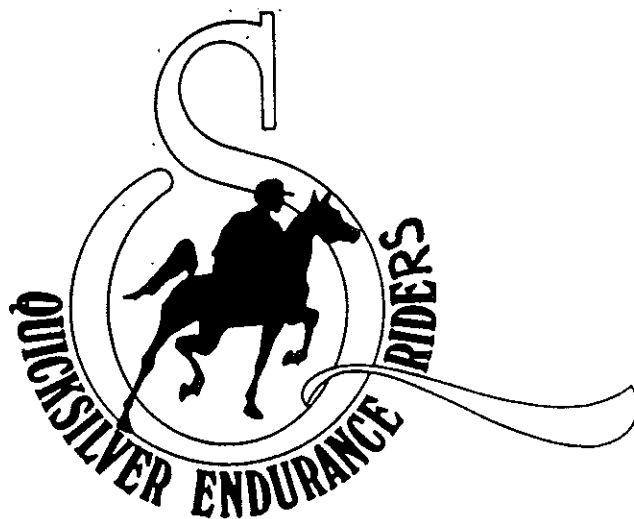


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1977 * RUSHCREEK LAD * 1994

*LAD, with the guidance of a loving partner,
redefined to an awakening endurance world
the true meaning of the word "endurance".*

Only one horse in a thousand achieves greatness.

Lad was one in a million.

The dictionary says very steep, as a precipitous cliff or mountain. They were not kidding! You better have a well behaved trail horse for this ride. The horses had to push through some brush and be able to stop and turn quickly. Tough, not for a green horse. It is not for the faint hearted. The footing was the best. The was a good mix of trail and road for passing and fast moving. All the wild flowers were beautiful! It was a well managed ride. The trail was well marked with people at many major turns and road crossings. The water was spaced out at good intervals. Lunch break was back at camp which is convenient. The first loop is 38 miles and the second loop is 27 miles with three vet checks out on the trail. There were only 30 starters on the 65 miler and 40 on the 30 miler which did not go on the dangerous part of the trail. Base camp is at 3000 feet elevation and trail climbs to 5500 feet. Precipitous Poppy ride is located near Gorman which was 300 miles from Santa Cruz. It took us 6½ hours counting two stops for walking the horses. We like to try new ride places and this was definitely a good one. I enjoyed myself.



Lasting friendship breeds success

By BILL KEARNS
The Union

Grass Valley vet and horse ranked sixth in nation

Teammates in most sports work hard together, strive for success and develop a strong bond through the experience, building lasting friendships.

Melissa Ribley and her 10-year-old Arabian horse Bez Rab have formed that kind of bond, and their hard work together on the endurance riding circuit is achiev-

ing some impressive results.

Ribley, a doctor of veterinary medicine in Grass Valley, is ranked sixth in the national lightweight standings of the American Endurance Ride Conference.

Bez Rab's natural ability is a huge factor in Ribley's success. He is the son of two-time Tevis Cup winner Bezatal.

The Tevis Cup is the largest

endurance riding event of the year — a 100-mile trek from Squaw Valley to Auburn that includes 250 riders. The race is challenged mainly by intelligent and sturdy Arabian horses.

"Arabians have more stamina than other breeds," Ribley said. "They mature more slowly and tend to race at a later age versus the thoroughbreds, who race when

they are young. A lot of them come into their prime during their teens.

"They're very competitive and enjoy racing. My horse always loves to catch the next horse."

Bez Rab is not the only one needing endurance during the races. Apart from the rigors of guiding the horse through the wild terrain, Ribley also runs during the race and works hard to stay in excellent physical condition.

"I try to run three times a week," she said. "I do get off and run maybe five to eight miles during a 50-mile race. It really refreshes the horses to give them a rest."

As part of a long-term training regimen, Bez Rab gets a 20-mile workout three times a week. Before the race, he is given an electrolyte solution and high-quality feed with vitamin and mineral supplements.

Each race is attended by a veterinarian who monitors potential problems with lameness, fatigue and dehydration. Horses are eliminated from the race if they fail to meet the criteria.

Ribley, when she is not riding, works as a veterinarian at several races a year, including today's ride at Quicksilver Park in San Jose.

"Endurance riding motivated me to become a veterinarian," said Ribley, who began her small-animal practice after graduating from the U.C. Davis veterinary school in 1989.

Her husband Robert, who once achieved a No. 1 ranking in the national middleweight standings, competes in many of the same

races. The couple rode together in a four-day 200-mile event at Death Valley in December.

Ribley placed second during the fourth day of that race, perhaps as a result of her horse's excellent health. In several races, the "best condition award" has been given to Bez Rab.

"It's a real honor to win that," she said.

As Ribley aims to improve her national ranking, she has at least



Photo Special to The Union

Melissa Ribley and her horse, 'Bez Rab,' compete in a recent endurance ride.



Melissa Ribley

one more goal for Bez Rab.

The two of them have traveled more than 3,000 miles in competition together. With Bez Rab potentially entering his prime, she wants to increase that total to 7,000 miles.

Ribley will compete next Saturday at Whiskey Town National Park west of Redding. The Tevis Cup, also known as the Western States Trail Ride, is

Personality Profile.....S H E L L E Y B A R L I N G.....In Her Words

Employed: Becton Dickinson Vascular Access. I love my job! I travel from the East Bay up to the Oregon border working with hospitals. I sell disposable items such as I.V. catheters and epidural needles.

I was born in Bakersfield, Calif. I was raised on a farm. My father was a farmer/rancher. I grew up raising cattle, horses, sheep, rabbits, cats and dogs. I spent my summers growing up working on the farms, doing everything from picking grapes, grading potatoes to vaccinating cattle.

My parents tried to give me "culture" by sending me to a private boarding school in Santa Barbara for my early teenage years. I always had a hard time fitting in because "You can take the girl out of the country, but you can't take the country out of the girl."

I went to high school in a small farm town outside of Bakersfield where I was very active in 4-H and F.F.A. This naturally led me to major in Agriculture Business at U.C. Davis and minor in Animal Science.

My interest in horses began at a very early age. I have been told that the first words out of my mouth were "I want a pony." I received my first pony for my 8th birthday. I have never quit riding since.

My first endurance race was in 1979. Family friends took myself and my Arab show mare, who had never been out of an arena, to the Fire Mt. 50. Our conditioning program was to leave 5 days prior to the race from the Bakersfield Valley and ride the horses up through the Tehachapi mountains and the desert to Ridgecrest. I had the best time of my life and I knew one day I would be involved in endurance.

If I could only have one horse for the rest of my life, it would be my horse Karmello (Shi-Ray's Karamelt+). He has been my best friend for the past 3 years. He is all business, anyone can ride him, and I trust him implicitly. He is always ready to jump into the trailer for a ride and gets along well with everyone. I have had some of my best memories riding Karmello.

My other interests are snow skiing, water skiing, scuba diving, hunting and sport fishing. I hate shopping unless, of course, I'm in a tack store.

My favorite thing to do is have an awesome ride at Pt. Reyes with good friends and finish up at the Olema Farmhouse with beer and B-B-Qed oysters.

L * A * D

GOD NEEDED A STRONG STEED,
ONE WHO COULD GO FAR, BUT NOT WITH SPEED.
ONE WHO COULD FLY WITHOUT ANY WINGS,
SO HE TOOK BITS OF HORSES AND MADE THIS GREAT THING.

GOD PUT HIM ON EARTH,
UNTIL ONE DAY HE SAID WITH MIRTH,
"I HAVE TO TAKE YOU BACK WITH ME,
I AM SO SORRY LADLY."

SO LAD REPLIED QUIETLY,
"WHAT WILL HAPPEN TO TRILBY?"
"DON'T WORRY ABOUT HER. SHE'LL BE FINE.
I'LL GIVE HER ANOTHER COLT WHEN IT'S THE TIME."

"I FEEL SO BAD LEAVING TRILBY HERE.
IS HER TIME TO GO COMING NEAR?"
"LAD I DON'T KNOW AND I DON'T THINK SO.
TRILBY'S TOUGH, SHE GOT QUITE A FEW YEARS TO GO."



LAD SAW TRILBY BY THE DOOR,
SAID "TRILBY I CAN'T LIVE NO MORE."
NOW HE IS UP IN THE STARS ABOVE
AWAY FROM THE ONE HE CARED AND LOVED

HIS LAST MOMENTS AT "LAD'S PAD",
WERE THE BEST ONES HE EVER HAD.
WHEN HE GOT TO THE RACE,
HE DECIDED THAT THIS WOULD BE HIS DYING PLAC

AND SO ENDS THE LIFE OF LAD,
WHO WAS THE BEST HORSE ANYONE COULD HAVE.
HE WILL GO ON TO GREATER THINGS.
NEXT TIME HE WILL BE BORN A HORSE WITH WINGS

By Holly Bergantz
Quicksilver Jr., age 13

JANICE FRAZIER..Janice Frazier..JANICE FRAZIER..Janice Frazier..JANICE FRAZIER

I, like most young girls, always wanted a horse, ever since I can remember. I even have a "career story" I did in 2nd grade that said I wanted to be a cowgirl when I grew up! I can't remember I time I didn't ride; my mom loved to ride and took all of us kids whenever she went. I still have memories of my dad leading me on ponies while my mom and older brothers were on trail rides. My parents were smart - they told me I would have to pay for all the expenses of a horse, so being logical and thrifty, I never got one as a child. I thought they were cruel since we did have almost an acre here in California, but it's probably for the best as I now have 3 with a 4th on the way, and to think I might have outgrown it otherwise! I rode any horse I could when I was growing up and I tell you I fell a lot. But I got darn good on my friend's horses and those rank rental string horses (I used to ask for the hardest horse they had to ride; sometimes there were some real interesting rides). I spent a year in college in England and managed to fit in taking English lessons twice a week; that taught me a lot about balance.



When I got to graduate school in 1978 I finally could afford to support my own horse and I found Cindy's Sugar. All I wanted was a horse that was smooth and could jump. Cindy was 13 yrs old and 14.2H, but she did both like a champ so I was sold. It was only the 3rd horse I looked at, but I've never been sorry I chose her; to this day it is probably the best \$450 I ever spent. Initially I worked out a deal to run the rental string one day a week at the stable I boarded Cindy at, in exchange for her board for the first two years I had her (\$60 a month) - told you I was thrifty. It was a good exchange, though it was hard work saddling and unsaddling 20 horses, cleaning 50 stalls, and teaching novices how to ride in a two-minute quick lesson before sending them out on trail. I loved to give smart horses that wouldn't leave the driveway to people who said they knew how to ride so they would realize overestimating ones abilities is never a good idea with animals! I did of course give them a more push-button horse eventually after they spent about 5-10 minutes going nowhere; if you did know how to ride those same horses were great rides! We spent hours on trail back then. Cindy was a good guide horse - she learned lots of voice commands, how to wrangle other horses real well, and was reliable for tiny tots to ride. I also managed to get some Dressage training for the two of us and one year did a local eventing competition.



I got my first Arabian Sultan about 4 years after getting Cindy, and I brought them both up here with me to my post-doc appointment with IBM, in 1984. Weee!!!!, shortly after arriving here, I broke my neck (not on a horse, but that's another story) and could not ride for 6 months, that was tough. I was just deemed healed when Sultan became sick and eventually I had two months of intense Vet and Davis experiences. This is when I got to know my local Vet well, before this I never had really needed much Vet services. Poor Sultan ended up having to be put down (liver disease - unknown cause even after autopsy). I had only Sultan 2 years but I knew how devoted and energetic Arabians were from that experience. Then life brightened up and I got a real break: I got hired at IBM as a permanent employee not too long after that.



It was my local Vet that got me into Endurance riding about six months later, and eventually found me my current Arabian, Easy. The Vet introduced me to Sherri Montgomery and she and Judy Barr let me train with them on their spare horses. Judy let me use her mare, Babe, in my first Endurance ride ever -- a Quicksilver 50

YOU ARE IN LUCK IF.....

IF you have a Brown's Orthoflex Endurance Saddle Cutback or Stitchdown that you want to sell because Joanne Dietz at 408-426-6610 (Santa Cruz) is looking for one. She's got the cash so if you have one that would suit a light to middleweight rider now is your chance.

IF you think your horse is special and you want trails. Mary Thompson at 415-964-5250 or 415-855-5175 (Sunnyvale) says there is a self-care boarding stable with a couple of extra spaces that has easy access to the the San Antonio Open Space and Duvenc Ranch trails. A stall and paddock for your horse and the wide open spaces for you to enjoy together.

IF you want to pleasure ride a couple of endurance retirees in the Santa Cruz Mountains. You should call Maryben Stover at 408-265-0839 or Heather Bergantz at 408-356-4053 and talk about leasing Pepper or Bruiser. Ideally they would like the horses to remain where they are now in pasture with the other horses, but are open to discussion if someone has other ideas.

IF you have always wanted a Hyannis mare. This one is bay, about 14.1, 10 years old. Started and completed five 50 milers in 92-93 with ease..low P & R's, never any leg problems, a real future ahead. Absolutely sane at ride starts. Owner moving to Hawaii. Call Beth Lanning at 408-353-4131(Los Gatos)

Janice Frazier continued...

Ride! I didn't finish it, since the horse Judy was riding was pulled at the mid-point and I, being exhausted from trying to hold Babe back, decided to pull me also! But I knew this sport was the kind of challenge I enjoyed; I enjoy the training as much as the races. Sherri got me to join QSER by actually giving the membership to me as a gift one year, clever! I've made some good friends that share this common interest; Kathy Miller and I have always had fun on rides together.



Right now the happy family I support on 2.5 acres, includes Cindy (28 now) and her 2.5 year old filly Jewel, Easy and her 1/2 Andalusian baby (due date July 1st). Right now they are all rideable for pleasure riding though I don't think Jewel, the 2.5 yr old, could really be called a pleasure yet!!!!!! I'm lucky my partner Dan puts up with us all, he's an excellent crew and he even rides some for pleasure. He's even done a few 25s on Easy while I rode one of the Vet's horses. And of course there's my dog, Jessie, a 16 year old Australian shep./husky mix, Turtle the cat, all the mallard ducks, and the rat to all take care of, too. It's a life I waited for and appreciate!



In the last five years I have been very active with the Bay Area Ridge Trail, the building of the Stiles Trail, the Trail Center, have joined the mounted Trail Watch with the Parks Dept., was President of SCCHA in '91, chaired Measure A for Park Funds on the 1993 ballot, freelance writing for equestrian magazines, and serve on 3 parks master plans, This all started because of one meeting I went to where the lightbulb went on and I realized if equestrians don't get involved we wouldn't get squat from the world. We are the minority of trail users and we need to be proactive, positive, and work with the rest of the world to all get the best we can. The more people get involved the more that will be accomplished!



Camp Creek Corner ...by Susan Allison ...

Gone, but not forgotten! Pam Weidel of Boxwood Arabians was bragging in the April issue of Arabian Horse World about the Arabian racehorse winner that she sold to the Middle East for close to \$300,000. She was referring to none other than Kinziki, daughter of our Saam out of PK Kinzar's mother, Immanuel Kinziki.

Taam, Khadija Tam's first Saam colt finished his first competitive ride of 30 miles last Saturday. I was able to thwart him from racing every horse on the trail due to the moderate to slow pace in the morning. My biggest problem was getting him to stand still for me to mount. After 2 bad spills last year I refused to race him to see if I could swing over before he scooted out from under me. He would have been a good deal better except for my stark terror when he began his tuck and scoot maneuvers. Joanne Dietz, who was drag riding saved me at the first two pulse checks. At lunch I was almost ready to quit. In tears I asked Donna Snyder-Smith to take pity on me. After chewing me out royally for not doing my homework, "but Donna he doesn't do this at home" she turned up next to me in front of Taam. After just a few whoa lessons while I hung suspended over him on one foot he stood like a statue. We resumed our ride and opened half a dozen gates or more with nary a budge from him at mounting. The one thing I never worried about after our late start out of lunch was finishing on time. the next 18 miles was a cakewalk for "Tommie". His p&r's were super too. His big half brother Willie Nillie otherwise known as Raider's Beztlany also completed with Mom Becky Glaser, Traci and Mark Falcone, Jim Dietz, Joe Newman, and Carolyn Tucker were the other club members who attended the IAHA competitive ride. Once the rain stopped after a pre ride cloudburst, the weather was gorgeous- the Sunol park more beautiful even than Diablo or Quicksilver in spring. An old friend and former club horse, Bart Hart-(remember him trivia lovers) many time NATRC champion was there at age 20 looking very fit and delighted to be out on the trail with his person Betty Young. As for me I've found a new calling for the rest of this year with Taam. While Connell is trying to get Johnny Red , Taam's brother to go faster, I'm still trying to get Taam to go my speed. Safe!

Back to racehorses Connell and Kay Allison are sending three to Los Alamitos on April 16th. Johnny Red back for his second year with a record of 4(0-2-0) and a fine colt and filly both three out of two stakes winning full sisters. Deb Cooper says Nusaam wants to be a show horse he has so much English action. Plus he is a stallion brain right now. Connell and I remember that no one would bet on Saam his first race because he was so lazy on works, yet he won the first one and 9 more his first year. He was also an English Pleasure Champion so there is still hope for Nusaam. His sister, Saamkyra is showing more promise. (Different hormones). Deb Cooper is now the proud owner of another 3/4 sibling to the last 2 hooligans. Saamson We thought she should have at least one to be part of the family. Last I heard he had taken over the ranch with his antics and escape routines. There is still one more Deb, Copper , Nusaam's brother will be coming in another year or so. PS Copper Sage is the last Saam colt born here , the day after Saam died.

I need a trail manager for our fall ride. Someone to lay out and mark trail for us. My favorite candidates would be Courtney Hart, Hugh and Gloria Vanderford and Pat Macdonald. Courtney and Pat have done a great job for me in the past, Hugh and Gloria laid out a fabulous trail last years ride. I am looking for volunteers!





TYING UP

Since spring is here, many people will again get their horses out of the field and go for a ride. The horse that has sat without exercise for weeks to months is not in condition to do much more than a slow walk down the street. Thus, many of you may find your horse stopping in mid-stride and refusing to go any further. This may be the beginning of a syndrome called "Tying Up."

Tying up has a variety of names: Exertional Rhabdomyolysis, Monday Morning Disease, and Azoturia. It is a multi-factorial problem. One of the many theories is that it is caused by lactic acidosis. The muscle, instead of breaking glycogen and glucose down aerobically (with oxygen), breaks glycogen and glucose down anaerobically (without oxygen) into lactic acid. This doesn't provide the muscles with any energy and they lock up and the cells start breaking down. The cells release myoglobin, the red substance that gives meat it's color, which goes into the bloodstream and gets filtered through the kidneys, where it crystallizes and does significant damage if enough of it is processed. (This is why tied-up horse's urine is red or brown.)

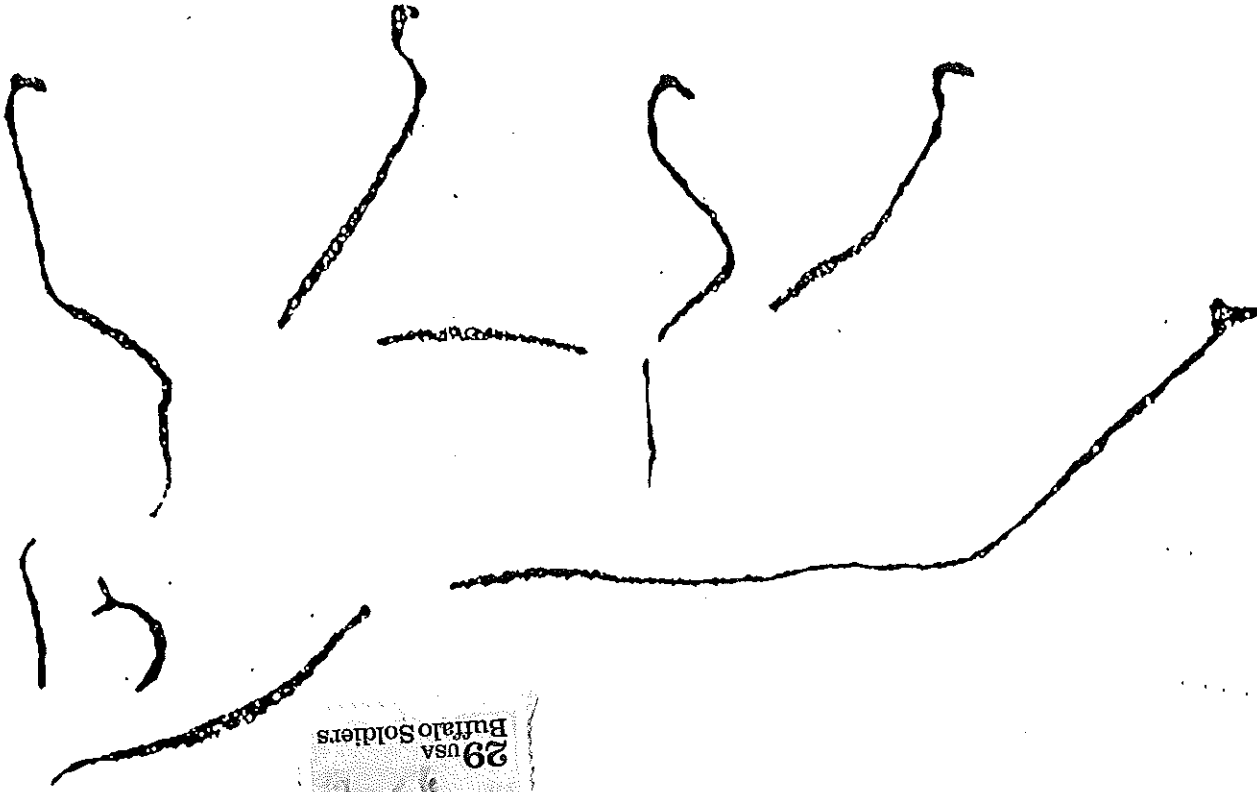
The symptoms of tying up are varied: stiff hind legs, hard muscles in the back of the legs, not wanting to move, shaking and sweating, and elevated pulse and body temperature. Certain muscle enzymes (CPK, AST) will also be elevated and can be checked by a blood test. The treatment is also varied: for those horses not severely affected, bute or banamine and tranquilizers will help. For those horses who are dehydrated, intravenous fluids or fluids given by stomach tube are also indicated. Robaxin, a muscle relaxer, and vitamin E and selenium injections may also be beneficial. Muscle massage with liniment and keeping the horse warm are also good ideas.

To prevent tying up, there are a variety of things the owner can do. Firstly, do not feed any grain to a horse that is not getting worked regularly. Grain is energy-dense and loads the horse up with glycogen in it's muscles. High protein diets such as alfalfa or alfalfa and molasses have also been implicated in contributing to tying up. A horse that chronically ties up should be on oat hay if at all possible. Various supplements can help prevent tying up. Vitamin E and Selenium powder (daily) and Dimethyl Glycine (DMG--also daily) have been shown to increase muscle healing and help prevent re-occurrence of tying up. Some people advocate baking soda being added to the feed to prevent tying up. I have only read one study on a single horse that showed any beneficial properties to baking soda.

The most important thing an owner can do is to make sure to warm the horse up well before a ride. If you slowly condition the horse in the spring, you will reap the dividends of a pleasurable summer and fall instead of the cost of large vet bills due to tying up.

Contributed by Dr. Bing
Adobe Animal Hospital

(ANSWER: Our heroine of the month is Pat McKendry)



QUICKSILVER ENDURANCE RIDERS, INC.
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AND IN THE MONTH OF JUNE....

- June 4 NATIONAL TRAILS DAY!!
- June 4 Mt. Diablo Vista 50
 IAHA Region III Championship
 25 Mile Training Clinic..not sanctioned
 Shel Sussman 510-248-4555
- June 5 IAHA 30 Mile Competitive Ride
 Shel Sussman 510-248-4555
- June 8 QUICKSILVER BOARD MEETING 6:30 p.m.
 QUICKSILVER GENERAL MEETING 7:30 p.m.
- June 11 Mendocino 25/50, Ft. Bragg, CA
 Lari Shea 707-964-9669
 NASTR 50/75, Palomino Valley, NV
 Connie Creech 702-882-6591
- June 13 250 Mile XP Rides, Nevada
 thru 17th Ann Nicholson 801-644-2400
- June 18 Tar Springs 25/50 Arroyo Grande, CA
 Louis (Skip) Dyke 805-489-1832
 Oakland Hills 25/50 near Oakland, CA
 Linda Rawlinson 510-799-0450
- June 21 FIRST DAY OF SUMMER!
- June 24 Chalk Rock 25/50 Bridgeville, CA
 Elaine Kerrigan 707-443-0215
 Man Eating Manzanita 25/50 Boulevard, CA
 Terry Ann Woolley Howe 619-431-0245



•COMPETITIVE SPORTSMANSHIP AT ITS BEST•