



Quicksilver Quips

September 2006

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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

Well the fun time meetings are over for a bit (until the Christmas bash) and we just have the regular old meeting set for September.

However, maybe I can talk Steve into cooking something. Free food always works.

October is coming up so be thinking about elections and nominations for board.

Also coming up is the time to set the banquet. Email me with ideas if you hate the way we do it now or if you really love it or something in between.

Come to the meeting 9/20/06 at the Community Centermb

HOT DOG ROAST

I want to thank all of you who came "over the hill" to the hot dog roast on Wednesday. You left a lot of good food behind which has served us well as cooking has always been my least favorite aspect of being a housewife.

Barbara and Lori were suitably honored for their shared birthday and Ildi baked a cake which was presented along with the birthday serenade. Ildi also baked three other types of dessert which were unfortunately consumed by the end of the evening and there were no left overs in that category.

Peggy and Sandy blinded us with their Tevis Cup buckles.

The main event of the evening was Morris Older's slide show presentation on the Bay Area Ridge Trail. Years in the making, and not yet concluded, it gives every trail rider a goal to see this concept reach fruition. The Almaden Quicksilver group was one of the first to give financial support to the Bay Area Ridge Trail which each September has a five day fund raising trail ride in the East Bay group. It is not an endurance ride, but just a leisurely based ride with good food and entertainment in the evenings.

It was a cold and chilly evening here because the fog was hanging out over the coast, but we all had a good time and I thank you for coming.

Julie

Thanks to those who contributed the great stories this month!!! If you have something you'd like to share, please do! Without your input, we have no newsletter. All three of our stories this month are great stuff!!!

Please send news articles to the Editor's address at left.

- Jackie

TEVIS-WOW! THE RIDE OF A LIFETIME!

Peggy Eaton and Yahoo!

O.K.....so my feelings went from “what the heck have I gotten myself into” to “just trust your horse, enjoy the ride, and don’t miss those beautiful views!”

After having a great pep-talk and strategy session the night before Tevis with Doug and Barbara White, I was beginning to look forward to this incredible adventure. Doug shared his thoughts and feelings on those spots of trail that I was the most freaked about – the California loop, especially. I have to tell you all that hesitate to do this ride, don’t decide not to do the Tevis because you are afraid of heights! That’s what I had been told several times, and I’m so glad I “sucked it up” and rode anyway! It is really not as bad as you think! I am a HUGE chicken when it comes to heights! Remembering Doug’s words “the horse doesn’t want to fall off the trail anymore than you do,” and “just let him go, trust him on those parts,” made it all the easier. Plus they were not as bad as I had envisioned....

Barbara’s further advice, “only stay as long as you need at each stop, keep moving, and don’t forget to look over your shoulder when you climb up Squaw!” were also forged in my memory banks for the next day.

I did have my one “Tevis mishap” and actually lost my horse for about a mile on the California loop! I had the most wonderful crew on the planet – my husband Bob, and three great saddle pals who had crewed with me for Bob the previous year. After leaving Foresthill, everything was very complete for me – I had my headlamp duct-taped on my helmet (for emergencies), my three glow bars on Yahoo’s breast collar (to keep me from getting vertigo), and my Starbuck’s double shot for when I got drowsy Of course, I assumed that everything on the horse was good, too.

Well, trotting along in the dark with a new friend from Michigan behind me, Yahoo took a wrong turn. I decided to dismount to turn him around on the little fork we had taken (headlamp was handy at that moment)! This was not a good idea ... I led Yahoo back up on the upper correct trail and went to mount up again – a whole pile of people came up behind us and there was nowhere to go. I quickly mounted and found myself sitting on my fender – the girth was way loose – hadn’t checked it before I left Foresthill – (you just assume your crew does everything but I should know better than to have them tighten my girth all the way!)

I tried to rock the saddle straight, but it was too far gone. Had to dismount again to try and yank it over. So Yahoo is getting impatient (can’t really blame him), he moves ahead of me a bit on the narrow trail. Not having any other choice, I grabbed onto his tail and trusted him to pull me to a wider spot so I could adjust the saddle – HA!

Well, walking turned to trotting – trotting got too fast so I let go! Now I had a pack of people behind me and no horse! How embarrassing – they were pretty darn good about it – one blurted out “well, you have to have at least one Tevis blun-

der!” I apologized profusely and grabbed onto the Michigan horse’s tail. After about a mile or so, there was Yahoo being held by another rider in a nice wide spot, who thought I was still aboard when Yahoo came up behind her – I had been riding behind her previously and she just assumed that I had decided to catch up and go around her (since Yahoo was right on her horse’s butt). She had been talking to “me” and wondering why I wasn’t responding!

At this point, the group I was with was going to wait for me to mount up geez! What great people! I told them to go on, and that I didn’t want to hold them up anymore. They waited anyway, and I rode the “scariest” part of Tevis with a wonderful group of people (about 10 or 12 of them) that I didn’t even know or see – just the glows of their light colored shirts or glow sticks ahead of me. This is where I experienced some good “Tevis comraderie.” It seems that when people get to this



Peggy Eaton and Yahoo on top of the world in the Sierras

point in the ride, and everyone is o.k. with their cut-offs, that riders really change and the finish becomes a communal goal and adventure.

I probably trotted 80% of that trail between Foresthill and Francisco’s – the part that I had been the most concerned about, with that great group, and I did it with the utmost confidence. At each water crossing, everyone would individually stop to see if their horse wanted a drink – the front rider would yell “let us know when the last rider is through!” The stress of this trail section was non-existent with this helpful and courteous group.

Backing up on my story, the start was a bit of a drag – so many horses crowded up together at that small ditch crossing – it was quite the talk on Ride Camp for a while, and yes, it was a bummer. We were way in the back, in Group Three,

so I knew we had lots of time to make up. Bob had told me that if we caught up with someone, that meant we were riding faster than them and we needed to go by. This strategy worked and soon we were making up the lost time of starting in the back.

Granite Chief was as beautiful as I had imagined and the bogs and rocks were forgiving to us. The vistas of remote craggy peaks and velvety green tree-covered mountains were humbling – you really felt the remoteness of where you were. Here we were, riding this trail for adventure and fun, with plenty of back-up in case of a mishap, and those folks of 100+ years ago had nothing, and rode it out of necessity and survival – what a contrast!

Decided not to do Cougar Rock – we were more set on completing the ride than the photo op – though I'd like to someday do it in the future!

Pucker Point was the most amazing vista on the trail! The trail was plenty wide enough – in fact, I'd like to ride back up there someday and just sit and take in that spectacular view with more time.

The volunteers at all the vet checks were the best! This ride is so well staffed – there were 750 volunteers this year and it sure showed. We really felt catered to at every stop!

The canyons after Robinson Flat were a challenge. I was lucky to have the privilege of riding Bob's horse – a horse conditioned by a heavy-weight is a real treasure in those steep canyons! Yahoo was an "endurance machine" for me and really made our ride effortless and fun.

Robert Ribley was our guiding light for a while – we met up with him after Francisco's and we trotted along very efficiently to Lower Quarry. He was dressed in dark clothes on a dark horse – his voice was the only beacon that he was there. Jenny Smith was riding behind him and luckily she had a white t-shirt on whose glow I was able to follow. We had lost our moon by 2:45 am, so this trail section was particularly dark.

Lower Quarry looked very eerie the way the huge lights swept up the sides of the canyon walls. To us, making it this far was a huge deal – only six miles left for Yahoo and I. We had pre-ridden this trail, so Yahoo knew the end was near and was raring to go! I opted to walk those last miles, to savor the last moments of this great adventure, and to chat with my new friend from Michigan. It was her third attempt at Tevis and she was going to make it as well!

It is easy to know that you are nearing the finish with all the whooping and hollering that goes on somewhere off in the darkness. As we navigated the "black hole of Calcutta," I told my Michigan friend, "guess what Karen, we did it!" At the base

of the small hill before the finish line, I turned on the "bling light" a small battery-powered green and pink flashing light that was attached to Yahoo's breast collar. My trusty crew had given that to us so they could recognize us at the finish – it worked out great. What a sense of accomplishment and an absolute thrill of a lifetime to cross that finish line and later make that victory lap in the stadium!

To those of you contemplating this ride, DO IT! As an endurance rider, it is something you must have the privilege of experiencing – it was the ultimate ride for me – something I had thought I would never do. Now I look forward to navigating my own horse Dakota down that same beautiful historic trail.

Make the commitment, do your conditioning, pre-ride if you can, and most importantly, talk to our many Tevis veterans in this club – they are a wealth of support and encouragement!

UPDATE OF KHAZZ

Doug rode Khazz, his gelding that had colic surgery after our spring ride, for the first time since the incident. We have been waiting for this day for a long time. Khazz went out for 18 minutes in the hills, led by his good buddy Rebecca, with me on board her. Our brief ride was without problems, and we are looking forward to gentle fall meanderings through the forest.

MORAGA HORSEMEN'S ASSOCIATION'S \$\$\$ DOLLARS FOR DAVIS \$\$\$ POKER RIDE

A BENEFIT RIDE FOR THE CENTER FOR EQUINE HEALTH

DATE: SUNDAY, September 24, 2006
WHERE: UPPER SAN LEANDRO RESERVOIR, MORAGA –
EBMUD TRAIL
TIME: STAGGERED STARTS BETWEEN 9:00 & 10:30 –GATE
OPENS AT 7:30 AM

RIDE THE BEAUTIFUL MORAGA HILLS WITH THE PROFITS FROM YOUR
DONATIONS GOING TO THE CENTER FOR EQUINE HEALTH AT UC
DAVIS

& COMPETE IN THE OPTIONAL POKER HAND COMPETITION.

The trail, approximately 6 miles of moderate to steep terrain on mostly fire trails,
Will be available to both poker ride competitors & those riding just to benefit the Equine
Center.

Prizes for Highest Poker Hand, Lowest Poker Hand, a "Surprise Poker Game" & to
the rider who collects and donates the most money toward the Center for Equine
Health.

QUESTIONS?? Call or email Karen Bottiani (925)-943-7351/
kbottiani@comcast.net

Mail entries to Karen at 1648 Springbrook Rd, Lafayette, Ca 94549

WORLD EQUESTRIAN GAMES – AACHEN GERMANY

By Kirsten Bernsten

The horses all flew out on the 3rd of August into Amsterdam. They had arranged to stay at this wonderful barn in Aachen Gut Neuhaus, about one mile from the Hotel Buschaussen.

The barn itself was primarily dressage horses. There were three main barns with at least 20 horses in each wing of the barn. The wood and wrought iron stalls were beautiful and well thought out. The horses were fed through a slot in the stall on the main walkway floor, to prevent mixing with the stall shavings and going to the bathroom on it. The stall dividers were on sliders. When the time came to change the



shavings, all the horses were moved to their outdoor pens. The sliders were then pulled to the center isle and a tractor would scoop through the stalls and remove all shavings. Very cool system. There was a horse heat lamp, to dry the horses after their bath. The dressage arena about one acre, with a full mirror on the back wall, tilted down, so you could see you and your horse move as you when by. Of course, there was a restaurant overlooking the arena so you could watch and sip a Belgium beer.

Our horses Finch – Steve Rojek, Harley – Kathy Downs, Troy – Meg Sleeper, Huskey – Christoph Schork, Cheyenne – Jennifer Neihaus, Lari – Joe Mattingley were all in one wing of the barn. The horses were put out to pasture on very green pasture for the day and brought inside for the eve-



ning. Trot outs were daily, and workouts every other day.

When we arrive on the 15th the team was already into their groove. Breakfast at the Hotel Buschaussen at 8 am, at the barn at 8:45, trot outs at 9 am then a ride for the day, meeting or out to see trail, vet checks, etc. Then an afternoon trot out about 3 pm and then released for the day. The horses had settled in very well and were looking good.



The town of Aachen was known for having great horse events. They have many areas and stadiums for many different horse events. Aachen had flags, posters, buses and signage everywhere promoting the Equestrian Games. Everywhere all over town were these wonderful life size horses, adult and foals, painted with all different themes.

Well, the time came to move the horses over the official barn on the grounds. The only way in or out was with credentials, listing access to all areas. We were able to go into any of the stables, for jumping, dressage, three-day eventing. Since we were the first event on the venue, only the dressage and three-day event horses were in Aachen by the 19th.



Unfortunately for Finch, the irritation in the hock progressed and he was a little more than grade 1 lame, Steve also became ill. The decision was made not to start him and let Steve and Finch recover, so Finch stayed at the Gut

Neuhaus Barn and Steve stayed on restricted rest.

The endurance barn was out on a dirt lot with rubber mats and wood chips for the walk ways. We shared a barn with the Russian, South Africa and Swedish team.

The Race started at the main Stadium in Aachen. The race went out to Vaals where the next four vet checks were located, the fifth check was back at the stadium at 92 miles



They came through the vet check clean. Jennifer was right behind. We had to change most of the riders clothes. Jennifer was so wet, we were scrambling for extra warm/waterproof things to wear to send her out in the rain. Her shoes were so wet, we put on warm new socks and wrapped her feet in saran wrap to keep them dry and warm.

Kathy came in 17th and the horse passed with flying colors. Meg was not too far behind in 22nd with a sound horse. Christoph came in went to vet, and then had to trot

and then the finish into the stadium for the victory lap. The vet checks were short; 30, 30, 40, 50, 40 with rechecks at 30 minutes on the 40, 50, 40. Not a lot of time to eat and rehabilitate.

The day started off at 6 am with a mild overcast. The race was going well for the US Team, Kathy and Meg stayed in the top 20's, Joey unfortunately, was pulled for lameness. This was the loss of our first team member. Then Christoph and Jennifer were in the pack between 20-40.

At 3 pm it started a downpour of rain and it did not stop until 9:30 pm. It was crazy. It has been a long time since I have seen that much mud on a ride.

I was the first one at the 92 mile vet check, I set up with water and hay. As I am hauling water through the rain, kind of ironic, a man asked me if he could help. I said sure. We hauled water over to our crew box. He introduced himself, David, I did the same. He looked very familiar. I looked at his credentials and it was David O'Conner. Cool helping support the endurance team. Several of the Three-Day Event Riders and Grooms came over to help. They brought extra blankets, hauled water. They were very interested in the whole process. What is funny is they think we are a little eccentric to ride a horse for 100 miles and 12 hours, and we think running at a full gallop over jumps into water is a little eccentric as well. They helped so much and were great.

As it was just starting to get dark Kathy and Meg, came into the 92 mile mark. Their horses looked good, cold and wet but good. We stripped the riders down, kept the horses warm and fed. They came through the vet check clean. About a half hour later Christoph came in, both looked great.



the horse a second time. They pulled him at the finish. Very disappointing. Jennifer came in about 40 minutes later and was drug across the finish line by Cheyenne, she took the bit out and he still had a lot of go-go juice.

By 9:45 all the horses were put back to bed in the barn, eating and drinking away. I stayed at the barn and iced legs, walked and did some poultice wraps. The next morning we came out and the horses looked good. It was a tough course, especially after the rains started.

We packed up for our train and left the next morning to take us back to our flight out of Brussels.

What a wonderful experience Mike, Alec and I had. I couldn't have picked a better person to crew for in an event of this magnitude.

BADWATER 2

By Marvin Snowbarger

My second effort and completion of the Badwater Ultramarathon was considerably more eventful and slower than my first Badwater in 2004. However, I did get in under 48 hours (46:13, in 49th position, out of 67 finishers and 85 starters), thereby earning the race buckle. My success was due to the help of my crew: Joyce (my wife), the two crew veterans, Pat McDonald and Jan Jeffers, and my rookie crew member, Jeremy Reynolds (who, now, insists that he is running Badwater next year).

A timely completion at Badwater requires that most everything go right, and, for me, not everything did. My preparation was not the same this year. As I found with my second effort at the Western States 100 Mile Endurance Run, the passion to try a second time is less. Consequently, I ended my workouts being undertrained. I never exceeded 65 miles of running/walking in one week – not enough to stay consistently strong for Badwater's 135 miles.

Added to this training deficiency were a couple of mechanical problems during the event that required time off the course: 1. My footwear decisions were faulty, thus yielding hot spots on the balls of my feet which had to be padded. 2. I experienced painfully severe chafing in my crotch which was eventually alleviated by wearing a pair of Jeremy's compression undershorts.

I also lost time when the desert was inundated with a flash rain storm. The lightning sent me to the support van for an hour.

All-in-all, though, I was able to recover during every stop, and I consciously used that principle to help me finish. As in endurance riding, a conditioned horse recovers faster and is able to continue on. When I experienced uncomfortable fatigue, I stepped off the course and relied on my conditioning to start the recovery process. I believe that, on balance, I gained back some of the time lost at my several

CALLING ALL MEMBERS ... MORE MEMBERSHIP PROFILES NEEDED!

Please fill out the questionnaire below and email or snail mail it to me with a photo of yourself and your horse. Have an endurance riding family? Let's see 'em!!!



MEMBER PROFILE QUESTIONNAIRE

Name _____

Where do you live? _____

Horse(s) name(s) _____

How long have you been riding? _____ How long have you been doing endurance? _____

Where to you train? _____

What distances do you ride? (LD, 50, 100) _____ What are your career miles? _____

Are you a Decade Team Member? _____

What is your favorite ride and why? _____

What is your "claim to fame"? (I.e. endurance awards) _____

What are you goals? _____

Anything else you'd like to contribute about yourself (spouse, children, do they ride, what you do for a living, etc.) _____

Email the answers to typenf@comcast.net or cut out and send questionnaire to:

Jackie Floyd, P.O. Box 1045, Lodi, CA 95241

DON'T FORGET A PICTURE OF YOURSELF!

rest stops. The "rest and recover" approach worked, and I was able to fight-off the overwhelming urge just to put my head down and try to keep going. At the least, I was able to finish.

Badwater, in its own way, is an "extreme sport." The heat is extreme, the distance is extreme, the climbing is extreme, the required support is extreme, and anything I've not mentioned about it is extreme. The tourists in the chartered buses and private cars who passed us on the highway were certainly aware of these "extreme" features, and we jokingly imagined them in their air-conditioned comfort looking through tinted windows and mouthing the word, "WHY?"

Thanks to everyone who followed the event on the webcast, and to those who expressed interest and support for my attempt at Badwater 2.

JAKE RAKES IN THE RIBBONS

We took Jake to a Gymkhana playday August 27th and in his division there were seven events. He won six of them and was second in the other. Both Ildi and Madelaine rode him in each event. Three times he was first and second. He was totally awesome. Three people asked me if he was for sale and when we said no, one lady wanted to know if I bred them and if so did I have any for sale...Oh yeah, did I mention that Jake tied with himself for Reserve High Point Champion. Ildi and Madelaine both got the Reserve ribbon
.....mb

IN MEMORIUM

Randy Coleman suffered a fatal heart attack while at the Bryce Canyon ride. "He was in good spirits and had a nice meal and evening with friends. He went to bed in his camper and just before 10:30, Ann found him breathing his last breath. He died a peaceful death at 10:30," as reported by Dave Nicholson.

Randy was the owner/rider of Pandora's Pixy – the most recent Perfect 10 AERC award horse.

CLASSIFIED

HORSES FOR SALE

REGISTERED SHOW HORSE (½ **SADDLEBREAD**, ½ **ARAB**). Brave Heart is 10 years old. Current on his shots. Very healthy (could use some exercise). BraveHeart won a few ribbons as a show horse in the Hunter/Pleasure category. We had him trained for 3 months at Coyote Ranch, and he's been doing very well on trails—goes thru water, doesn't spook, etc. His siblings have sold for over \$7k and some a lot more. His grandsire, Bask, is the all-time winningest Arab ever; his sire, The Chief Justice is also one of the winningest. \$3,500. Also 4-horse stock trailer for sale. Call Maryben for info.

16-MONTH-OLD CHESTNUT FILLY FOR SALE. Sired by CF Sorcerer. Filly is half sister to 2005 AHA Distance Horse of Year Granite Chief/+. Smooth gaits and a looker. \$3500. Lisa Welch 831-674-3309 [10-06]

FOR SALE MISCELLANEOUS

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/wildeyearabians. [10-06]

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. [10-06]

RIDING LESSONS

WANT TO LEARN TO RIDE WITH LESS STRESS AND FATIGUE? Do you want your horse to move properly so that he can minimize wear and tear on his body for the long haul? Mary Fenton, Senior Centered Riding instructor, has lesson spaces on Thursday p.m. at "Lightfoot" Stables (McKean Road, San

Jose). I've taken many lessons and several clinics from her, and feel that it's been real worth it. She coached Becky Hart to her Stockholm World Championship on Rio! You can contact Mary at (831) 761-2819. [10-06]

STALLION SERVICES

Introducing **CF SORCERER** - now standing at stud. Sire of TBR Granite Chief/+, 2005 AHA Distance Horse of the Year, 2004-2005 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, typenf@comcast.net [10-06]

MISCELLANEOUS

I'M LOOKING FOR A COMPANION HORSE for my 16 year old Arab gelding. Covered stall. ¾ acre turnout. Calero area. \$200/month. Call Niki Lamb 408-323-9953 or e-mail nlamb@cbtnorcal.com [10-06]

HAVE SOMETHING TO SELL?

Advertise it here in the QUIPS classifieds. It's FREE!!

IT'S NEVER TOO LATE TO JOIN THE QUICKSILVER RIDERS!!!!

FIRST: We need your name _____

And then your address _____

And your phone number, Fax, e-mail _____

And then we need your money! Senior membership is \$ 25_____

Junior membership is \$ 15_____ (a junior is under 16 years of age)

Total enclosed \$ _____

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 local horse politics; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your 2006 dues, checks made out to: **Quicksilver Endurance Riders, Inc.**

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 2006 riding together as members of the Quicksilver Endurance Riders!!!



Quicksilver Endurance Riders, Inc.

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