Luvatraz	6:20:20 PM	10:20:20
6	Jazon Wonders	Brahm Gyani	6:53 PM	10:53
7	Pascale Soumoy	Gandhi	6:53 PM	10:53
8	Linda Morelli	Falling Leaf	6:53 PM	10:53
9	Jon Niehaus	Ssebastiani	8:12 PM	12:12
10	Ken Cook	Kruzyr	8:18 PM	12:18
11	Jill Palmer	Jaybee Hartsafire	8:18 PM	12:18
12	Catherine Pokorny	High Chaparral	8:40 PM	12:40
13	Judy Robinson	CR Naudia	8:40 PM	12:40
14	Alyssa Stalley	CP Tripper	8:42 PM	12:42
15	Jennifer Stalley	One Fancy Bey	8:42 PM	12:42
16	Judith Ogus	Mocha Mirah	9:10 PM	13:10
17	Connie Berto	Eco Stardust	9:25 PM	13:25
18	Julie Suhr	Raiders Nudera	9:25 PM	13:25
19	Lynette Hulbert	Rockem Sockem Red	9:48 PM	13:48
20	Peter Claydon	Khnight to Remember	9:48 PM	13:48
21	Mike Berntsen	Padrons Cruising+	9:50 PM	13:50
22	Christine Haack	MM Avengionce	9:53 PM	13:53
23	Ginger Anderson	Kadine el Sabbah (1st Junior)	9:59 PM	13:59
24	April Cyrek	Please	9:59 PM	13:59
25	Julia Bianchi	Lady Monalaina	10:07 PM	14:07
26	Lisa Schneider	Drew	10:26 PM	14:26
27	Amy Schneider	PR Tallyrand	10:26 PM	14:26
28	David Whitall	Fames Baydal BL	11:06 PM	15:06
29	Susan McCrary-Huff	Flyby	11:25 PM	15:25

Started 44, finished 29

PREVENTING ULCERS In Layman's Terms

by Karen Chaton

Introduction

There is one thing about the topic of equine gastric ulcers that I am clear on – the more I learn about it, the more I realize we don't know. Most of the studies that have been done have been to show the effectiveness of omeprazole, an effective drug for curing and preventing ulcers. For a horse with severe ulcers, omeprazole does work extremely well and should be used as a treatment. However, there are downsides; daily treatment with omeprazole is not only costly, but there are a lot of other questions that arise with its use, such as whether or not a horse receiving omeprazole daily is in violation of the AERC Drug Policy if you stop giving it within 24 hours of a ride.

Omeprazole works by stopping stomach acid – an important function of the stomach that aids in destroying bacteria that could cause intestinal tract infections such as salmonella. The altered pH of the stomach may not kill viruses and fungi. Stomach acid is necessary to digest protein. The undigested protein moves thru the cecum and large bowel, where fermentation can cause bloating, discomfort and foul smelling manure. Prolonged acid suppression in humans causes vitamin B12 mal-absorption. Further human studies have shown an increase in acid production following treatment. Omeprazole has been shown to significantly delay gastric emptying in humans, and there are several other potentially serious side effects that have been documented in humans, rats, and dogs (1). Long-term use in rats has shown thickening of the stomach lining which may or may not predispose for gastric cancer.

Even if we use the drug to cure our horses' ulcers, but don't change any of the management issues that are causing the ulcers – we could face the possibility of having to maintain our horses on omeprazole daily for the life of the horse while it is competing, or, possibly having to retire the horse from competition. It is especially important for us to learn the best way to manage our horses so that we can help them with the problem of ulcers.

Causes of Ulcers

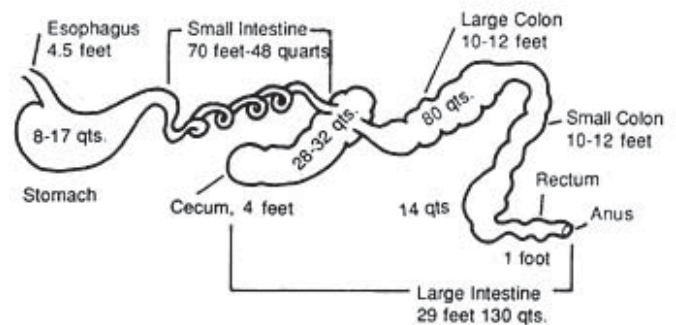
- Extended periods (8-10 hours) with no food
- Progressively increasing workload
- Stress. Which can include a variety of factors – confinement in a stall, trailering, traveling to new places, changes in feed, etc.
- High grain diets
- Corticosteroid therapy
- Anti-inflammatory drugs (such as phenylbutazone ('Bute') or flunixin meglumine (Banamine™))
- Horses suffering from diarrhea are at increased risk
- Being a horse!

Symptoms of Ulcers (any of the following)

- Diarrhea
- Low grade colic
- Poor appetite, including the horse refusing foods or supplements that were readily consumed before

- Slow eating, sometimes walking away without finishing meals all at once
- Belching noises
- Decreased performance
- Gradual loss of body condition
- Weight loss
- Pot belly appearance
- Teeth grinding, salivation, froth around the lips
- Lying on their back for prolonged periods

Functional Considerations of the stomach



The Digestive System of the Horse

Adult horses secrete up to 7 or 8 gallons of gastric acid per day, or more than 6 cups per hour. This is continuous, independent of feed intake and the reason for stomach ulcers. One major cause of gastric ulcers in horses is prolonged exposure of the stomach to high acid levels. The equine stomach is designed for constant feed intake, which provides something for the acid to work on therefore using up the acid.

The stomach of the horse is very small and makes up only 10% of the capacity of the digestive system. The upper compartment of the stomach is lined with a nonglandular squamous mucosa that is similar to that lining the oesophagus. 80% of equine gastric ulcers occur in this compartment, primarily because it has limited intrinsic resistance to hydrochloric acid and pepsin. The lower compartment is lined with glandular and mucus-secreting tissue. Only 20% of equine gastric ulcers occur in this compartment of the stomach because of its many intrinsic protective properties.

Emptying of the stomach takes 30 minutes for a liquid meal, while complete emptying after a hay-meal can take up to 24 hours. When a horse grazes all day, the roughage he consumes absorbs a considerable amount of digestive acid, keeping the level within the stomach low. In addition, a horse's saliva has an acid-neutralizing effect. As a result, the amount of acid that accumulates in a horse's stomach declines when he's eating and increases when he's not.

Colonic Ulcers Significant Risk for Performance Horses.

In a study conducted by Frank Pellegrini, DVM, 63% of horses involved in competition sports – ranging from dressage to racing – suffered from colonic ulceration.

Pellegrini's work confirmed the findings of earlier studies, showing that 87% of horses have gastric ulcers (ulcers of the stomach). When combined with his findings on the lesser-understood issue of colonic ulcers, however, Pellegrini's study yielded some new information. He found that 54% of performance horses suffered from *both* gastric and colonic ulcers. Further, Pellegrini's study showed that 97% of performance horses had some type of ulceration.

"This research suggests that ulceration in the colon may be to blame for the low grade anemia, colic and other conditions seen frequently in high performance horses," said Pellegrini. "Most importantly, it brings into focus the need for further research on the direct causes of colonic ulcers and how exactly they affect the horse."

Pellegrini's research proves that colonic ulcers exist prevalently within the performance horse population. Unfortunately, no treatment now available can cure them. Omeprazole, used for gastric ulcers, was formulated for the specific conditions found inside the stomach and will not positively affect the delicate colonic environment.

"Given that more than 60 percent of all performance horses may be suffering from colonic ulceration – which cannot be treated with traditional ulcer medications – it may be time for equine caregivers to consider other options," said Pellegrini. "A dietary supplement intended to maintain optimum digestive tract health may be the best solution to preventing colonic ulcers before they negatively affect performance and attitude in the horse."

One approach to promoting overall digestive tract health involves the use of non-testable, natural foodstuffs to heal the intestinal tract and support good health throughout this critical system. Here is a quick summary of some substances and how they may work to help keep the horse's gut healthy:

- Beta glucan is a dietary fiber found in oats and barley that has been shown to slow down the movement of feed through the gut, allowing excess starches to be digested before they enter the colon. Beta glucan is also a powerful immune stimulant, encouraging the horse's immune system to attack any bacteria that might otherwise enter an ulcer.
- Polar lipids are found in specially processed oat oil. Lipids (or fats) help to protect the lining of the gut. Polar lipids are emulsifiers they help water and oil to mix, and therefore allow certain oil-soluble vitamins, such as A, D, E and K, to be absorbed by the gut.
- Glutamine is a natural amino acid that may help the gut renew and heal itself. It is "conditionally essential," meaning that the body cannot produce enough of this amino acid when it is undergoing stressful situations, such as heavy competition training. Glutamine assists the cells of the gut to grow close together, keeping out dangerous micro-organisms.
- Threonine is another amino acid. It is "essential," meaning that the body doesn't produce enough on its own, so it must be supplied in the feed. Threonine is needed for the creation

of mucus, which lines the stomach and intestines, protecting them from acidic digestive juices.

- Yeast sugars called mannan oligosaccharides (or MOS, for short) help the immune system to get rid of bad bacteria. MOS also absorb dangerous toxins so they can be safely excreted. (Pellegrini, Franklin L. 2005)

Prevention and Recommendations.

- Respect the function of the gut!
- Turn horses out as much as possible so they can graze
- Don't feed a lot of grain
- If grain must be fed in large amounts, divide feedings so that no more than three pounds is given at any one time.
- Avoid prolonged periods of fasting – ulcers can develop within 10-12 hours when horses have no access to feed
- Keep roughage available at all times. Horses need to eat continuously
- Provide free choice grass hay at all times
- Feed frequent small meals – optimum is 4 times a day
- Place feed bins on the ground – horses chew and swallow more efficiently when their heads are down and the throat extended
- Use steam-extruded feeds which have been processed in such a way that eating is slower, resulting in more chewing, increased saliva production and higher saliva bicarbonate levels
- Match your horse with a job he enjoys and is well suited for
- Gradually increase training schedule
- Ride conservatively until you know your horse handles competition
- Provide as much exercise and entertainment as possible.
- Provide Probiotics on a daily basis if your horse is in training or confined due to injury or illness
- Avoid frequent or long-term use of non-steroidal anti-inflammatory agents
- Tapeworm infestation can mimic symptoms of ulcers. Be sure to worm with a wormer that gets rid of tapes
- Add ¼ cup of corn oil to your horses diet daily
- Bananas are a high energy feed and they also contain high levels of phospholipids that can assist in lining the horse's stomach and preventing acid damage to the stomach
- Papayas are another natural way to help horses with ulcers. Papain stimulates the appetite, soothes membranes of the esophagus and stomach and quiets inflammatory bowel disorders. Raw papain is used medically for enzyme replacement in pancreatic insufficiency and has anti-microbial, anthelmintic and anti-ulceratral effects. <http://www.stomachsoother.com>
- Horse owners have reported anecdotally that a cup of aloe vera juice twice a day helped their horses ulcer symptoms go away
- Horses should be fed no less than 50% (and preferably >70%) of their dry matter intake as long dry hay or pasture
- Feed a small amount of alfalfa (2-3 pounds once or twice daily), the calcium may buffer stomach acid
- Keep your horse in good body weight and a good body condition score

- Check out other non-antacid type ulcer products: <http://www.horse-journal.com/newspics/pdfs/12-3-Non.pdf>

Research

All but the last 2 listed projects as well as Pellegrini's work above were done on other than endurance horses. When race horses were studied well over 90% had ulcers. The incidence of ulcers in Endurance horses is as low as 50%, probably because of the closer relationship between horse and care giver along with management practices that are shown to be less likely to cause ulcers.

Benefits of Corn Oil Supplementation. Ponies fed a free-choice hay diet for 5 weeks, which was followed by 5 weeks of the same diet supplemented with 45 mL of corn oil daily. The study concluded that corn oil supplementation may be an effective and inexpensive way to increase the protective properties of equine glandular gastric mucosa. (Cargile JL et al. 2004)

Effects of exercise on gastric volume and pH in the



proximal portion of the stomach of horses. Increased intra-abdominal pressure during intense exercise in horses causes gastric compression, pushing acidic contents into the proximal, squamous-lined region of the stomach. Increased duration of acid exposure directly related to daily duration of exercise may be the reason that squamous lesions tend to develop or worsen when horses are in intensive training programs. (Lorenzo-Figueras M et al. 2003)

Prevalence of gastric ulcers in show horses. Gastric ulceration was detected in 58% of the horses. Horses with a nervous disposition were more likely to have ulceration than quiet or behaviorally normal horses. Horses with gastric ulceration had significantly lower RBC counts and hemoglobin concentrations than those without ulceration. (McClure SR et al. 1999)

Do age or sex matter? One study on 224 Standardbred racehorses in training concluded that although there was little association between age and prevalence of ulcers, there was an association between age and severity of ulcers. Most 2-year-old horses (57.7%) had an ulcer score of 0 or 1. In all other age groups, most (58% to 82.61%) of horses

had an ulcer score of 2 or 3. Although overall prevalence of ulceration was comparable among sex groups, the relative risk for gastric ulceration increased with age in castrated males, whereas it decreased in females and sexually intact males. (Rabuffo TS et al. 2002)

Gastric ulcers in Standardbred racehorses: prevalence, lesion description, and risk factors. The number of lesion sites ($P < .0001$) and poor body condition ($P < .0001$) were significantly associated with lesion scores. Gastric ulcers are highly prevalent in Standardbred racehorses. Furthermore, actively racing horses and trotters are more likely to have gastric ulcers. Also, poor body condition in Standardbred racehorses may be an indication that gastric ulcers are present and that lesion scores are high. The cause-and-effect relationship between poor body condition and the presence of gastric ulcers is unclear. (Dionne RM et al. 2003)

Evaluation of urine sucrose concentration for detection of gastric ulcers in horses. Urine sucrose concentration appears to be a reliable but imperfect indicator of gastric squamous ulcers in horses. Sucrose permeability testing may provide a simple, noninvasive test to detect and monitor gastric ulcers in horses. (O'Conner et al. 2004)

Effects of intramuscular omeprazole on gastric acid secretion in horses over a twenty-four hour period. Due to the simplicity of the administration technique and the higher biological availability, intramuscular administration may offer a practical and less expensive way of treating gastric ulcers in horses. (Sandin A et al. 1999)

Effects of intermittent feed deprivation, intermittent feed deprivation with ranitidine administration, and stall confinement with ad libitum access to hay on gastric ulceration in horses. Severe ulceration of the gastric squamous epithelial mucosa, caused by excess acidity, can develop rapidly in horses deprived of feed or not consuming feed. Suppression of gastric acidity with the histamine type-2 receptor antagonist ranitidine effectively minimized the area of ulceration caused by feed deprivation. Compared with being turned out to pasture, stall confinement alone appears to be an important factor in the development of gastric ulcers in horses, probably as a result of altered eating behavior. (Murray MJ et al 1996)

Gastric ulcers in horses: a comparison of endoscopic findings in horses with and without clinical signs. Gastroendoscopic examinations were performed on 187 horses, ranging from one to 24 years. Eighty-seven horses had clinical problems including chronic, recurrent colic for seven or more days (25), one or more episodes of colic within the previous seven days (13), or acute colic (10), diminished appetite (53), poor bodily condition (40), and/or chronic diarrhea (9). One hundred horses that had no signs of gastrointestinal problems were examined as part of a gastroendoscopic survey. Lesions observed in the squamous fundus, squamous mucosa adjacent to the margo plicatus along the greater curvature, glandular fundus, and the squamous mucosa along the lesser curvature were scored on a scale of 0-4, with 0 representing no lesions and 4 representing the most severe lesions. The mean endoscopic scores for the squamous fundus, margo plicatus and lesser curvature

were significantly greater ($P < 0.001$) in horses with clinical signs than those without signs. This was because of the greater number of horses with lesions in the symptomatic group (80/87) compared to those without signs (52/100), and the greater severity of lesions in the horses with clinical signs. Of the horses, 74 were in race training. There was a significantly ($P < 0.01$) greater prevalence and severity of lesions at all sites except the glandular fundus in horses in training compared to those not in training, and in the horses in training with clinical signs ($n = 37$) compared to those in training without clinical signs ($n = 37$). (Murray MJ et al. 1989)

Comparison of endoscopic, necropsy and histology scoring of equine gastric ulcers. Only 1/23 horses had glandular ulcers observed via endoscopic examination whereas, 6/23 horses had glandular ulcers at necropsy and on histopathology. The prevalence of EGUS is high in stalled yearling horses. The endoscopist may underestimate the number of gastric ulcers and may not be able accurately to predict the severity or depth of those ulcers present in the nonglandular equine stomach. Furthermore, the endoscopist may miss glandular gastric ulcers. (Andrews FM et al 2002)

Evaluation of diet as a cause of gastric ulcers in horses. An alfalfa hay-grain diet induced significantly higher pH and VFA concentrations in gastric juice than did bromegrass hay. However, number and severity of nonglandular squamous gastric lesions were significantly lower in horses fed alfalfa hay-grain. An alfalfa hay-grain diet may buffer stomach acid in horses. (Nadeau JA et al. 2000)

Histological characteristics of induced acute peptic injury in equine gastric squamous epithelium. Erosions and ulcers were induced in equine gastric squamous epithelium using a feed deprivation protocol that results in prolonged increased gastric acidity. Specimens of normal gastric mucosa and mucosa with lesions created after 48 and 96 h of feed deprivation were compared for characteristics associated with angiogenesis and mucosal proliferation.

These findings demonstrate that processes that promote ulcer healing begin soon after peptic injury and that they progress even with repeated peptic injury. Furthermore, our findings support observations that gastric ulcers often heal without medical intervention, and the theory that medications that reduce gastric acidity do not initiate healing, but rather facilitate ulcer healing by providing a micro-environment that is optimal for healing to proceed. (Murray MJ et al. 2001)

Prevalence of gastric ulcers in endurance horses – a preliminary report. Gastric endoscopy was performed at the end of a 50 or 80 km endurance ride. Gastric ulceration was evident in 67% of the horses with ulcers on the squamous region of the stomach found in 57% of the horses and active bleeding of the glandular mucosa in 27%. Three horses (10%) had lesions only on the glandular mucosa. Values of albumin, creatinine and glucose were higher in horses without gastric lesions. We conclude that horses from endurance competitions have a high prevalence of gastric ulceration that is similar to that observed in performance horses. However, the severity of ulceration is less severe

than has been reported in Thoroughbred race horses in active training. Owners should be aware of the high prevalence of gastric ulceration in horses that perform in endurance competitions. The high incidence of active bleeding from the glandular mucosa of the stomach in these horses requires further investigation. (Nieto JE, et al. 2004)

Incidence of Gastric Ulcers in Active Endurance Horses. A study that looked at 92 horses in 8 states, that were actively involved in all aspects of Endurance Riding and were between rides. The researcher believed that it was important to look at the horses when they were not under the stress of an event, eliminating the horses that simply showed signs of gastritis from the event itself. Forty seven or 51% had some degree of ulcers (grade 1,2 or 3). Thirty one or 33.7% showed grade 2 and 3 ulcers which are considered clinical lesions. Eleven or 11.96% of the horses had grade 3 bleeding ulcers. (Fleming 2005, see complete study in this issue of EN)

Conclusions

Some horses may still need to receive medication and veterinary care in order to heal and prevent ulcers. Many horse owners cannot afford to spend upwards of \$1000 per month, or even half that every month in order to keep their horse competing. Hopefully some of the information provided here will be able to help those that want to find other ways to prevent a problem that seems to have a high prevalence in our horses. Remember that every horse is an individual and what works for one may not work for another.

During the process of compiling this information, I was able to ask Dr. Scott of UCLA (a researcher on EGUS) several questions on this topic. Below is a summary of his advice:

"I suggest that unless the animal is showing signs of distress and appears happy and healthy despite having a positive endoscopy for gastric ulcer, do nothing. If the animal is suffering by all means use gastrogard and withhold the drug prior to competition. The drug should clear the blood in a few days.

Most horses will have ulceration in the epithelium above the margo placatus. Many fewer horses have ulcers in the fundus and antrum which are more worrisome. Again if your animals seem happy and healthy, don't have them scoped since what you don't know won't bother you or the horse."

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(Continued on Page 10)

CLASSIFIED

WANTED

ENDURANCE HORSE WANTED. I would love to say I am hoping to ride the Tevis next year but I am sure it is a ways away. So, I don't mind a horse that needs to be ridden - I will need to get at least 300 miles before I can even enter the Tevis. I would like a calm horse, doesn't need to be big, I am about 5'5" and weight about 150. I have 11 acres in north Auburn. So the horse will be both in the barn and turned out to graze. If someone is concerned about where the horse would live etc. anyone is welcome to look at my place and see where the horse would be. I am also looking for a truck - I do need the extra cab and 4 wheel drive. Jane Meads, janemeads@yahoo.com. [10-05]

PIPE FENCING WANTED. Maryben has a friend who is looking for used pipe corrals ... cheap. Call Maryben at 408 265-0839. [10-05]

HORSE FOR SALE/ LEASE

ARABIAN MARE FOR SALE. We are looking for a good home for our baby. She is now five and has had quite a bit of training under her girth. She does water, bridges, anything you put her to and has perfect conformation. Her breeding is out of Muscat, Nariadni and Maalik. We did spay her as her heats were bad. She is grey, 14'2", has a natural single foot gait and drops her head nicely in the trot. She has the energy and willingness to do multi-day endurance. We would like to sell her for \$7,000/OBO depending on the home. Her trainer is Wendy Pohl, (435) 336-3336. I can send pictures. Email Deb at D_MARTINPC@MSN.com. [10-05]

ARAB MARES FOR SALE. 10-year-old 14.2 registered, bay mare needs experienced rider, \$2,500. 14-year-old, 14.1 purebred, grey mare, very sweet & easy to ride, \$3500. **PONY FOR SALE:** 10-year-old, around 12 hands, grey mare, probably Welsh, very sound never foundered could easily do endurance or jumping. She keeps up with the big horses' trot and outwalks them

as well and can clear 3 ft carrying 120 lbs. \$1,500 obo. Call Heather 408 687-7082, email Chileywily@aol.com. [10-05]

SADDLES & TACK FOR SALE

17.5" GORGEOUS ORTHO-FLEX STITCHDOWN for sale. System II Panels, \$1,700, Excellent condition. The Stitchdown features an anatomically correct seat, covered w/ top-grain upholstery leather. A three-position stirrup hanger allows leg positions from dressage to moderate jumping. This saddle is so incredibly comfortable, but the flaps are too long for my short legs. Package incl: fleece booties (like new), Orthoflex neoprene girth, "EZ out" safety stirrups, and Orthoflex leathers. This package is WELL worth over \$3000 new If you're looking for a comfortable trail saddle that fits your horse, this is the one. Julienne Rha 925-708-2388 jsrha@yahoo.com. Located in Pacifica.

SPECIALIZED SADDLE for sale. Two-tone brown and black, I think 16" seat, never used. \$1,500. Call Heather 408-687-7082, email Chileywily@aol.com. [10-05]

FREE AND EASY 17-inch black saddle. 1 year-old "endurance special". \$1900, obo. Call Megan Doyle (408) 315-0519. [10-05]

ABBETTA ENDURANCE SADDLE. Pretty much brand new. 10 rides only. \$275.00. **AUSTRALIAN STOCK SADDLE,** older, with Toklat pad \$150.00. **SPRENGER SAFETY STIRRUPS.** Brand new, never been used. No idea what size. They came with a saddle I no longer have. Still in box. Jackie Floyd 209-334-1981 or typéf@comcast.net. [10-05]

FEED KEEPER/CREW BAG, red, by Australian Connection. Never used. \$15. **SNUGPAX SLIMLINE POMMEL BAG,** red, lightly used. \$30. **LOVELL OF MACK ENGLISH SADDLE CANTLE BAG,** \$30. **HI-TIE BUNGEE TETHER** never used, \$20 **MACKIND-**

ER ENDURANCE SADDLE from Australia. <http://www.mackinderendurance.com/>. \$1500. Comes with EZ Ride stirrups. **FLEECE SADDLE PAD** to go with it, \$50. **JRD DRESSAGE TYPE SADDLE**—custom made with slightly forward flaps and knee rolls for endurance as well as plenty of rings for hanging things. 18.5" seat; flaps are probably somewhat short. Made for Polish Arab with withers and flat back. \$2500. Postage is extra for all items. Laney 831-659-1209 or laneyhh@comcast.net. [10-05]

SHARON SAARE 15-in., CC tree. Well-used, well cared for; no longer fits my horses. \$500, has fittings. Jill 650-949-0330. [10-05]

STALLION SERVICES

Introducing CF SORCERER - now standing at stud. Sire of TBR Granite Chief+/, 2004 AERC National Mileage Champion and 2004 XP Horse of the Year. Visit his website at <http://www.spanisharabian.net/> or contact Wizard Arabians, Jackie and Jim Floyd, P.O. Box 1045, Lodi, CA 95241, 209-334-1981, typéf@comcast.net [10-05]

FOR RENT

STALLS/PADDOCKS/PASTURES FOR RENT. Brand new 12x12 stalls with 24x12 paddocks, shavings; we clean. \$250 pastures, \$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. [10-05]

ROOM FOR RENT in Trilby's barn near Almaden Quicksilver Park - now you can live with your horse :) \$450. Call 408 997-7500 for more information. [10-05]

FOR SALE

DOMETIC 6 CU FT. REFRIGERATOR FOR RV OR TRAILER. Runs on 110 or propane. Brand new, used once works perfectly. \$750.00. New costs \$1,100-1,300. Call Steve 408 997-0368. [10-05]

MEMBER PROFILE FEATURE



FORD 1984 F350 XL. Diesel dually ranch pickup truck. Extras include headboard, braking system activator, equipped with bumper hitch, also bed hitch for gooseneck trailer, sway bars, etc. Mainly used for hauling hay and shavings with gooseneck and bumper pull trailers. Bench seat and full-size bed. \$3,250, call Joe at 408-270-2709 or email her at calypso1@ix.netcom.com. [10-05]

MISCELLANEOUS

RANCH CATS AVAILABLE FOR ADOPTION. Fixed/current on shots. Contact janice.frazier@sbcglobal.net or 408 268-2177. [10-05]

DOG FOSTER CARE urgently needed. Tuffie's Animal Rescue is looking for a few good dog lovers. The pooches are spayed/neutered and have their shots. Call Diane Habener at 925 462-6480 or 925 209-6480 for information. The dogs can also be seen online at www.Petfinders.org. [10-05]

SUPPLEMENTS/HOOF PROTECTION. Wild Eye Arabians is now supplying FASTRACK Probiotics (paste & powder) HOOF -IT Pour in Pads, Kentucky Equine Research products, ENDURAMAX Electrolytes (Paste & Powder) & Neigh Lox (Prevent Ulcers) Associated Feed products – EQUUS (complete feed) Auburn Labs – APF (Adaptogen). For more information contact **Wild Eye Arabians**, Kirsten or Michael Berntsen at 831 623-2120. kirstenzazz@hotmail.com or www.conklin.com/wildyearabians.

COMPLEXION PROTECTION Lots of lovely moisturizing and sun protection available for all you outdoor types. For information and samples, call Gillian Tabb at 408 482 0219 or check out my web page www.marykay.com/gtabb. This stuff really works—Judith.

A new feature that will be added to the club website and newsletter is a Member Profile. President Steve will be the Member Liaison. Next month's newsletter will have a questionnaire for members to fill out. It will be a great way for us to learn more about each other.

Things Steve would like to see in the bio include a picture of the member and maybe their horse, how long they've been riding, where they like to train, etc. A large number of the AERC Decade teams belong to the club so that is something he'd like to include also.

Since I'm relatively new myself, I'd like to see other stuff like: Are you married, do you have kids, do they ride? What do you do for a living? Do you have your own business we can support?

– Jackie

PREVENTING ULCERS

Continued from Page 8)

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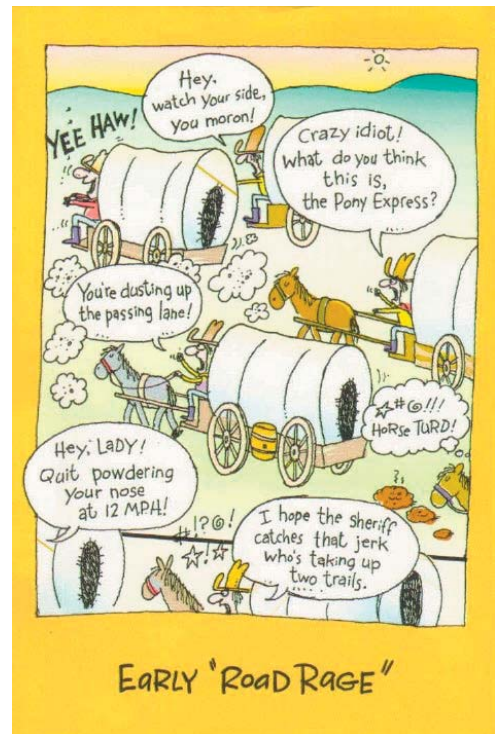
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Fleming 2005, see complete study in this issue of EN

(1)



Omeprazole is labelled for use for a maximum of 90 days in horses. We simply have no data on the consequences of long term use in horses. In laboratory species and humans, long term use is associated with hypergastrinemia, rugal hypertrophy and gastric carcinoids (ie, it is not normal not to produce gastric acid chronically). In elderly patients especially, the chronic use of omeprazole has some association with becoming infected with *Clostridium difficile* (changing the normal environment leading to colonization with a pathogenic bacteria). There has not been sufficient use of omeprazole in a wide variety of horses nor long term use for any of us in veterinary medicine to make any associations like this for horses. It is my opinion that omeprazole is not a perfectly innocuous drug and I would not put horses on it for longer than 90 days without more data. Trisha Dowling, DVM

**QUICKSILVER MEMBER
REGIONAL POINT STANDINGS – AUGUST 24TH, 2005**

WEST REGION REGIONAL STANDINGS

Featherweight Division

Div.Pl.	Rider Name	Equine	Breed	Sex	Miles	Div.Pts.	Ov.Pts.	Ov.Pl.
2	Karen Chaton	Granite Chief+/ Tai Jamir	Arab	G	1395	1791	1395	3
9	Katie Alton	Tai Jamir	Arab	G	300	610	390	

Lightweight Division

3	Melissa Ribley	Murr The Blur	Mule	G	550	920	755	8
8	Patricia Verheul	Razznan	Arab	G	355	640	517.5	

Middleweight Division

4	Robert Ribley	LD Monique	Arab	M	550	1055	680	10
5	Hugh Vanderford	Hyannis Lady	Anglo Arab	M	405	980	545	

Heavyweight Division

2	Barry Waitte	LV Cambridge	Arab	G	355	1092.5	735	9
9	Richard Carter	Star	Arab	G	250	560	255	

Junior Division

7	Haily Daeumler	Hailys Ember	Grade	M	100	170	0	
8	Haily Daeumler	Cheyenne XII	Arab	G	105	169	0	

CT REGION REGIONAL POINT STANDINGS

Heavyweight Division

2	Michael Maul	Rroco-My-Sol	1/2 Arab	G	555	1153	555	
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REGIONAL MILEAGE CHAMPIONSHIP

2	Karen Chaton	Granite Chief+/ Dream Weaver	Arab Arab	G G	1550			
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NATIONAL MILEAGE CHAMPIONSHIP

Rank	Rider	Region	Equine Name	Breed	Sex	Miles
1	Karen Chaton	W	Granite Chief+/ Dream Weaver	Arab	G	1395

NATIONAL LIMITED DISTANCE MILEAGE CHAMPIONSHIP

Rank	Rider Name	Region	Equine Name	Breed	Sex	Miles
1	Peggy Eaton	W	Dakota Midnight	Arab	G	455

BOB & JULIE SUHR HUSBAND & WIFE TEAM AWARD

Rank	Name	Region	Miles	Points
3	Robert & Melissa Ribley	W	1490	1825
9	Jeremy & Heather Reynolds	W	715	1390

PIONEER AWARD STANDINGS

Featherweight Division

Rank	Rider	Region	Equine Name	Breed	Sex	Miles	Points
3	Karen Chaton	W	Granite Chief+/ Dream Weaver	Arab	G	1045	1185

Heavyweight Division

8	Barry Waitte	W	LV Cambridge	Arab	G	155	343
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(a junior is under 16 years of age)

Total enclosed \$ _____

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Mail to Membership Chairperson:

Maryben Stover
1299 Sandra Drive
San Jose, CA 95125-3535
408 265-0839

May your and your horse(s) have a wonderful Year 2005 riding together as members of the Quicksilver Endurance Riders!!!



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