



Quicksilver Quips

December 2005

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OFFICERS

President Steve Lenheim
 Vice President Scott Sansom
 Secretary Elaine Alton
 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
typenf@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 wanted to thank all the members who made this year a success. We seem to never reward the people who do all the work to keep the club running year in and year out. For the most part they are the real powers behind QSER. Jackie and the Quips, Judy and the mailings (also Quips), The board who serve every month, the ride managers most of all who bring in the \$\$\$ so we can spend it (Peggy, Sandy & Trilby). The list goes on – some new members and some old.

We, as a club, are one entity made up of those who love horses and endurance riding. We belong to a unique and very small part of the American population, less than .0003 of the population. Camaraderie and goodwill should be shared between us all and, of course, the best of care for the horses we ride day in and day out. We are the very few.

MERRY CHRISTMAS AND TO ALL A GOOD NIGHT

El Presidente – Steve-0



ATTENTION! PHOTOGRAPHS NEEDED!!!

Ye Old Calendar Maker Steve Needs your picture for the annual calendar. Please send your photographs to:

Steve Lenheim
 Campbell Mortgage
 2100 S. Bascom #4
 Campbell, CA 95008

Please keep them at 5 x 7 inches or less. A cd would be ok if you keep the megs down to a resonable size. E-mail is NOT ok. It doubles the time to do the work and is complicated to remember who is who. Always lable who the rider is and the name of the horse. If in doubt put your night phone # on it so I can call. Any special requests call me at the office during the day. 408) 377-0611. I try to please everyone!

QUICKSILVER ENDURANCE RIDERS, INC. BOARD & GENERAL MEETING 11-16-05

Present: S. Lenheim, E. Alton, K. Alton, M. Stover, T. Pederson, K. Miller, L. Oleson, M. Graham, D. Carter, J. Voight, I. Nadasdy.

Arrived 6.45: P. Eaton, B. Eaton, J. Jeffers, K. Schmidt, P. McKendry, B. Voight, K. Brayton. Arrived 7.00: M. Snowbarger. Arrived 7.30: B. Hart

Meeting came to order at 6.35

MINUTES OF LAST MEETING

Elaine read out the minutes of last meeting. It was noted that Jennifer was not nominated for Awards Officer as this is not an official position.

CORRESPONDENCE

The San Martin Horseman's Association Newsletter was passed around.

PRESIDENT'S REPORT

Discussion took place regarding the President's message. There is no provision in the by-laws for this.

TREASURER'S REPORT

Junior Account	\$776.56
Trails Account	\$1,010.74
General Account	\$6,503.10

Some receipts are still outstanding

COMMITTEE REPORTS

Membership - Maryben reported that we now have 114 voting members.

Program - Our Christmas Party will be at the Clubhouse 6.00pm December 14th (2nd Wednesday this time not 3rd as usual). The Club will provide beverages (soda, water). Members with the initials A to L are requested to bring vegetables and/or potatoes. Members with the initials M to Z are requested to bring salad and/or desert. As usual, we will be having a gift grab (or stealing Santa). It was suggested that each guest bring a gift valued between \$5.00 and \$15.00.

Awards - Maryben reported 2 possible dates for the banquet. January 28th or March 4th.

She proposed March 4th 2006 at 6.30 at Harry's Hoffbrau. This date was accepted by a show of hands.

Motion: Trilby proposed the awards budget be reduced to \$2000.00 from \$2500.00. Jan seconded. There were 7 votes for and 11 votes against. Motion Defeated.

Steve suggested that we buy a color printer for the club so we will have a more professional calendar. Motion: Trilby proposed that the printer not be part of the awards banquet budget. Jennifer seconded. Motion carried unanimously. Dick Carter volunteered to design the front cover. Peggy and Bob Eaton and Kathy Miller volunteered to head up the Eleanor Norton Award. Becky Hart will head up the Horse of the Year Award. Steve will talk to Mike Tracy about the

Horse Hall of Fame Award.

Goodwill - Dolly De Cair (an ex-QS member who now lives in Oregon), sustained a face injury in a pasture accident. She is now convalescing. Maryben will send a card from us. Dianne Luternauer broke her ankle at Oroville. Maryben will also send her a card from us. Sadly Tom Ivers, author of "The Fit Horse" passed away Sunday 13th November.

Trails - Jennifer reported that she had written to the Open Space Authority regarding a future ride at Sierra Azule and was refused. It was suggested and agreed upon unanimously that the Club donate a water trough to Mid Peninsula. Jennifer will look into this and report back to the club. Dick Carter talked about some County property in Mount Madonna and Redwood retreat Road that has corrals, house, trails etc with which nothing is being done. Becky reported that she has inquired about the plans for this property and that there are no plans for horses, concessions or lease. The area residents are against all of this. A discussion took place regarding trails in Pacheco Pass for a future ride.

Ride - All present agreed that the Fall Ride was very successful. We need Spring and Fall Rides for 2006. For both these rides we need Ride Management, Date, Plan (for Board to OK). Dick will look into the situation (dates, etc.) and report back.

Newsletter - It was stated that the Newsletter needs to make clear the date, time and place of the monthly meetings.

UNFINISHED BUSINESS

Nominations for the election of Officers and Board Members were as follows:-

President: Maryben Stover

Dick Carter (declined but accepted nomination for Board)

VP: Jennifer Voight

Secretary: Hillary Graham

Elaine Alton (declined)

Treasurer: Kathy Miller

Board: Sandy Holder, Kathy Brayton and Dick Carter

Motion: Becky proposed that the nominations be accepted in toto. Motion passed unanimously. Our new Officers and Board members are as above.

At the previous meeting it was suggested that a series of rides and awards be developed similar to the Fire Mountain Award (see October Newsletter). Becky stated that she intends having one of her rides as part of this Award. A discussion took place. Steve suggested we need a committee for this matter. Steve and Lori will look into it and report back.

NEW BUSINESS

Becky reported that her Shine and Shine Only rides for February, March and April next year have been sanctioned. She also informed us that they are looking for a horse facility to buy or rent.

Trilby proposed the meeting adjourn. Jan seconded. Meeting closed at 8.03p.m.

TRAIL NEWS

Submitted by Judy Ethridge

Federal Highway Administration Clarifies Horse Use

The Federal Highway Administration (FHWA) has publicly clarified that **³Equestrians and other non-motorized recreational use may be allowed on shared use paths and trails that use Federal-aid transportation funds.²** The notice, posted on the FHWA website, is a positive step forward in acknowledging equestrian activity on public land.

Under current federal law, equestrians are not specifically listed as potential users of shared-use transportation paths. Many riders believe that some land managers use this to deny equestrians access to these paths, even though that is not the intent of the federal law.

During consideration of the recently passed SAFETEA-LU legislation, the Omnibus federal highway funding bill, the AHC attempted to include language that specifically provided that horses were allowed on shared-use paths and trails that use Federal-aid transportation funds. The Senate version of the highway bill included this language in a broad section that listed equestrians, among other users, as permitted shared-use trail users. The House version of the bill did not include this provision. Unfortunately, it was removed during the negotiations in the Conference Committee formed to work out the final bill sent to the President, despite the industry's efforts to have it retained.

When that occurred, the AHC met with the FHWA to discuss alternative ways to clarify the original intent of the statute, which was meant to include horses among other non-motorized users. We also discussed ways for this information to be distributed to land managers at the state and local level. One solution proposed was FHWA posting language on their website specifically addressing equestrians on shared-use paths. The statement was recently posted by the FHWA and the language strongly supports our goal of preserving and expanding the right of horseback riders.

Among other points, the FHWA notice clarifies that:

The Recreational Trails Program (RTP) encourages trail management practices to serve a wide variety of trail users, including equestrians. This philosophy of trail sharing should extend to other trail projects using Federal-aid highway program funds.

We will continue to work with the FHWA and other federal agencies to promote long-term regulatory changes that will support equestrian use on federal land.

A copy of the FHWA notice can be found on the FHWA website at: http://www.fhwa.dot.gov/environment/bikeped/allow_uses.htm

Second Sierra Azul / Bear Creek Redwoods Master Plan Meeting

Thursday, November 10, 2005.

Between the first and second Master Plan meeting, Midpeninsula Regional Open Space District (MROSD) surveyed the area for flora and fauna, cultural resources and

other challenges and opportunities the Master Plan faces. They also conducted focus groups with mountain biking club ROMP, equestrians from the Bear Creek Redwoods Stable, dog walkers, and neighbors in the skyline area represented by MOSS. The purpose of the second meeting was to elicit more community input in light of the challenges and opportunities discovered in the interim. For more information check out the website for the Sierra Azul/Bear Creek Redwoods Masterplan: http://www.openspace.org/plans_projects/sierra_azul_bear_creek_mp.asp

One of the challenges of Sierra Azul is the toxic waste left by the US Air Force on top of Mount Umunum. MROSD has successfully petitioned the government to list this as a superfund(?) cleanup site, but has not been funded yet. Contact your government officials and let them know that you would like this cleaned up now. Some points you can make are:

- The Government made this mess, so clean up after yourself
- This site is part of the cultural heritage of the area and should be restored and returned to the residents
- The Bay area is densely populated so
 - * There is a large tax base paying for this cleanup
 - * We need more recreational opportunities

Find your Government Representatives here:

<http://mygov.governmentguide.com/mygov/home/>

In addition, MROSD has offered to re-create "Friends of Mount Umunum." If you are interested in staying up-to-date with what is happening, contact info@openspace.org, with "Friends of Mount Umunum" in the subject line.



WELCOME NEW MEMBERS!

Katelin McLarney
(Junior)
19621 Juna Court
Saratoga CA 95070
408-395-6530

Jo Barrett
5092 Cribari Place
San Jose CA 95135
408-270-2709
calypso1@ix.netcom.com

NEW SLATE OF OFFICERS FOR QSER

Our new set of officers for the 2006 season are as follows:

President - Maryben Stover
Vice President - Jennifer Voight
Treasurer - Kathy Miller
Secretary - Hillary Graham
Board:
Dick Carter
Sandy Holder
Kathy Brayton.
Looks like Dick is the only boy on an all-girl team.....

QSER AWARDS BANQUET

New date: 3/4/06 --- 6:30 p.m.

We had to change the date because of the ride schedule and the AERC Convention.

Harry's Hofbrau
390 Saratoga Avenue
San Jose CA 95129

Fill out your points form and send it to Maryben post-marked by 2/1. Don't think you don't have to fill it out because you don't qualify for any award. Fill it out and send it in. Also we have awards for Ride & Tie and Crewing.

Send your pics to Steve Lenheim for the calendar. Don't make him have to call you and beg. It won't be a pretty sight Besides, if you don't send him a pic, he finds the most unflattering one of you and puts it in the calendar anyway. This way you pick the picmb

WHAT'S IN THE STARS FOR YOUR HORSE?

(© Kim Devries)

Sun in Sagittarius

(November 23 – December 20)

Sagittarius is the ninth sign of the zodiac, and is a mutable fire sign, which is ruled by the planet Jupiter. The Sagittarius-sun horse is therefore naturally self-confident, honest, generous and free-spirited. This horse needs physical and mental freedom, so it is important to let your Sagittarius-sun horse out into a large open area as often as possible. If frustrated by confinement, this horse is prone to injury or depression and may learn how to let itself out! This horse loves to roam and is a natural escape-artist! The Sagittarius-sun horse has a youthful nature, and somehow never seems to grow up! The Sagittarius-sun horse always seems much younger than its years, because of its fun-loving, playful and energetic nature. Whilst this horse loves learning, it needs to be given variety in its routines. If you remember that "variety is the spice of life" for your Sagittarius-sun horse, then it will shine within your partnership. If you do not do this, then your Sagittarius-sun horse will become bored and restless, and will find ways of taking control, so that it can have some fun! Like the centaur symbol of this sign, the Sagittarius-sun horse has a naturally expansive spirit, which means that it really enjoys the thrill of adventure. As Sagittarius rules the hips, flanks and stifles, this horse is prone to problems in these areas if his or her needs for freedom and fun are not met within your partnership.

Pilfered from the website of: <http://www.equiworld.net/uk/ezine/>



CHRISTMAS PARTY

12/14/05 (a week earlier than our usual meeting)

At the Almaden Community Center

6:00 p.m.

Club will provide Turkey with all the trimmings and also will provide drinks. The dinner is a pot luck.

Last names A - L Vegetables and Mashed Potatoes

Last names M-Z Deserts and/or Salads.



There is a gift grab for those who want to participate in that. Bring a wrapped gift of approximately \$5 to \$15 or so dollars. And of course we always have special surprise gifts. See you all there. Any questions, call Trilby at 997-7500. She is the person in charge.

LETTERS TO THE CLUB

Hi everybody,

I have two issues to bring up to the general membership, both concerning trails in our San Jose area.

First ...

South County Open Space has built a staging area for the Canada del Oro trails which is behind Calero Park. There will be a Dedication and Opening Ceremony this Saturday Dec. 3rd at 10 am. There will be a brief dedication ceremony followed by a four mile hike/ride. Of course you can hook onto Calero trails and ride much farther if you wish. It would be great if our club members could make a showing at this event, we need to become much more involved and "be seen" by Open Space and County Parks.

If you are interested you can go online to www.OpenSpaceAuthority.org and click on "See Flyer with Map" for directions and more info. There is plenty of parking for trailers, but bring your own water. You can also download and print a map of the trails. If it rains the Ceremony will be cancelled, but we're hoping for good weather. Come out and join me for a ride, the trails consist of a few good climbs and fantastic views!

Second ...

I'm on a mission to convince Mid Peninsula Open Space to allow us to use their trails for our Quicksilver Endurance Rides. I hope some day we can incorporate Calero, Canada del Oro, Quicksilver, and Sierra Azul for a Quicksilver 100 mile ride. (Wouldn't that be magnificent!!) But, back to reality, Open Space has had a long standing policy to not allow timed events for Equestrians or Bikes. But I've had encouragement from Open Space officials. If we can make ourselves heard, maybe it could happen.

Midpeninsula Open Space is in the process of developing a Master Plan for the Sierra Azul and Bear Creek areas and are asking for input from the public. Unfortunately we missed a meeting on November 10th to make ourselves heard, but there will be another meeting this summer. Until then I would like to ask the Quicksilver Members to fill out a publicquestionnaire about Sierra Azul. So if you have ever ridden over at Lexington or Sierra Azul, or even if you haven't and would like to :) The trails are awesome for training, conditioning, and just plain beautiful with views of the Silicon Valley and Lexington Reservoir. If you haven't ridden there, you're missing out.

Please go online and go to http://www.openspace.org/plans_projects/sierra_azul_bear_creek_mp.asp

At the bottom of the page is a User Questionnaire. Don't forget to mention that you are from the Quicksilver Endurance Riders. They are looking for public input and we need to be there. I have found that simply calling the Open Space office and talking to anyone that answers the phone is a great way to make our presence felt. If you've never ridden over there just call them up and ask questions about the trails, and mention that you are a

Quicksilver Endurance rider.

Thanks very much,
Jennifer Voight

PS. If any one else gets all excited at the prospect of using these trails and/or having a Quicksilver 100 please share. Maybe we should have a Trails Committee.....

•••

Thank you for the card. I'm doing OK

Lucky to be alive and have an eye, I had a broken nose, facial fractures, eye orbit plastic screws they say will desolve on their own in about 12 months, and fractured ribs.

The most painful right now is nerve damage in my face from the bottom of my eye to my upper lip. The whole right side of my face is like its coming out of Novacaine, burning, itching etc. Very painful and driving me nuts. The good news is my eye was spared so I should see fine as soon as my lid opens up, I think it will. It has some. I hope it hurries as they want to give it four to six months to see if it will on its own. I can't imagine being stuck for that long. And, of course, we all know when we are depressed we want to RIDE! Just so glad it is Winter not Spring.

– Dolly De Cair

•••

Diane Luternauer ...

... had a spill while at the Oroville ride and fractured her ankle. She will be laid up for quite a while and feels depressed, stupid, clumsy, and just downright horrible. She doesn't have email, but I know she would love a card from you if you can find time to send her one. Her address is 13237 E. Evans Crk. Rd., Rogue River, OR 97537. I know she would LOVE getting cards from all her endurance friends.

MEMBER PROFILE

MICHELE ROUSH, DVM

I live in French Corral, CA, 30 minutes north of Grass Valley. I have been riding for 30 years and have been riding endurance for 20 years, 11 of those years seriously. I have one horse of my own named Clowns Courage, but seem to find myself riding a lot of other people's horses! I train wherever I can. I ride 50's and 100's and to date have 9,290 career miles. My favorite ride is Ft. Schellbourne XP. I love the country and the XP atmosphere. My "claim to fame" in the endurance field consist of being on the Pan American Championship squad twice, one World Championship team, have been National BC Champion and most recently, had the honor of winning the 2005 Haggin Cup at Tevis. My future goals include to continue to be competitive, have fun, take better care of my horses, and help other people do well in the sport.



Michele and PR Tallymark

QUICKSILVER HALL OF FAME AWARD

Awards have been a hot topic in endurance circles lately. Do we give too many, too few, wrong size, ugly color, recognize the wrong people, yadda, yadda???

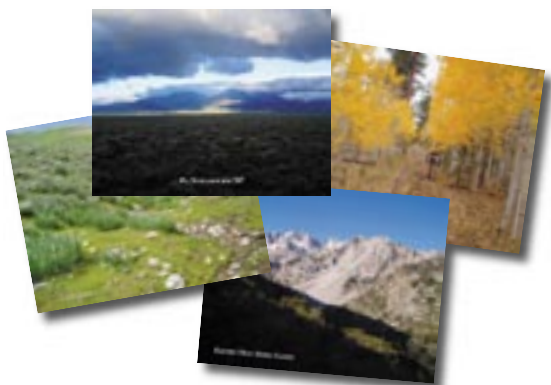
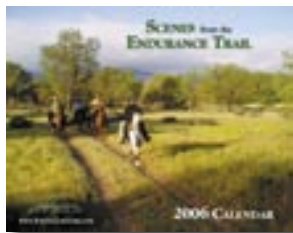
One very special award is the Quicksilver Hall of Fame award, given annually since 1991. Past recipients include Becky Hart, Julie Suhr, Maryben Stover, Ad Vandenhoogen, Carla Fanara, Diane & Gerry Luternauer, Jane Rothert, Lori Oleson, Nancy Elliot.

Let's make it meaningful this year. Please send your nominations, with a brief statement of why you believe said person is worthy, to me, Barbara White, at barbdoug@syix.com or call me on the phone at 530 458-2443 or speak to me in person. A select committee will determine the award recipient, and the name will be announced at our Award Banquet in February. Thank you very much. — Barbara

NEW ENDURANCE GUIDE A HIT

Only on sale since Sept. 1st, *American Endurance Rides: The Ultimate Guide* sales have far surpassed the author's expectations with nearly 800 copies sold to date.

And with the popularity of AERC's Endurance Views calendar last year, photographer of the cover photo, Jackie Floyd, decided to put together her own *Scenes from the Endurance Trail* 2006 calendar. The first copies are being shipped out this week. The calendar shows snapshots of some of the West and Pacific Regions' most scenic rides and includes Death Valley Encounter, Eastern Mojave Scenic, New Cuyama Oaks XP, Cold Springs XP, Washoe Valley, Ft. Schellbourne XP, Fireworks, Eastern High Sierra Classic, East Bay Elevator, High Desert Classic and Desert Gold. The calendar is priced at \$19.95.



American Endurance Rides: The Ultimate Guide and *Scenes from the Endurance Trail* 2006 calendar can be ordered at www.enduranceguide.com. A special Holiday promotion is available online for gift giving: Buy two copies, receive free shipping. Copies will also be available at the QSER Christmas Party. A portion of the proceeds benefits AERC and \$2.50 from every book order from a QSER member will be donated back to the club.

MEMBER PROFILE

MIKE MAUL

I make my home south of Houston, TX. I am retired from the computer chip business, and now teach college.



Mike and Rroc

My horses are Rroc and Thor and I have been riding 15 years. Endurance has been in my life for 10 years. I train along the Bayous and beaches. I have 6,500 career miles in the 50-mile distance category.

EHSC is my favorite ride – the mountains, the trail, and the grass.

Endurance awards have included: 1st HW CT region 2004, Regional Mileage Cham-

pion 2004, 2nd HW PS 2003, one 4K horse.

My goal is to reach 5K miles on each horse.

HOLLYWOOD'S DEBT TO THE HORSE

Submitted by Julie Suhr

Some equestrians disputed the fact in the past, but horses at a full gallop have all four feet off the ground simultaneously. About 130 years ago, Governor Leland Stanford of California wagered with a disbelieving friend that such was the case, and, to win the bet, had to prove his theory. He gave the job to one Eadward Muybridge, a photographer, and sat back to await the result.

It took Muybridge six months to coordinate galloping in race horses with his camera, but finally he was successful, and the pictures proved Stanford's claim.

Some time later, Muybridge picked up the series of pictures and idly thumbed through them. He was amazed to see the horses in action as the pictures flipped. Animated picture books were a direct result of that discovery, and they are said to have prompted the experiments of Thomas Edison and the other scientists in recording motion on film. So the ponies should get a good share of the credit for helping to discover the motion picture industry. — Stokes

Last month Julie sent the QSER newgroup a request for members to send in their profiles. Well, when Julie speaks, people jump! This month we have four of them! Let's keep the ball rolling and send in more. Karen will be putting them up on the website soon and it would be nice to have a large handful of them up there.

— Jackie, Ed.

QSER MEMBERS AT DESERT GOLD

Katelin McLarney –
Overall BC for LD 3 days
Jill Kilty Newburn –
BC third day and overall BC
for 3 days

Margaret Graham
Hillary Graham
Lori Oleson
Greg Pryor
Robert and Melissa Ribley
Darran Ross
Steve Shaw
Julie Suhr
Dennis Tracy
Judy Reens
Hugh Vanderford
Gloria Vanderford
Hailey Daeumler
Pat Verheul
Barbara and Doug White

other things, too. Ken and I were number takers. If I missed anyone someone please post their duties and names:) ... Judy

I believe Ken Cook was instrumental in making the trail changes after the rain, as well as being “enforcer” on Day 1 at the away vet check. Bob Suhr and I were timers at the away vet check on Days 1 and 2, with great help from Deb Sell on Day 2. Kirsten and Mike (and Alec) and Nina did the pulse taking at the away vet check on Days 1 and 2. Not only did Mike Newburn time, but he hauled the crew bags to the vet check and also brought back the pulled horses. Quicksilver members were everywhere! ... Barbara

Other finishers on various days and distances:

Mary Anderson
Kathy Brayton
Dick Carter
Kiki Leather
Bob & Peggy Eaton
Dom Freeman
Becky Glaser

Not only did many QSers ride but some also helped and don't forget that Scott Sansom put on the ride. Michele Roush was the head vet, Melissa jumped in and vetted horses. Mike Newburn, Maryben and Idly, a new junior, served as timers. Steve Shaw was here and there :) Kathy Miller was never far from the computer and Becky Glaser headed the post ride cleanup detail and probably did



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 or cut out and send questionnaire to:

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

DON'T FORGET A PICTURE OF YOURSELF!

MEMBER PROFILE

JULIENNE RHA

I live and train in Pacifica, CA with Isabella Mari – an 11-year-old ½ Paso Fino, ½ Arabian mare and I have been riding for 15 years. This is my 2nd year of long distance riding (including NATRC).

I have 130 LD miles, I just finished my first 50! Woohoo! One year done, only 9 more to go on the Decade Team Member thing!

My favorite ride so far has been Lake Sonoma. Maybe it's because it's a 50-mile ride, everyone just seemed to be very courteous with one another.. not what I've encountered at other rides with shorter distances. My second favorite would be Gold Country – the campground is beautiful and I love the trails.

Claim to Fame – Nothing ... yet! Although I've come close to winning some Turtle awards.

My future goals are: To complete more 50's in great condition. To find the key to what makes my horse feel best inside out when we do these crazy endurance rides. To make the Decade Team.

Everyone else in my family is completely non-horsey! A big feat for my boyfriend just recently was to conquer his fear of horses and lead Isabella in from pasture. I think that's why I love riding. It's *my* thing I do with *my* horse ... it's my own.

I have a ride story for almost all the rides I've been to. I love reading and reliving the stories I've written as much as reading ride stories of other people.

<http://www.insidehermind.com/stories.html>



Julienne and Isabella

MEMBER PROFILE

SANDY HOLDER

Hi, I'm Sandy Holder also known as "Woman" by my kids. We live in Gilroy, CA against the beautiful new Harvey Bear/ Coyote Lake park having moved there to have our ponies on our own property in March of 2004. The "we" is an assortment of folks including my husband Dave who does endurance motorcycle riding. You may have seen him at our recent QSER Fall Classic as he was the one 'volunteered' to be head chef cooking dinner. My honey and I have quite a few others under our roof including my daughter Katie, a full-time college student generally known as the "official crew" (she wants to ride but is really in demand for that head crew thing), son Josh also a full-time college student when not working and his girlfriend Brittany (who on a recent 'suicide mission' completed her first LD on our greenie American Justice, funny how it was also his first LD completion), family friend Madelin our 'private chef' (living with us as she overcomes her battle with breast can-

cer), puppy Bear - the crossbreed - out of a champion German Shepherd mother and a coyote father, as well as our wonderful horses Metallica (Tally), American Justice, and the ones we occasionally 'borrow' from Dick and Angie Carter (Sister, Lucky and Star).

To give you some background, I started my endurance career when I was 25 years old (just a few years ago) but at the time had no clue it was called "endurance." I wanted to ride out in the Marin Headlands and ended up leasing a horse no one else could ride (a 7-year-old arabian who's owners ran marathons and took him out in hand for 25-mile "jogs in the park" three times a week). Needless to say, we typically did 20-22 miles at the Marin Headlands in 2 to 2½ hours with him barely breaking a sweat. Just wish I knew then what I know now as he would have easily made a great 100 mile horse. . . Anyway, after a rather nasty divorce I had to give up my passion for horses as raising my kids alone took all my free time, until I found the love of my life, Dave. We blended families (2 boys the same age and 2 girls the same age) by moving into a house together in Fremont, CA. Based on his encouragement, I got back into horses by connecting with Donna Synder-Smith. Given limited funds (and not even knowing her involvement at the time in endurance), I started working for her on weekends exercising horses and getting an inside view on some of the training mustangs as well as arabians need to go through to become good endurance mounts. It was actually while tuning up one of her client's horses (Marking Time owned by Lanie Tolari) for the Oakland Hills ride that I really got the bug to



Sandy and Tally at Tevis

do endurance. It was Lanie who really helped me gain the knowledge, confidence and understanding of becoming an endurance rider and horse owner. She started by offering to let me continue riding her prized sweepstakes nominated boy on training rides up on the Pleasanton hills and when she rescued Metallica from a callous owner, armed me with the knowledge, tack and initial skills needed to take the step of owning my first horse and doing my first 25 miler!

It's been a great ride so to speak from there. Moving from Fremont to Gilroy, CA in March of 2004, building a barn, being 'given' a 10-year-old un-broke stallion, attempting Tevis (2005) and finishing my first 100 miler (Barbara McCrary's famous SP100), co-managing a ride (what a TERRIFIC adventure), being involved with endurance has been an incredibly positive learning and growing experience. It's amazing what endurance friends I've made (you know who you are), the knowledge and confidence they've shared with me and the exciting spirit we all have about this amazing sport. Thanks everyone for your continued support, the knowledge you share and the fun we have together on the trail.

RESEARCH STUDIES

Submitted by Karen Chaton

Horse-related injuries in children: a review.

Jagodzinski T, DeMuri GP.
University of Wisconsin, Madison, WI 53705, USA.

Horseback riding is an increasingly popular activity among today's youth, providing them with the opportunity to learn responsibility and respect for animals. However, it can also be associated with severe injury, of which many physicians are unaware. In 2002, there were an estimated 13,400 emergency department visits nationwide for horse-related injuries among children younger than 15 years. When using a severity score to compare it with other childhood injuries, equestrian-related injury ranked second only to pedestrians being struck by a car, and had a higher score than all terrain vehicle, bicycle, and passenger motor vehicle crash injuries.

Most serious injuries occur when a rider is thrown from a horse, which is often accompanied by being dragged or crushed by the horse. However, hoof kick injuries to an unmounted child represent about 30% of horse-related injuries and may result in more severe injury. Head injury is the injury most likely to result in hospitalization or death.

The effectiveness of helmets in preventing serious head injury in horse-related accidents has been very well established. Recommendations for the prevention of horse-related injury include requiring helmet use on and near a horse, use of safety stirrups to prevent drag injury, matching rider skill with the appropriate horse, and providing close adult supervision.

Pediatric equestrian injuries: assessing the impact of helmet use.

Bond GR, Christoph RA, Rodgers BM.
Department of Pediatrics, University of Virginia,
Charlottesville, USA.

OBJECTIVE. To assess the impact of helmet use on the pattern, and severity of pediatric equestrian injuries.

DESIGN. A prospective observational study of all children less than 15 years of age who were brought to the University of Virginia children's Emergency Department with horse-related injuries.

RESULTS. During the two-year period of the study, 32 children were evaluated. Two children were injured when a horse stepped on them. Thirty children fell from or were thrown from a horse. Of these, 20 were wearing a helmet.

Head injuries were more frequent in those patients not wearing helmets. The mean Modified Injury Severity Scale (MISS) score for riders without a helmet (12.9) was significantly higher (more severe) than that for helmeted riders (2.8). All three patients with a Glasgow Coma Score < 15 on arrival were not wearing a helmet at the time of injury. The frequency of hospitalization was significantly higher for those not wearing a helmet.

Compared with other common mechanisms of child-

hood injury the mean Modified Injury Severity Scale score of injured riders was exceeded only by that of pedestrians struck by a car.

CONCLUSION. Equestrian injuries are more severe than those suffered from other common pediatric mechanisms. Helmet use is associated with decreased frequency and severity of central nervous system injury.

Nervous system injuries in horseback-riding accidents.

Hamilton MG, Tranmer BI.
Department of Clinical Neurosciences,
University of Calgary, Alberta, Canada.

A review of 156 horseback-riding accidents that occurred in southern Alberta over a 6-year period and resulted in nervous system trauma, including 11 deaths, is presented. The majority (81%) of accidents occurred during recreational activity and 81% were associated with falling or being thrown from a horse. Head injury occurred in 92% of patients and accounted for all of the 11 deaths. Spinal injury occurred in 13% of the patients and was associated with head injury in 40%. One peripheral nerve injury was identified. Helmets were used by only two victims. The 11 deaths that occurred as a consequence of severe head injury accounted for 79% of all deaths associated with horseback riding. This profile of neurologic injuries associated with horse-related accidents supports a need for use of protective headgear.

THINGS FARRIERS LOVE TO HEAR

Tom Stovall, CJF © Copyright 1998

"Your shoe fell off..."

He doesn't bite, he only nibbles...

"He never kicked anyone else, you must have done something wrong..."

"You won't have any trouble catching them..."

"It's the bank's fault, run it back through..."

"Raise his heels..."

"Make his foot smaller..."

"Equus (or any other magazine) says..."

"Everyone in the barn says..."

"It's only been four weeks..." (after eight weeks)

"Why can't these be reset?..." (because you can read through the toe)

"He never did that before..."

"I haven't had time to pick up his feet..."

"I haven't had time to clean out his feet..."

"Can I feed him a carrot while you're shoeing him?..."

"He doesn't bite hard, he's only playing..."

"I forgot my checkbook..." (always, after the horse is shod)

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WANTED

Looking for a gray Arab gelding, no older than 3, for endurance and trail riding. Not that interested in papers, just looking for a solid horse. Elisabet Hiatt - (831) 335-3223 or lazo@ucsc.edu [01-06]

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. [12-05]

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'83 CIRCLE J - White 2H BP straight load with ramp - great older trailer, some rust but structurally sound, has had regular servicing, tires and brakes 1 year old, under-manger tackroom with slide out saddle racks on both

sides, two escape doors, floorboards and mats in very good condition, fiberglass roof, storm doors, portable corals mounted on side. Asking \$2200. The trailer is in Morgan Hill. Photos available on request. Please e-mail me at lorioleson@hotmail.com or call Lori at (408) 710-5651. [03-06]

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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. [02-06]

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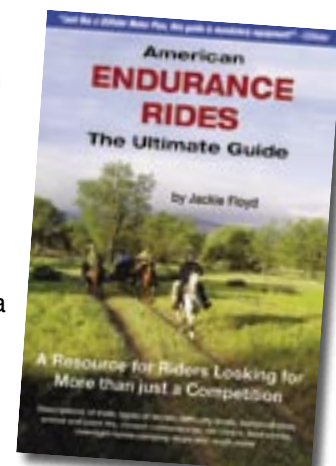
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YEAR END AWARDS FORM

NAME OF RIDER _____

NAME OF HORSE _____ BREED _____ AGE _____

WEIGHT DIVISION _____

TOTAL CAREER MILES RIDER _____ TOTAL MILES HORSE _____

LIST ALL RIDES COMPLETED FROM 12/1/04 THROUGH 11/30/05 _____

MILESTONES THIS YEAR _____

NAME OF RIDE	LENGTH	PLACING IN YOUR WEIGHT DIVISION	BEST CONDITION?	DID YOU SPONSOR A JUNIOR?

PLEASE USE A SEPARATE FORM FOR EACH HORSE/RIDER COMBINATION. USE THE REST OF THIS FORM AND/OR THE BACK TO TELL US ANYTHING ELSE YOU WOULD LIKE ABOUT YOU, YOUR HORSE, CREW, FAMILY, GRANDCHILDREN, ETC.
ALL FORMS MUST BE POSTMARKED BY JANUARY 30, 2006, NO EXCEPTIONS.

MAIL COMPLETED FORMS TO MARYBEN STOVER, 1299 SANDRA DRIVE, SAN JOSE CA 95125

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FIRST: We need your name _____

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And your phone number, Fax, e-mail _____

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(a junior is under 16 years of age)

Total enclosed \$ _____

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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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