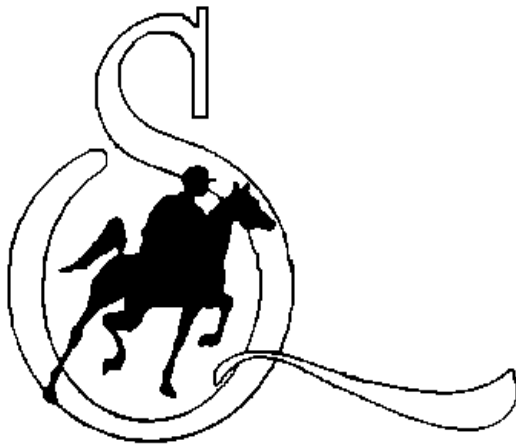


November 2004 quips

# QUICKSILVER QUIPS

November 2004



## OFFICERS

President Steve Lenheim  
Vice President Jill Kilty-Newburn  
Secretary Elaine Alton  
Treasurer Kathy Miller

## BOARD MEMBERS

Pat McKendry  
Trilby Pederson  
Maryben Stover

**Chief Mover and Shaker:** Mike Maul

**Newsletter editor:** Judy Etheridge  
P. O. Box 62, Sunol, CA 94586-0062  
(925) 862-0232 [misxfire@aol.com](mailto:misxfire@aol.com)

## President's Message

Folks, we need you to SHOW UP at our meeting for November (17th). I have the Nutrena Rep., Elaine Willis, coming in to give a lecture on the new feeds that they have developed. This should be interesting and add value to your thoughts and ideas on how to feed the working horse.

On another issue we have to elect officers and board members for the new year. Last meeting, Oct. we did not nominate anyone and now we are set with the task of nominating and voting. Since we have a very low participation at meetings we could sure use some help, so jump up and nominate your self for the Board or better yet for one of the leadership positions, President, V-President, Treasurer, or Secretary. Why not? You only get out of the club what you put in. Heck, I've gotten more out of being president than what I put in. Lets see...ah, I got to sit at the head of the table. Hey, it's something!

Upcoming events:

Christmas Party--- December 8  
Awards Banquet

# November 2004 quips

2005 Ride Season

*El Presidente*

## BOARD AND GENERAL MEETING 10-20-2004 MINUTES

**Present:** E. Alton; S. Lenheim; P. McKendry; K. Miller; T. Pederson; M. Stover; S. Sansom.  
The meeting was called to order at 6.45 p.m.

### Treasurers Report

#### General Account

Beginning Balance	\$958.57
Deposits (dues)	90.00
Checks Written	
CDFA	-81.00
M. Maul (Website)	-60.00

**End Balance as at 10-20-04**                    **907.65**

**Junior Account**    774.17  
**Trails**    1,005.75

### PROGRAM

At the next meeting there will be a speaker from Nutrena. Food will be served at no cost. We are looking for a good turnout at this meeting.

### CHRISTMAS PROGRAM

Trilby is organizing the Christmas Party, December 8<sup>th</sup> at the Community Club. She needs the following:

1. Someone to cook the turkey
2. Mashed potatoes (2-3 batches) and vegetables
3. Clean-up crew

Volunteers call Trilby (408) 997-7799

### GOODWILL

Cherie Briscoe's horse Doc died recently. Maryben has sent a card from all of us. Unfortunately, Susan Dyke died last Tuesday. Maryben has sent a card from the Club. A memorial service will be held Saturday, 10-23-04 at Arroyo Grande.

### RIDE

Quicksilver Fall Ride was cancelled due to park closure (wet weather).

Costs incurred are as follows:

35 AERC Awards	\$2,500.00
Park Fee	120.00
Entry copying	42.00
<b>Total</b>	<b>2,662.00</b>

### TRAILS

Scott proposed that the club donate a water trough to Mid Peninsula Regional Open Space District for the new trails at Calero. Kathy Miller seconded. Passed unanimously.

### AWARDS BANQUET

Date, time and place to be agreed upon.

### NEWSLETTER

Desert Gold Multiday (rain or shine) – Fort Ord (over Thanksgiving). For information, entries and to volunteer call Scott Sansom (408) 655-7874.

### UNFINISHED BUSINESS

At the last meeting the subject of an increase in dues was tabled for this month's meeting.

**Motion** - Scott proposed a motion that the subject of dues be further discussed when all income and expenditure information is available. Pat McKendry seconded. Passed unanimously.

**Discussion** took place again regarding a booth at New Almaden next year to introduce the Club. This subject was tabled for further discussion in 2005.

### NEW BUSINESS

**Motion** – Scott proposed that we submit a ride application for Quicksilver Fall Ride, October 1<sup>st</sup>, 2005. Trilby seconded. Passed unanimously.

**Motion** – Trilby proposed a motion to adjourn. Pat seconded, meeting closed at 8.50p.m.

## WANT ADS

### HORSE FOR SALE

Registered ½ Arab/Saddlebred 11-year-old mare, 15h. Very sweet, nice ground manners. Suitable for trail/pleasure/endurance. \$2,000. Michele 530-292-1902.

### SADDLES & TACK FOR SALE

**Sharon Saare 15 in., C tree.** Well-used and well cared for but no longer fits either of my horses. \$600, no fittings. Jill 650-949-0330.

**Stubben dressage saddle**, 17.5, black with leather girth and small felt pad, \$600. Call Judy at 925 862-0232 or [misxfire@aol.com](mailto:misxfire@aol.com).

**Winter Blankets** both in very good condition:

Red quilted, size 74, used lightly, \$35.

Blue wool, size 76, used only once, \$30.

Contact [janice.frazier@scbglobal.net](mailto:janice.frazier@scbglobal.net) or 268-2177.

**Ortho-Flex Patriot endurance saddle new, 16" seat.** Call Michele (831) 761-2578 or [bcm@gv.net](mailto:bcm@gv.net).

### Stalls with Paddocks/Pasture 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. 96 x 48 outdoor arena. Close to 3,600 acre Almaden

## November 2004 quips

Quicksilver County Park with 19 miles of manicured trails. Call Trilby at 408 997-7500 for more info.

**Towing Vehicle** 94 Chevy Suburban "tow monster", 454V8, heavy duty tow package, 2wd AT/CC/Dual/AC/ABS, removable 3<sup>rd</sup> seat, tinted windows, AM/FM cassette. Good tires & brakes, 110k miles. Jan Snyder Montana, [sallijan@foothill.net](mailto:sallijan@foothill.net) or 530-745-9847.

### **Ranch cats available for adoption**

Fixed and current on shots. Contact [janice.frazier@sbcglobal.net](mailto:janice.frazier@sbcglobal.net) or 408 268-2177 or [Denise.Lloyd@hitachigst.com](mailto:Denise.Lloyd@hitachigst.com) or 408 717-6196.

**NEEDED:** Foster caregivers for kittens and cats. You, too, can help Safe Haven Animal Sanctuary, a non-profit organization dedicated to providing care to animals. For info call Janice at 408 268-2177.

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

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

Dear Quicksilver Members:

You will soon be receiving a ballot from AERC for the Director at Large election. I want to urge each of you to vote in the upcoming election so your voice can be heard within AERC. You will have the opportunity to vote for 8 candidates but this does not mean you have to or even should vote for all 8. By voting for candidates you are not sure will represent you, you may be negating out votes for the candidate you really want to have elected. It is important to vote for the candidates that will do the best job for you and AERC. Please do not vote on name recognition alone.

As one of your current AERC Directors at Large (DAL) I will continue to work hard to do a good job for our west region members and all of AERC if re elected. I have been active on many committees, am available at many west, northwest and pacific southwest region rides to discuss with members any topics regarding AERC, and am a ride manager. I fully support ride management on all motions brought before the board.

The west region is the largest region in membership within AERC and yet has only 2 regional directors, the same as all other regions. Therefore, to have the large numbers of

west region members and their values appropriately represented on the board, it is very important to have Directors at Large from western regions.

I appreciate your support in the upcoming AERC Director at Large election.

Robert Ribley  
13061 Arbor Lane, Grass Valley, CA 95949  
[rribleyendother\\_road@msn.com](mailto:rribleyendother_road@msn.com) or 530 268-1378

### **EVENTS**

**County Parks Monthly Trail Days** rain or shine! Saturday November 6 and Sunday November 7 at Mt. Madonna. Trail brushing maintenance on the Sprig Trail. Meet at 9 AM at the Sprig Lake area. All necessary tools, gloves and refreshments provided. RSVP Beeny Sander 408-355-2254.

**Note:** With the rainy season upon us, it is prudent to call the SCC Park where you wish to ride to ensure the trails are actually open.

**Region 6 Trail Trials Benefit** Saturday, Nov. 20 at Coyote Creek Park (Burnett entrance). Call manager Brenda Andringa 778-6455, eve.

### **RIDE RESULTS**

Well, where do I start—Quicksilver members have been everywhere!

First, **Lori Oleson, Michele Roush, Pat Verhuel**, and **Robert Ribley** rode the 50; **Julie, Barbara** and **Doug** and **I** elevated to the 50 (the only riders who elevated) in the East Bay Elevator 25/50 on September 25. **Karla Perkins** started but was defeated by a broken stirrup hanger ☹️ **Melissa** served as head vet.

The National Championship 100 on October 10 saw **Heather** on **Becky's Aleclipse** winning overall and 1<sup>st</sup> place in the lwt. division where **Melissa** finished 2<sup>nd</sup>, 5<sup>th</sup> overall and **Robert** was the sole mwt finisher in 6<sup>th</sup> place overall

Four QSER's finished the 50; **Dennis** and **Ffrisco**, 3<sup>rd</sup> lwt., 5<sup>th</sup> overall, **Judy** and **Streek**, 7<sup>th</sup> fwt, 28<sup>th</sup> overall, **Robert**, 7<sup>th</sup> mwt, 26<sup>th</sup> overall and **Megan** 2<sup>nd</sup> junior and 17<sup>th</sup> overall. .

On October 16, **Hillorie, Gloria** plus **Heather** and **Jeremy** gave the Owyhee FEI 100 a try. Hillorie and her Tevis winner, **CV Eli** finished a respectable 11<sup>th</sup> out of a field of 23. The others were not so fortunate ☹️

The del Valle Vulture Venture 30/50 (tough ride) was also held on the same date and many QSER's either rode or helped. **Michele** served as the head vet and **Mike, Kirsten** and **Alex** ran the Arroyo vet check. **Judy Reens** took p/rs and I was the ambulance driver. Riders included **Katie Alton** with her mom, **Elaine** as crew, **Pat Verhuel, Scott**, and

## November 2004 quips

**Ken**; is he still a member? **Eric Thompson** was there with **Zane** ridden by a young woman.

The Lake Sonoma 50 on October 30 saw hardworking **Michele** again as head vet; **Dennis** and **Frisco** came in 1<sup>st</sup> with **Judy** and **Streek** 9<sup>th</sup>. **Bob** and **Peggy Eaton** and **Doug** and **Barbara White** rode—don't know how they did or who else was there. I think **Katie** and **Elaine** were there, too.  
*Hope I didn't miss too many of you—I could use more input ☺*

# DESERT GOLD RAFFLE

**WIN A BEAUTIFUL  
DIAMOND AND OPAL  
PENDANT AND MATCHING  
EARRINGS**

PROCEEDS WILL PROVIDE  
SUPPORT FOR U.S.  
NATIONAL TEAM  
EQUESTRIAN member AND  
qser MICHELE ROUSH

IN HER BID TO COMPETE AT  
THE WORLD  
CHAMPIONSHIP 100 MILE  
RACE IN DUBAI, UAE

**DONATION \$5.00**

**DRAWING TO BE HELD AT THE  
DESERT GOLD ENDURANCE RIDE,  
THANKSGIVING DAY, 2004**

WINNER NEED NOT BE PRESENT TO WIN



PENDANT MEASURES 7/8 OF AN INCH IN LENGTH.



EARRINGS MEASURE 1 INCH IN LENGTH

**EXERCISE AND LONGEVITY**

**THE FACTS:**

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO, Cocoa beans...another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets and remember.....

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - strawberries in the other, body thoroughly used up, totally worn out, and screaming –

WOO HOO! What a Ride!"

*Contributed by Judy Reens*

**MORE EXERCISE INFORMATION**

Horse-related activities are great calorie burners. You won't even know you're working out when you do these activities.

- Vigorously grooming a horse can burn as many calories as playing doubles tennis.
- Riding at a walk for 20 minutes is equivalent to playing catch, pushing a stroller with a child or walking 2 mph.
- Bring your to a trot and post in the saddle—and you'll burn as many calories as race walking, biking at 12 mph or playing a friendly game of hoops for 20 minutes.

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*Michele is responsible for selling the jerseys so let's support her and the rest of the team by buying one.*

These jerseys are going to be available for purchase all year and each team member will be asked to sell a minimum of 10 to help raise funding for uniforms and additional costs. This is our "Girl Scout Cookies" campaign! So talk to your friends, family and crew...and get the orders to us. These shirts are really nice 100% pre-shrunk heavy weight cotton Rugby Jerseys with a very bold USA graphic. We will all look fantastic at the WEC! The manufacturing Company is in Canada and makes them specifically for Rugby Uniforms, so they are really well made.

**National Team Rugby Jersey**



100% pre-shrunk Heavy weight Cotton. Bold graphics represent your support for your US National Team. Generous cut in shoulders, slim in waist, not bulky. Easy to tuck in to jeans or wear with riding tights! Unisex sizes (See order sheet) Order one size up if you like a more relaxed fit.

**\$75.00**

**Proceeds go directly to benefit the US National Team expenses for the World Endurance Championships.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shipping Address ( if different from above) \_\_\_\_\_

Unisex Sizes	Quantity	Total \$
XS- special order		
S- Ladies equiv. size 4-6		
M-Ladies equiv. size 8-10		
L- Ladies equiv. size 12-14		
XL-Ladies equiv. size 14+		
2XL-5XL available (specify)		

Please accept my additional donation to the US National Team in the amount of \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

**Check payable to:** USEF, Inc. The amount is fully tax-deductible. Please write **Michele Roush** on the memo line of the check.

**Mail order form and check to:** Art Priesz, 1824 320<sup>th</sup> Street, Ivanhoe, MN 56142.

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### **DESERT GOLD MULTIDAY 25/25/25 and 50/50/55 November 26, 27 & 28, 2004**

These rides are sanctioned by the American Endurance Ride Conference and are subject to all AERC rules. Please call or visit the AERC website (AERC.org) for further information on rules or for complete list of rules. Some additional rules unique to this ride:

1. Ride start times will be announced at the ride meetings the night before the rides.
2. Completion pulse criteria for the 50/55 will be 60 beats per minute within one hour of finish
3. Dogs must be on leash at all times. No dogs allowed at vet checks
4. BLM requires weed-free hay---- only be used at the out vet check

**\*\*\*\*\*ENTRIES LIMITED TO 150 HORSES\*\*\*\*\***

**\*\*No potable water in camp. \*\***

Do you have a GPS? We may have the trail on waypoints.

This first year, the Desert Gold Endurance Multiday rides will be a fundraiser for Michele Roush's effort to compete in the World Endurance Championships in Dubai in January 2005. Because of this, and because it is the first year for the rides, it will be a "no frills" event. We plan to have beautiful, well-marked trails for you, and hope to have more "frills" in the future. The course will be easy going with sand and rolling hills, and should hold up well in the event of rain. There will be no meals planned or catered by ride management; however, within 15 minutes' drive, you can be in civilization, with a myriad of restaurants.

We would like to emphasize the multiday aspect of this event, and will recognize three-day horse/rider pairs for both the endurance and the limited distance events. There will also be awards available for overall best condition for both the endurance and the LD rides. To be eligible, horses must complete all three days of the same category of ride with the same rider.

BLM has granted us a SPECIAL RECREATIONAL PERMIT in order to have this event on their property. Portions of this event are being conducted on BLM managed lands.

Ride manager: Scott Sansom (408) 268-7902 or [sansom@sbcglobal.net](mailto:sansom@sbcglobal.net)

Refund policy: \* No show, no refund

\* Entry fee entirely refundable until 11/19/04. After then, management reserves the right to withhold \$20 from refund

#### **DIRECTIONS TO RIDE CAMP**

**From the North/ San Jose:** Take Hwy 101 South towards Salinas and Monterey. Exit Hwy 156 West to Monterey Peninsula, staying in the left lane while exiting. Stay on Hwy 156 West (left hand lanes) past the Junction 183, and Hwy 1 North. It becomes Hwy 1 South. Hwy 1 turns into freeway. Take Reservation Road exit, turn LEFT at stop sign and go under the freeway to second stop light, .3 miles. Turn RIGHT at stop light, Reservation Road. Travel 2.7 miles on Reservation Rd to Imjin Rd and make a RIGHT. **GOTO FINAL DIRECTIONS.**

#### **FINAL DIRECTIONS:**

Once on Imjin Rd., Travel .6 miles to Abrams Rd and turn LEFT. ( The Ord Market will be on the corner). Travel .9 miles to Inter Garrison Rd. Make a LEFT at the stop sign. Travel .5 miles and GO AROUND THE STREET BARRICADE. Continue on Inter Garrison another .85 miles to West Camp Street and turn RIGHT. Travel .3 miles on West Camp to Watkins Gate Rd. ( You will pass the side of camp on your right. DO NOT TURN IN ON ANY OF THE DIRT ROADS. Turn RIGHT on Watkins Gate Rd and travel .1 mile to the Basecamp entrance through a green gate on your right.

**From South of Salinas:** Take Hwy 101 North to Salinas, take Monterey Peninsula/Sanborn Street exit. Turn RIGHT at stop sign and go under the freeway. Continue on S. Sanborn and it turns into E. Blanco after the Abbott Street traffic light. Travel about 2 miles and turn LEFT at the 5th traffic light, HWY 68. There is a green sign on the right prior to the intersection that says Monterey Peninsula/Laguna Seca. HWY 68 turns into Freeway in a couple of miles. After 3/4 miles on freeway, exit River Rd/Reservation Rd, turn Right onto Reservation Rd at light. Travel 5.6 miles and turn Left on Imjin Rd. **GO TO FINAL DIRECTIONS**



**Desert Gold Multiday, November 26, 27 & 28, 2004**

**\*\*\*\*\*ENTRIES LIMITED TO 150 HORSES\*\*\*\*\***

Rider name: \_\_\_\_\_ AERC# \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
email: \_\_\_\_\_ Age: \_\_\_\_\_

Horse name: \_\_\_\_\_ AERC#: \_\_\_\_\_  
Age: \_\_\_\_\_ Breed: \_\_\_\_\_ Owner's AERC #: \_\_\_\_\_

Sponsor's name, if junior: \_\_\_\_\_

Weight division: (rider's weight with tack)

\_\_\_\_\_ Junior (under 16 as of 12/1/2003)  
\_\_\_\_\_ Featherweight (0-160 pounds) \_\_\_\_\_ Lightweight (161-185 pounds)  
\_\_\_\_\_ Middleweight (186-210 pounds) \_\_\_\_\_ Heavyweight (211+ pounds)

Entry fees: limited distance (25): \$85 per day  
endurance (50/55): \$95 per day  
ride managers/juniors: \$50 per day

If postmarked after 11/16 add one fee of \$25 (not per day) \_\_\_\_\_

**25 mile ride -** Friday 11/26 Day 1 \_\_\_\_\_  
Saturday 11/27 Day 2 \_\_\_\_\_  
Sunday 11/28 Day 3 \_\_\_\_\_

**50 mile ride -** Friday 11/26 Day 1 \_\_\_\_\_  
Saturday 11/27 Day 2 \_\_\_\_\_  
Sunday 11/28 Day 3 \_\_\_\_\_

AERC one day membership - \$10 per day \_\_\_\_\_

**Total:** \_\_\_\_\_

Make check payable to Scott Sansom  
send to: Desert Gold Multiday, 21970 Fortini Rd, San Jose, CA 95120

**\*\*\*PLEASE SIGN RELEASE ON OTHER SIDE\*\*\***

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Agreement and release of all liability

I, \_\_\_\_\_ the undersigned, in consideration of the \_\_\_\_\_ (print name of rider) acceptance of this entry, hereby acknowledge that I have voluntarily applied to participate in the Desert Gold Endurance ride. I also do hereby for myself, my heirs, executors, and administrators, waive and release the Desert Gold Endurance Ride, its sponsors, volunteers, employees and management, and all individual members thereof and all other persons regardless of their capacity in any way connected with the event described herein, their representatives, heirs executors, administrators and assigns from any and all right, claim or liability for damages, or for any and all claims of any kind and nature that I might have. Further, I do hereby acknowledge that said release extends to any accidents, damages, or claims arising out of my entry caused by my own act or the acts of anyone, or any animal within my control, or of any animal without my control. I understand that equines are dangerous and unpredictable animals, and that any activity involving said animals carries with it certain inherent risks, and I agree to take full responsibility for any damages occasioned by any equine under my care. I understand that Ft Ord has unexploded ordnance in restricted areas, and I agree to take full responsibility for any and all consequences arising from the action(s) of myself or any animal or minor under my care, relating to those restricted areas and unexploded ordnance. I do further acknowledge that I have read the foregoing and know and understand and agree to the contents herein.

Rider's signature \_\_\_\_\_ Date \_\_\_\_\_

All riders under the age of 18 must have release below signed by parent or guardian All minors are required to wear an SEI approved, ASTM standard, helmet.

I, \_\_\_\_\_, am the parent or legal guardian of the minor, \_\_\_\_\_, who will be attending the Desert Gold endurance ride. **(print minor's name)**

I, the undersigned parent/legal guardian of, for, and in consideration of my child's participation in the Desert Gold endurance ride, do hereby forever release the Desert Gold Endurance ride, it's sponsors, and all individual members thereof and all other persons regardless of their capacity in any way connected with the event described herein, of any and all claims, demands, suits or liabilities which otherwise arise by virtue of injury to or occasioned by my child or any horse under such child's direction and control. I do further authorize any officer, director, or supervisory personnel of the Desert Gold ride to consent on my behalf to any emergency medical treatment which may be required for my child, and do agree to indemnify and hold harmless anyone giving such consent. Further, I agree to pay all damages for any claim found in favor of my minor child against parties associated with the Desert Gold ride. I understand that Ft Ord has unexploded ordnance in restricted areas, and I agree to take full responsibility for any and all consequences arising from the action(s) of myself or any animal or minor under my care, or under the care of a minor under my care, relating to those restricted areas and unexploded ordnance. I do further acknowledge that I have read the foregoing and know and understand the contents herein. I declare under penalty of perjury that the foregoing is true and correct.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Date of birth of minor \_\_\_\_\_

## Easy rider - Endurance horse rider views for spot on national team

**Brian Hamilton, [brian@theunion.com](mailto:brian@theunion.com)  
October 19, 2004**

Michele Roush describes it as being a "mystical" sort of thing. And her father, Dale Roush, doesn't deter from that definition of his daughter's fascination with horses. In fact, metaphorically speaking, he says it goes much deeper than that. "All I can tell you is that when she turned 2 years old, she didn't just get interested in horses, she became a horse," he said, recalling

Michele's upbringing in Marin County. "Everything in her life was geared that way from then on. We held her off until she was nine, when we finally got her a pony.

"But before that, she had the stick horse and cowboy outfit. She wore out two stick horses, in fact, before we got her into the pony club."

Though the origins of her fervor for horses is something the Roushes still haven't figured out - if her parents had anything to do with it, like them, she would have a passion for pottery - the same zeal she showed as a little girl has never waned. And now, she's about to accomplish something she dreamed of long ago, competing in the saddle on an international stage.

Roush, who resides in North San Juan, is about to take the final step - atop her mount, PR Tallymark - in earning her ticket to the World Endurance Championship, which will be held in Dubai, United Arab Emirates, in January.

"My dream was to go to the Olympics," said Roush, who works as a veterinarian at the Animal Clinic of Rough and Ready and Penn Valley. "I always thought it would be in three-day eventing. And endurance riding is not part of the Olympics yet. "So, this is my Olympics. Yes, I dreamt it. But did I really think it would be a reality? No. I still can't believe we've made it this far."

She and Tallymark have made it to the last stop before the World competition. Roush and her ride will head to Ocala, Fla. in December, where she will be joined by the 14 other members of the United States' National Endurance Team, all of whom will be vying for one of the coveted spots on the six-horse traveling squad flying to Dubai the following month.

Through the summer, Roush and Tallymark (a 9-year-old Arab/Standardbred gelding owned by Steve Shaw of Aptos) have made their mark with the national team, successfully completing two training events and best their own personal time in a 100-mile race in Oreana, Idaho in August - they completed the course in less than 10 hours. "If (Tallymark) is sound in January, we'll be going," she said. "Unless, the horse comes up lame or has a problem with something, we'll be going."

One of the fastest growing sports, endurance riding pits riders and horses against 50-100 miles of terrain and the elements, fellow competitors and the clock. Depending on the terrain, a 100-mile race can be won in as few as eight hours or in as many as 24. The sport became official in 1970 with the organization and founding of the American Endurance Ride Conference, with its headquarters - most convenient for area endurance riders - located just south of western Nevada

Michele Roush, who will vie for a spot on the U.S. National Team to compete in the World Endurance Championship in United Arab Emirates in January, poses with her horse, PR Tallymark.  
**The Union photo/John Hart**



[Click to Enlarge](#)

Roush, who attended Dartmouth College and UC-Davis, is a graduate "A" pony clubber, has a background in three-day eventing, competed in Ride & Tie racing and has logged more than 8,500 competitive endurance miles, including many regional and national titles.

She and Tallymark were members of the gold medal-winning Pacific North team at the Pan American Endurance 100-mile Championship in Trout Lake, Wash. in September 2003. They have raced more than 1,500 miles together, nearly all of which ended in top 10 finishes. This year, they lead the West region in the Best Condition category, which is awarded to the horse deemed to be the freshest and soundest at the end of a race.

Her experience in endurance riding includes the annual Tevis Cup, a 100-mile, one day ride from Squaw Valley to Auburn. She said she was so nervous on her first Tevis Cup ride that she would up giving too much grain to her mount and the two didn't finish. She started the famed event four times before she scored her first finish. In 2002, she finished in sixth place.

"It was a big dream of mine," she said. "I haven't done it since. It's important to have the right horse for the Tevis, because it's so difficult. This guy (Tallymark) he'd be all right for it, but he's had other things to do this year. He's very powerful. He's got a huge, fast trot and just this year he's coming into his own mentally," she said. "That race in Idaho, he was really good. It takes him almost the first half of a race - 50 miles- to settle in. At the first vet check, he was just perfect."

She hopes that's still the case in December when they depart for Florida, though they won't exactly be traveling together. How do you get a horse halfway across the country without driving the distance? "Fed Ex!" she said with a laugh. "I'm serious."

The reason the team will train in Florida, she said, is to train the horses in high humidity and flat terrain in order to somewhat replicate the conditions they'll face in Dubai. Because of such travel - and seemingly other endless preparations - the cost of Roush's quest is substantial. She estimated a \$20,000 price tag on the trip, which friends and supporters are helping to offset through donations and fund-raising events.

On Thanksgiving, the Desert Gold Endurance Multiday rides in Monterey will be geared to help fund the trip. Friends have also donated jewelry to be raffled off at the event. Those interested in helping, should make their tax-deductible donation payable to American Horse Trials Foundation, Inc. and send to Desert Gold, 13054 Folsom St., North San Juan, 95960.

"Quite frankly, from very early on, her goal was the Olympics," said Dale. "Now she's changed her style, but basically this is her Olympics. "As a father, you visualize your child doing something like that, but to actually get there? That's something else. "When she gets "there," Roush will be competing in some volatile country. The UAE, after all, is a little more than 300 miles from Iraq-Saudi Arabia border.

"Oh, yeah ... just a minor issue!" Roush said. "No, actually, I have no fears for my safety. The Emirates are very 'user-friendly.' The Sheiks have a pretty close handle on the goings-on there, and they are very small countries. "Dubai gets only 10 percent of it's income from oil ... the other 90 percent comes from trade and tourism. We will be flying directly to Dubai, and it should be fine. The team coach has spent loads of time in the area recently, and tells us that there is nothing to worry about. I trust that he would not send us into danger."

And if the daughter says she'll be safe, that's good enough for her dad. "I have some apprehension about that, because it's not the best part of the world to be in right now," Dale said. "Michele seems to be not very worried about it, so what else are you going to do? This is her big thing. This is it. She has the horse. She has the ability and everything she needs to do it right now. "She's gotta go for it."

November 2004 quips
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2004 november Events

Date	Region	Ride Name	Distance	Manager	Phone #
<b>11/06</b>	<b>W</b>	<b>Lake Oroville</b>	<b>30/50</b>	<b>Cathleen Papa</b>	<b>530-533-1056</b>
<b>11/05</b>	<b>W</b>	<b>Smokey Killen</b>	<b>55</b>	<b>Kathy Lewis</b>	<b>775-577-9693</b>
<b>11/06</b>	<b>W</b>	<b>Memorial 155</b>	<b>50</b>	<b>"</b>	<b>"</b>
<b>11/07</b>	<b>W</b>	<b>Pioneer</b>	<b>50</b>	<b>"</b>	<b>"</b>
<b>11/26</b>	<b>W</b>	<b>Desert Gold Pioneer</b>	<b>25/50</b>	<b>Scott Sansom</b>	<b>408-268-7902</b>
<b>11/27</b>	<b>W</b>	<b>Desert Gold Pioneer</b>	<b>25/50</b>	<b>Scott Sansom</b>	<b>408268-7902</b>
<b>11/28</b>	<b>W</b>	<b>Desert Gold Pioneer</b>	<b>25/55</b>	<b>Scott Sansom</b>	<b>408-268-7902</b>

Quicksilver Endurance Riders meeting  
WEDNESDAY, November 17, 2004

At the New Almaden Community Center on Bertram Road, behind La Foret Restaurant  
6:00 PM Board Meeting (Members Welcome) 7:00 PM General Meeting

A Nutrena representative will be there answer all our feed questions!

**Quicksilver Endurance Riders, Inc.**  
**P. O. Box 71**  
**New Almaden, CA 95042**