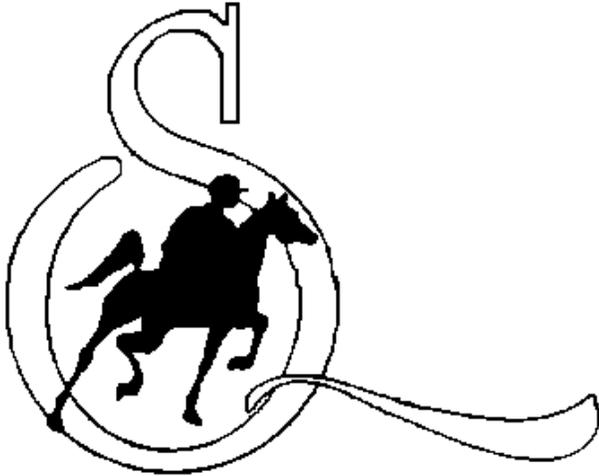


QUICKSILVER QUIPS

J U L Y 2 0 0 2



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PRESIDENT'S MESSAGE

The June meeting at Bob and Julie Suhr's was well attended. The weather was beautiful, great food and some new faces. Nancy Twight demonstrated several techniques to quiet your horse before starting an endurance ride or any ride for that matter.

Steve Lenheim explained the procedure of endoscopying horses at the Wine Country ride for gastric ulcers. He also has invited the people doing this procedure to come and test the Quicksilver horses. If you are interested in having this done please contact Steve directly. This most likely will be our August program.

The Western States Run is here and I hear tell that Marvin Snowbarger is entered. The Quicksilver Club wishes you a speedy finish. Pat MacDonald will be pacing Marvin through the last part of the run. I find it amazing to ride 100 miles on the Tevis let alone run it on foot.

We had a cake for Brian and Val who have moved to Squaw Valley, California (the other Squaw Valley). They have supported the club and will continue to do so from down south. Congratulations!

See you on the Tevis trail,

Jan Jeffers
President

HEATHER'S ON THE HOT SEAT

CONGRATULATIONS, HEATHER!

A great month of June for Heather. Busy gal. First, Red and Heather win the big FEI ride at Ft. Howes. Funny how she called herself Heather Bergantz Reynolds on the press release. Her and Jeremy got married a couple of weeks after. Heather and Red are officially off to Spain to compete in the World Equestrian Games! Then last, but not least – she's organizing our poker ride....

BERGANTZ REYNOLDS WINS FORT HOWES 100-MILE RIDE

Ashland, Montana (June 7, 2002):

Heather Bergantz Reynolds, riding Crystals Charm, shaved an amazing 2 hours off the previous course record in the Fort Howes 100-mile endurance ride Friday. Jan Stevens, the ride manager, said, We had some of the best endurance racers in the U.S. attending this year's 100-mile. I thought the course record would be broken. I never guessed it would be by this large a margin.

The Fort Howes 100-mile Endurance Ride is held on the Circle Bar Ranch (20 miles South of Ashland) and on Custer National Forest land. The start of the race was 4:30 in the morning. Fifty-seven horses and riders were entered. There were five mandatory rest stops for the horses totaling 3 and one-half hours. Heather crossed the finish line at 4:57 pm for a total ride time of 8 hours and 57 minutes.

Heather is from San Jose, California and said that she had expected the course to be more difficult. "I was just hoping to average 10 miles an hour. Most of the course is wide open and you can really move," she said. She had one scare during a hold period. She had passed the veterinary check and was preparing to leave when she discovered her horse was missing one shoe. She had to get this repaired before she went on and lost some time doing so.

Heather is no stranger to endurance riding. In her 14 years of endurance riding she has had many successes. Last year she won the Pan Am endurance championship on the same horse which she calls by the nickname "Red." She was the AERC National Endurance Junior Champion.

Placing second in Friday's Fort Howes 100-mile race was Cia Reis riding "Wave." Cia had a ride time of only 9 hours and 18 minutes. She has been riding in endurance races for 10 years. Cia was the U.S. National Champion in the 50-mile endurance last year. Cia said, "I really wanted to win this race. Wave really rocks going down hill but is slow going uphill. There were three of us, Heather, Valerie (Kanavy), and I, who were running pretty much together. Then in that last 15-mile loop Heather kept up the pace and my horse started to get a bit tired!" I won't push my horse." Cia said she had trouble getting control of her horse at the start and by the time she got to the first hold she was back in fifteenth place. She worked at slowly gaining on the field.

Cia lives in Pennsylvania and says this is her first ride in the West. She said it was a lovely ride, well-marked, and plenty of water. The trails were mostly rarely used two-tracks or rutted cow paths. She thought the competition was fierce because this was the largest selection ride in the U.S. this year. "A lot of top endurance riders

were here today because they wanted to qualify to represent the U.S. in the World Competition in Spain in September," she said.

Valerie Kanavy, from Virginia, came in third with a very good ride time of 9 hours and 25 minutes. She was riding "Shahdon." "This was only his third 100 so I was very proud of his performance," she said. Valerie has won the gold medal in two World Endurance competitions.

Jan Stevens announced the official results for the 100-mile ride completed Friday. There was only one change from the finishing times announced on Friday. The official results for the top 15 finishers along with their ride times (less holds) are:

1. Heather Bergantz Reynolds - 8:57
2. Cia Reis - 9:18
3. Valerie Kanavy - 9:28
4. Lois McAfee - 10:03
5. Carol Giles - 10:12
6. Jan Worthington - 10:13
7. Dinah Rojek - 11:14
8. Sandy Schuler - 11:14:57
9. Steve Rojek - 11:14:58
10. Suzanne Huff - 11:18:26
11. Jeremy Reynolds - 11:51
12. Joyce Mocilan - 12:46
13. Karen Binns-DiCamillo - 13:04:10
14. Connie Gray - 13:04:15
15. Bonnie Tobias - 13:04:30

WHO'S GOING TO SPAIN? (Team alphabetical order)

1. Heather Bergantz of San Jose, California, and Crystals Charm
 2. Kathy Brunjes of Bethel, ME, and Ali Darkness
 3. Beverly Gray of Park City, UT, with Paladin
 4. Valerie Kanavy of Fort Valley, VA and Shahdon
 5. Cia Reis of Pennsdale, PA, and Catch A Wave
 6. Steve Rojek of South Woodstock, VT and Finally
- Named as the nine alternates (ranked in order by the Selectors):*

1. Joyce Sousa of Hydesville, CA, and LV Integrity
2. Becky Harris of Medina, OH, and Ga Tyfa Mynte
3. Carol Giles of Prineville, OR, and SAR Tiki Stranger+
4. Meg Sleeper of Frenchtown, NJ, and Syrocco Blair
5. Karen Vilander of Marysville, CA, and NYR Crown Royal
6. Jan Worthington of Scales Mound, Illinois, and Brown R Timothy
7. Shelley Bridges of Aubrey, TX, and Windswift Pharrah
8. Jazon Wonders of Peteluma, CA, and Ravi Das

poker ride....

The poker ride is scheduled for July 27th. Mark your Calendar! Please call Heather Bergantz to volunteer. Prize donations are also very much needed. If you are wondering how to get in contact with Heather, Steve Lenheim will act as her personal secretary (ed. note: *he he he*), so call her at Steve's house (408) 997-0368.

WHERE'S MARVIN?

Internet snooping by the editor....

From: merryben@a...

Date: Thu Jun 27, 2002 9:26 pm

Subject: Tevis Run

Hey that is this weekend. Is Marvin running? Go Marvin.....mb

From: Jan Snyder <sallijan@f...>

Date: Fri Jun 28, 2002 7:08 am

Subject: Re: [QSEndurance] Tevis Run

Marv is listed as entered, with bib number 360. The WS100 website is www.ws100.com, and they may have a webcast going for the race.

-Jan

Soooo... riding with Jan Jeffers on the day of the run, she say's that Marvin is not listed in some of the reports from the webcast..... He just disappears into thin air... Here's why.

- To: <ridecamp@endurance.net>
- Subject: [RC] WS100 Webcast
- From: Ridecamp Guest <quest@endurance.net>
- Date: Mon, 01 Jul 2002 21:25:36 GMT
- Sender: ridecamp-owner@www.endurance.net

Lucy Chaplin Trumbull elsie@foothill.net

MB wrote:

> Whoever did the webcast deserves a medal. It is the best
> one I have ever seen. Thanks to the Where is your runner?
> link I was able to keep track of my friends. The information
> was accurate and timely. I hope the Tevis Ride does as
> well.....maryben
Thanks MB!

It was a collaborative effort:

- Richard Goodwin (also Tevis webmaster) put the WS100 website up and set up the most excellently clever database for tracking runners.
- A *slew* of radio operators and data entry people at aid stations throughout the course got us the runner information, some of them working several checkpoints, and throughout the night. We were surrounded by a multitude of radio equipment set up by a multitude of radio guys.
- Richard and I manned the database at the Overlook in Auburn, feeding it the data and sorting through problems for the 30 hours that the race was on for.

To sum up on the day:

"Excitements" included the power supply for the main computer exploding - a BANG, smoke, everything - upon plugging it in on Friday night when Richard was trying to set up. Yikes. He managed to get it up and running by 1:30 a.m. - in time for the 5 a.m. start.

One of the remote radio "somethings" (radio ignoramus here - one of the radio guys told me what it was, but I don't remember) apparently suffered a melt-down at some stage during the race and ceased working and it wasn't until after the event they discovered why.

During the day, the main radio comms computer (which was pulling the packet radio reports from the checkpoints) also suffered some intermittent hiccups and needed some imaginative tweaking to keep it going.

I think it's safe to say that computers don't like being moved around much.

We had a figurative Black Hole in data from Foresthill to the HW-49 crossing (~35 miles). We were supposed to get packet radio reports from the river crossing (~15 miles after FH), but there were some technical difficulties, and in the end we got nothing. This meant for a frustrating night - answering emails from anxious people at 3 a.m. who thought their runners had vanished into thin air. The only consolation I could give them was that we were getting radio reports of *drops* only, so if their runner wasn't showing as a drop, then they were still out there.

Finally, after the river crossing checkpoint at Rucky-Chucky closed at 5:15 am, the radio guy drove the data disc to us in Auburn and we were able to get it up on the web.

The hw-49 crossing also suffered computer trouble when initially the computer wouldn't work properly and then, when they finally got it going, it got dropped and broke totally. Our thanks to the guys there for persevering with voice reports. Trailside reporting is *hard* on equipment (picture nearly *all* of the checkpoints/aid stations being in remote areas with no power, no cell phone coverage, and with the air filled with infamous "Tevis red dust").

Apart from all the interesting developments above <g>, the reporting itself went brilliantly and we were pleased with what went out.

Every year we learn from the mistakes of the previous years and fine tune it to work a little better.

As for Tevis - right now, the best I can offer is similar to what I managed to put up last year - me grubbing about in the dirt with a laptop, trying to type out any radio reports I can get my hands on. We don't have same the radio support for Tevis that we get for WS100, so it's much, much harder to get comprehensive coverage. We'll have to see what I can pull off on the day (thank goodness it's just a 24 hour ride, and not 30 like WS100... I'm still totally spacey today from lack of sleep).

I'm trying to get ahold of Tevis RM to sort something with them, but they are proving elusive. We'll have to see how it goes.

Lucy Chaplin Trumbull
Repped english person in the Sierra Foothills, CA
elsie@foothill.net

From: merryben@a...

Date: Sun Jun 30, 2002 11:41 am

Subject: MARVIN DOES IT AGAIN

According to the webcast, Marvin crossed the finish line of the Western States Run at 10:52 this morning.

Way to go Marvin.....

See, Marvin, Maryben does care for you after all!!!! Hope you are rested enough to start writing your run story for the August issue of the Quips! K.

OAKLAND HILLS 60/50-IAHA CHAMPIONSHIP

RICK GOMEZ WINS BIG!!!! GREEN LIGHT FOR TEVIS, HUH?

60 mile

1	Gomez	Rick	L	Monterey	7:21:00 (BC)
2	Briggs	Conrad	M	Braze	7:23:00
3	Cook	Marci	M	AA Allusion	7:24:00
4	Christofk	Thomas	H	Huck	7:25:00
5	Hinrichs	Robin	L	Zorbas Jeanie	7:26:00
6	Potts	Loretta	L	Attraction	7:43:00
7	Warhol	Nick	M	Nachi Sunshine	8:01:00
8	Sandy	Nancy	L	Baashiq	8:35:00
9	Harper	Margareth	F	Belisamo	8:40:00
10	Jordon	Lisa	L	Tee Jay Five Star Sal	8:40:10
11	Fend	Jamie	L	BWF Khutrina	8:41:00
12	Clark	Tameria	L	PK Kinzar	9:38:00
13	Hussey	Andrea	F	Antar Al,Arab	9:38:10
14	Steward	Elaine	F	Karahty is Shameless	10:14:00
15	West	Corinne	F	Prince	10:14:10

50 mile/IAHA Championship - partial listing

1	110A Rothschild	Frank	M	Hucks Heartbeat	4:51:00
2	160 Waitte	Barry	H	Gulastras Streak	4:51:10
3	145 Townsend	Jeff	M	Kann Sam Count	4:51:20 (BC)
4	155A Hellman	Warren	M	Max	5:11:00
5	128 Larkin	Cynthia	F	Kallas	5:11:10
6	150 White	Barbara	F	Springdale Witez	5:11:20
7	101A Bernsten	Kirsten	M	Padrons Cruising	5:15:00
8	149 Wayne	Julie	F	Dakota Sam	5:25:00
9	159A Hale	Clarissa	L	NH High Falotin	5:25:10
10	161A PUTNAM	JILL	L	WINDSWIFT TAABI	5:42:00
11	162A BENKLY	BRENDA	M	FORTUNATE ECHO	5:42:00 (IAHA BC)
23	124J Graham	Hillary	J	Sabaku Tono	6:34:20
30	113A Webster	Kathy	F	Fire Alaarm	7:23:00
31	148 Walker	Gertrude	L	Eddie	7:23:10
41	139 Ribley	Robert	M	Murr the Blur	8:12:00

25 mile - QSER members finishing

Kurtzhall Jennifer -----LW Banoss

Oram Robert ----Sir Galahad

Walker David----- LS Mystery

FORT SHELLBOURNE - FROM OUR "BACK EAST" CORRESPONDENT

by Jennifer Layman, Park City, Utah

What an amazing week, what an amazing mare! This was my first full multi-day ride experience. I was riding my new mare, Sami who was gifted to me by a dear friend. I have known her since she was 3-1/2 (now 11), and honestly never looked past her black beauty since I never knew someday I'd be trying her in endurance. Until she arrived in my driveway she has been a pleasure horse, or pasture pony. I think she has been waiting for someone to give her a real job as she is proving to be a natural.

I had no expectations for this ride. I did hope to do three days. Sami had very successfully completed two days of the Duck's Mt Carmel ride in early May. I knew that was at least doable. For me, riding a multi-day ride was a bit like the movie Ground Hog Day. I think Sami got to the point at the end of the week where she was sure she was going to have to do this every single day for the rest of her life.

The trails were unbelievable!!! You would never know in a million years the beauty in these mountains when you look out from the somewhat desolate camp. Wildflowers every where, lush green grass running through canyons. Old historic pioneer cabins in the middle of no where. We did ride many sections of the Pony Express Trail, which I have to say was the least exciting section of trail. There are wild mustangs through out this range (of which I did not see except on the drive down). One small group of riders had a stallion follow them down a canyon for awhile. I did see a lone Antelope bouncing through a field. If you have never attended this ride, it is a must!

Day 1:

By far MY absolute worst day and I was sure I was done then and there. My sheepskin saddle cover decided to fall apart on me in the first 10 miles and rubbed the inside on my legs raw. I got my usual terrible case of prickly heat rash all over my legs as well. On top of that, at the finish I decided to get sick... sun stroke or something. I managed to take care of Sami get a bit of food and lots of electrolyte drink then lay down for 30 or 45 minutes. I rebounded pretty good at this point. Sami looked awesome and was ready for more, so I promptly got my act together to pack the crew bag for the next day. This was the toughest at the end of each day. After 8 hours in the saddle you have a good 2 hours worth of work... clean up horse, ice & wrap horses legs, hand walk horse, feed horse, then pack crew bag for tomorrow, eventually feed yourself and then shower. You rarely sit and this is when a crew would have been

a godsend. That night I cut the leg flap section off my sheepskin (so I still had tush cush) and managed to find some half chaps to barrow. I was clearly going to have to dust my legs in Gold Bond powder every chance I got as the week was going to get progressively hotter (last year they had a blizzard on the Wednesday ride... I would have liked that!). My neighbor (at home and at camp), Mari Ural gave me some extra electrolyte tablets to help me through. I also carried Turkey Jerky as a doctor friend in camp said I need salt... would help the prickly heat too.

Day 2:

This was an easier ride than day one, and as expected Sami was still taking it all in stride. She was not eating as well this day at the lunch stop... just to give me something to worry about I am sure (didn't matter, I worried every day about something). This mare actually may have put weight on this week which was great. I was struggling with her weight this spring and I managed to get some meat on her before the ride and she did not loose that this week. She pulled on me more this day than any other. My legs were pretty sore from the rubbing the day prior, but the half chaps were helping. They didn't help much with the prickly heat as they just held more heat in there. However, my new plan for caring for myself was working. A very nice and uneventful day.

Day 3:

Still going. Sami started day three asking if I was sure about this. Once she realized it was a go (about 30 minutes in) she moved right on out. This day's lunch stop was pretty wide open... no real bushes to hide behind to pull my pants down and dust my legs, so I decided to just pull the waste band out and squirt it down. Not a good plan!!! I could not see the volume of Gold Bond going down and lets just say no one would ride behind me due to the flying dust cloud I created. Each day around mid day was my personal down time... I just didn't see how this was going to be possible. On this day this was also about the time when I had a little accident which heightened this feeling. We had just hand walked down a steep long single track and were in a pretty large group. Everyone was mounting and Sami decided she did not want to stand still for me. As I was throwing my leg up and over something (reins?) got caught on her bit while she was tossing her head everywhere. This caused her to throw her head to the right which caused us to keep falling to the right. Fortunately, she picked a very soft spot for this and managed to wait until we were away from the shear drop

offs we just passed. I managed to push away enough that she only landed on my right foot. It hurt bad and I was sure it was broken. Many people saw it and said it was pretty frightening ... horse and human legs a flying. Sami was fine and whatever had been caught no longer was so we will never know. Mari made me get back in the saddle asap as we couldn't do anything about my foot until we got back into camp. It was mostly the top of my foot that hurt so riding was not too painful. I did lose it a bit at this point though. The shock and exhaustion turned into tears... silent private tears as sniveling is NOT ALLOWED. In a few minutes tears were laughter... why do we do this? I was sure my foot would swell up though and I'd be done. I was wrong. It bruised pretty good, but nothing broken.

I think I was looking for that excuse to stop. I took care of Sami at the end of this day and although I looked hard, to my amazement she still didn't have a rub, knick, sore spot, etc. She was bright eyed, eating, and drinking like a champ. She did start to get pretty darn demanding about her grain/beet pulp mash every night. Even the small patch of scratches she started with on her right rear leg was holding up fine. I was diligent about cleaning, and wrapping her back legs (white socks that seem to be more prone) nightly as the soil out there will eat your horses alive.

Day 4:

Are we really still going?? This was my least favorite day... uneventful, which is good, but the ugliest day. Flatter than the others, HOT, and dusty. Sami started as she had nearly every other day. Walking calmly for 15-20 minutes then picking it up as we got 30 minutes or more into the ride. She wasn't trying to figure it out this day and just went along. This is where Sami is going to really excel down the road. She hates the start as it gets Closter phobic for her and she would prefer to hang back... then when it spreads out she turns it on, but in a very sane and forward way. She felt as strong as she did day one. We took it easy as it was hot and a course where you could easily over do it since it seemed easy. Sami's scratches were starting to flare up a bit, but not bad. Some friends cooked me dinner this night which was a real treat. One less thing to do.

Day 5:

A neighbor next to me who had done the first four days was not going out this day as his horses legs were balloons from the scratches. This worried me, so I took a close look at Sami and they were a bit better than the night before. I mentioned them to Barney at the morning trot out and he said she looked great. Looks like we were going to actually attempt all 5 days. This was the hardest day of all. We climbed a canyon this day that took us up to 10000ft. It was spectacular, but brutal. Sami finally saw god! She was zonked. She was still eating every blade of grass in sight so I was

worried, but did not panic... just took it slow. I think it was a mental zonking as much as physical. Ironically, this was the best I felt all week... which was fortunate since I did a lot of walking myself to relieve her. At the lunch she was eating and drinking like she hadn't all week. The vet said she had definitely lost her animation, but all her vitals were excellent. I decided to keep it that way and walked much of the last half. At the end Barney said she looked better than at lunch and gave us a huge congrats!!

We did it!!! SAMI DID IT (and with little help from me early in the week)!!! 250 miles in 5 days. This is true endurance... a single 50 miler will never look the same. There were everywhere from 79-122 riders each day. The largest turnout they have ever had at one of the XP multi-day rides. Only 38 single horse/rider teams went all 5 days, and Sami was 16th. What was really fun was there were four riders there that live in my neighborhood here in Park City and all four of us managed to do all 5 days on the same horse.

I could not be more proud of this mare, nor can I thank Di enough for this fantastic gift horse. I also have to give a ton of credit to Mari who drug my sorry rear through the whole five days. She rode slower than she needed to in order to care for me and Sami. She was determined to make a real endurance rider out of me if it killed her. 40 some odd hours is a long time to spend with one other person on the trail and I think we both know a bit more about each other than we cared too.

QuickSilver members, and or familiar California faces that I recognized... Michelle and Steve Shaw. Michelle also did all 5 days on the same horse and took home the overall best condition award. Robert and Melissa Ribley... both did all 5 days on the same horses. Trilby Peterson was there but was unable to ride. Her horse was having a bad gash stitched up Sunday night. It was odd to see her standing on the side lines. Nick Warhol and Judy Long were there with Jackie Bumgardner and her herd. I am sure I am missing some one, and I am sorry if I am.

If anyone is passing through Park City, UT please feel free to look me up and spend some time. The riding is awesome.

Best,

Jennifer Layman and Sam Sam

SO. CAL. RIDE REPORTS FROM BUSY MIKE MAUL

Mt. Charleston Challenge PS Ride

The trip to the Mt. Charleston Challenge ride started with a detour back to traditional America. We were headed up I-15 toward Las Vegas from Los Angeles when the interstate was closed due to accidents ahead. A quick detour on one of America's most historic highways - US 66 - got us around the problem and gave us a view of what travel was like in the times before endurance riding got started.

This included an old gas station, a pump filling up an old Buick - and a sign with a price of 18.9 per gallon. A narrow highway with an opportunity to stop in small towns on your trip from Chicago to the west coast. It brought back memories of being on that road traveling from Kansas to Santa Barbara as a small child with my parents.

The radio described a multicar accident with a diesel spill and some horses along side the road. You wonder if it's someone you know on the way to the ride and if they need help but we never found out. You recognize the ties we all have to our horses when something like this happens.

On the way to Las Vegas - you pass through desert with an occasional huge building and resort complex rising out of the dry arid land. These include Whiskey Pete's and Buffalo Bills - where people come to get their enjoyment out of very different things than we do.

North of Las Vegas heading into the Mt. Charleston Wilderness area - we start the long pull up to basecamp at 7400 feet. The grades are long and go on for miles at 35-45 mph. This is part of the 316,000-acre Sping Mountains National Recreation Area which is part of the Toiyabe National Forest. Inside the national forest, the desert gradually changes into Joshua and yucca forests and then onto juniper, mountain mahogany, aspen, ponderosa pine and bristlecone pine forests where we ride.

The highest point near our ridecamp is Charleston Peak, which is 11,918 feet, making it the third highest peak in Nevada. At the top of Mount Charleston Peak you can see nearly 300 miles in each direction on a clear day. We don't get all the way up there on this ride but still have spectacular views.

Getting into camp just in time for the ride meeting - the atmosphere is that of a multiday ride - people who have been coming to the ride for years mixed in with a few newcomers. The rocky mountains - some still with small

patches of snow - tower over the basecamp in the sunset.

Claire and Fred Toomey have been putting on this ride since 1990. Rides like these in the wilderness areas are often true labors of love by dedicated ride managers. Claire started putting together the trails for the ride in 1987 - taking 3 years to rediscover old trails and put in new ones working with the park service and others who knew the old trails. She's still adding new trails each year for this two day ride.

The first day has 16 entered in the 75 and 23 entered in the 50. Starting at 7400 feet at 6 AM - we drop to 6400 ft - then back up to 8200 ft - with one tough section where the trail goes up almost 1800 ft in a short 2.5 miles. It's a tough ride and a good warm-up if you are planning on Tevis in July. The ride vet is Barney Fleming with all the vetchecks back in camp - a nice feature if you don't have a crew.

The first loop of 17 miles to Mud Springs starts off with more short ups and downs over ridge lines than I can count - there are supposed to be 37 but I lose count after 15. These are many single track kneeknocker trails in this section - but a very nice mix of environments. We go from yucca to juniper to pinion pines to mountain mahogany several times during the course of the day.

At Mud Springs - there's a lovely small meadow in the pines with a clear spring that even early in the ride - a number of horses drink well from. Going up and out - the riders and horses are silhouetted in the sun making one of those moments you remember about a ride. We see an occasional stallion pile but never any wild horses.

Going out on the second long loop - about 20 miles - the experienced rider with us cautions that this is a slight downhill and will be a deceptive 2 mile long uphill going back into the 2nd and 3rd vetchecks. Most horses take a while to come down after this. This loop heads up toward the base of the rocky crags that overlook the basecamp with the long pull up to 8200 ft. The views are spectacular looking forward toward the rocky peaks and back across the valley with range after range of mountains receding toward the horizon - each with a different shade of pink and brown.

At the high point of the trail at the water stop - one new rider learns a lesson about pushing their horse too hard. The horse pees brown to black even though he's been drinking well. Flagging down a passing car gets the trailer to pick him up quickly and all ends well as he seems in good shape several hours later in camp.

Natural water is scarce this time of year but ride management has placed ample water in key spots with candy for the riders as well. The trails are well marked and for almost all of us - difficult to miss. The last loop of 13 miles for the 50s - Rocky Gorge - is just that. It's tough enough that a number of riders get off to lead thru the rocks.

Suzy Kelly is first in on the 50 riding with Patty Danley(BC) a close second. Elfta Hiltzman(BC) is first in on the 75. 10 of 16 finish the 75 and 18 of 23 complete the 50. The first horses in look like they've not worked hard even though this is a difficult ride with the climbs.

The evening has elements of drama - a first time 50 mile rider is missing and the drag rider hasn't seen her anywhere on the last loop. Volunteers ride the last loop backward - a runner goes out looking - someone says they heard a horse off the trail - but no rider turns up. By 10:30 - the ride manager is getting ready to call Search and Rescue when the rider is delivered by car. She got off trail - and eventually found a number of horse tracks she followed to a horsecamp 15 miles away. She picks up her horse the next day and hopefully will try another 50 in the future.

The dinner on Saturday is excellent with a view of the mountains over the valley when the setting sun turns them a pale pink for just a few moments before darkness falls.

We(Mike and Rroc) place in the middle of the pack but with very thin shoes on both rear feet. So it's nice to take a break and go for a short ride for fun the next day when 9 riders go out for the 50. The wind blows through the pines and provides a background we never hear in the cities.

The social part of these multiday rides is one of the reasons why the atmosphere is different than a one day ride. People know they are going to be here the next day and spend more time talking, taking care of their horses, and having fun. You get into conversations such as -"is this ride or the one we did two weeks ago more difficult?" or "Are you going to Tevis this year and who do you have that's ready..."

Some observations on this ride: An experienced rider was telling me every ride is different for her - some difficult, some technical, some boring, and some easy. The difference on this ride for me is that it's all at an altitude that's higher than most rides I've been to before. You notice it immediately when you try walking up even moderate slopes. The horses don't even seem to notice it though.

Until you see a situation like the missing rider - you might not have an emergency kit on your horse. When you stop to think about how you and your horse would

spend a cold night at 7500 ft in a remote area - it seems a lot more important. It's on my list now.

Even when your horse seems fine - you can still have a problem. Rides like this one are a good test of endurance but you always need to watch your horse carefully. The new riders problem really illustrates this.

The Mt. Charleston Challenge is a very nice 2 day ride - beautiful views - at an elevation that's higher than most rides with an excellent mix of single track and fire roads, and technical parts. It's well marked, and with great volunteers and ride management. It's a mix of high desert, steep mountains, and beautiful views that is only a short distance in miles from one of the most commercial places on earth -Las Vegas.

But it's a tremendous distance in lifestyle and viewpoint from what we're enjoying with our horses and friends compared to what's happening at the slots, tables, and bars in Las Vegas.

Claire talks about adding more trails each time - and how much she enjoys putting on these rides. The ride is put on by the LVDR(Las Vegas Distance Riders Club) with Claire as the manager.

Claire - it's a great ride and if you add more trails - perhaps a 3 day ride next time.

Mike

Ride Report on "The New Ride" in the PS region

Thor and I finished 27th - middle of the pack - and first HW. All the HW riders in front of us were pulled.

"The New Ride" is just that - it's the first year it's been put on by ride manager Terry Woolley Howe at Cuyamaca State Park 40 miles east of San Diego. Cuyamaca Rancho State Park offers beautiful pine and oak forests, broad meadows, and little streams that are unusual in the generally dry Southern California landscape.

The park is over 25,000 acres and has Cuyamaca Peak(6500 ft) with over a hundred miles of hiking, horse and mountain biking trails. It has some really excellent horse camping facilities that we used for the second vet check. About half of it is classified as Wilderness area.

The park is much greener than surrounding areas because it receives the most rain in the otherwise dry San Diego County with an yearly rainfall of 37". In comparison - San Jose is less than 15" and San Diego is about 10". Basecamp was near 3000 feet above sea level.

Terry's rides are noted for their amenities - an excellent banquet, cookies and fresh fruit at stops along the trail and at the vet checks, a great group of volunteers, and a very funny awards ceremony.

We started off with a half moon in the early morning sky that stayed visible over the hills until late into the morning. The weather was cool and as you went along the trail - you would pass through warmer - then cooler spots until we reached the first vet check. The trails were the nicest I've seen so far in the Pacific South region - a good combination of fire roads, single and double track that passed through forests, huge open meadows with waving tall grass, and beautiful vistas across the valleys.

The second (lunch) vet check is held at one of the horse camps. It has excellent facilities and is located in the pines. You can make your own sandwiches, get fresh fruit, cookies and have your horse held and fed by a volunteer. We can even use the corrals for the hour hold.

One of the "volunteers" who appears at every vet check is little 8 year old Sarah. After being introduced to my horse Thor - she takes his reins and seems willing to hold him forever. Her 10 year old brother talks about playing sports but all you can see in Sarah's eyes is the desire for one of these beautiful horses. When you're ready to leave after an hour - Sarah reluctantly gives you back your reins and goes to find another one to hold and hope for.

The colors we see on the ride are starting to look "summer". The greens, browns, golds, and reds are starting to look muted compared to the colors you see when it rains in the winter. In one spot - we skirt the edge of a blue lake with brilliant white egrets along the edge. My horse has just lost his buddy at the last vet check so we have plenty of time to enjoy the view until another buddy comes along.

All the vet checks go very well. Even short 2 of the 5 planned vets - the vets (under head vet Dr. John McConnell) do an excellent job and there were no noticeable delays anywhere.

In the afternoon - we get some long climbs with a more rocky terrain on the roads thru the pines. In other places the manzanita forms a tunnel that's been cut through for the trail. As we ride through the pines near the top of the mountain - we can hear the wind blowing through the trees.

On the last loop - we pass some of the horse groups that are being led out of the stables near the park. The horses are together nose to tail for the novice riders. Terry has given us strict orders that if we even think about passing them fast - we are not going to get a completion. While they are on horses - it's hard to

imagine riding like that after what we get to do on our endurance horses. One the other hand - perhaps those endurance riders who spent the first 15 miles trying to hold back their horses would appreciate this.

After the ride - Terry has an excellent catered banquet under a tent large enough for us all. Completion awards include a ride T-shirt or tote bag - and a photo taken during the ride of you and your horse. Her comments during the awards are funny and appropriate - and especially for John Parke and his Icelandic Skjoldur who passes the 3000 mile mark at the ride. Without Trilby at the ride - John brings up the rear as the last rider in. There were 66 starters at 6:00 AM in the 50 mile ride with 52 finishers. The 50 mile portion was won by Holly Davies on Trooper in 4 hours 37 min. riding time. The best condition horse was Alidar, owned and ridden by Richard Fonseca (finishing 37 min. after the first horse). 76 started in the 25 mile ride with 69 finishers.

This ride is one of the few with an associated Ride and Tie section. There were 6 ride and tie teams (4 in the 23 mile course, 2 in the 15 mile course) with all finishing. The ride and tie group has some very tough - dedicated people doing this sport. One in particular stands out - he's 76 and just had a hip replacement in February. But he loves running and manages to get through this one fine. I hope I'm still riding well at 76 - much less doing ride and ties.

I get a chance to see the difference in what someone who knows and trains horses can do - compared to those who don't. Next to my trailer is a group that's spent the last 3 hours trying trying to get their horse in the trailer. A rider who's also a trainer comes over with her daughter - offers to help - and in less than 10 minutes has the horse loaded with no fuss at all. It's pretty impressive.

In the evening - people walk their horses - meet new friends at the water tanks - swap training methods - and just hang out. There's a number of riders from Arizona here who really enjoy getting away from the heat they are starting to see at home. The pink sunset has the bright evening star Venus and nearby in the sky - Jupiter. Later in the evening - we see the Milky Way and all the stars never visible in the city.

As I was leaving the ride very early Sunday morning on the long grade down from 3000 ft - fog had moved in overnight leaving the lower hills sticking up out of the white fog. They looked like small dark islands rising out of a pure white sea. It was a nice memory to take home from this excellent first time ride.

Terry - I certainly hope you have this ride again next year but you certainly can't call it the "New Ride" again. But whatever you call it - it's one of the nicest I've ridden lately. - Mike

Movies, MASH, and the Malibu Endurance Ride

The Malibu Ride was held for the 28th time on June 15 just north of LA. In the past - it's been put on by the Zontellis but this year it's run by first time ride manager Monica Woodman.

It's held in Malibu Creek State Park - a part of the Santa Monica National Recreational area which has Castro Peak as the highest point at 2800 feet. The Santa Monica mountains rise above Los Angeles and from the ocean peaks look back on the curve of Santa Monica Bay. The recreation area is over 150,000 acres and is the world's largest urban park. LA is the only city in the world divided in two by a mountain range, the Santa Monica Mountains, and thus it's also the only city divided by a national park. There's 500 miles of trails in the park and it's extensively used by hikers, joggers, and equestrians.

The ride took us through a lot of movie and TV history with Paramount Ranch, the outside set of MASH, and the set of Dr. Quinn - Medicine Woman being a part of it. Many of the early westerns were filmed at Paramount Ranch in the 40's and 50's with the early Tarzan movies filmed at Century Lake. The outside scenes for MASH were filmed here in the 1970's. For the mature riders - the westerns "The Cisco Kid" and "Dick Powell's Zane Grey Theater" were filmed at the ranch.

The ride - a 30 mile LD and a 50 mile endurance - under the veterinary supervision of Drs. Hewitt and Beason had a controlled start at 6:30 on loops of 12 miles, 18 miles (lunch vet check), 12 miles, and a final 8 miles. The start had some excitement with one of the horses dumping a rider who was air evacuated out with a possible concussion. She was released later with no problems.

This a ride with tunnels cut through the manzanita with shade in the morning. You can be riding along a trail with no sign of civilization in the mountains - seeing an occasional deer - then half a mile later you are going down a road with very expensive homes and later crossing Mulholland Drive. The morning is all away from the ocean side of the mountains with joggers, hikers, and families sharing the trail.

As we ride along - I notice the old rusted out army jeeps along the trail and find out that these are from the TV series MASH. I'm old enough to remember watching these in the original series and in my imagination can see Radar, Hawkeye, and Klinger driving along over the trails we're riding now. There's a spot nearby in the park where the opening scene was filmed with the helicopters bringing in the wounded. As we leave the area - it seems as if I can hear "Suicide is Painless" playing faintly in the background...

In the afternoon - we head out for the more difficult part of the trail. It's a long uphill that we walk in the heat of the day. When we finally get to a point where we can see the spectacular views of the Pacific - there's a very welcome cool sea breeze. The graceful curve of Santa Monica Bay with white sand beaches sweeps to the south with fog further out on the ocean. We can occasionally see sailing yachts in the distance. This loop has the section the ride manager called the "avalanche bypass". A significant section of the road had been lost in a slide with just a very narrow path left. The route we take around this is one that's very steep with lots of loose rock. The suggestion at the ride meeting was to get off and lead your horse. That turns out to be the right answer but it's not just lead - it's scramble up. Coming back down later is easier only if you have hiking shoes - not sneakers.

At the vet checks - there's lots of great volunteers handing out fruit, snacks, and homemade chocolate chip cookies. All our road crossings are handled well by the volunteers. There's very little natural water on the trail this time of year but ride management has ample water at all the right spots along the trail - especially at the top of the long climb. A local rider says that in the winter - the water comes down the mountains in little waterfalls over the trails.

Coming back down the long climb - it's good to get off and jog down hill for the 3 miles with my horse. This is my chance to feel like I'm contributing to the ride and not just riding.... This ride is an endurance setting but it's the most urban ride I've taken part in. Hikers, joggers, families are on many of the trails. We - as equestrians - have to be exceptionally careful in situations like this because our continued use of the area is dependent on maintaining good relations with the majority users of the park.

One jogger we kept passing and being passed by finally said "If you were on the ground - what would your speed be?" and I replied - If I were on the ground - I wouldn't be doing 50 miles today. We parted in mutual respect. Another hiker we passed going out and coming back in the afternoon looked like someone out of the "Lord of the Rings" with a huge mane of white hair. His comment - "Beautiful horses but I like hiking on my own two feet".

There were 41 starters in the LD with 26 finishers and in the 50 mile endurance section - there were 43 starting and 32 finishing. Suzy Kelly was first in the 50 with a ride time of 7:22 with BC going to Earnie Lohman - the second place finisher. It's a tough ride - very long - with us finishing in midteens with only 18 minutes to cutoff. The many riders who finished after the cutoff were given completions after the AERC office agreed to add 30 minutes to the ride due to the holdup at the start with the rider injury.

At the excellent dinner afterwards- we get our awards along with what we should have learned from the ride

from the vet staff. It's been a hot day for California and not only the horses but riders were suffering from the heat. With some horses treated because of the heat - Dr Beason cautions us about over-riding our horses and making sure we take care of ourselves so that our own judgment is not impaired.

On the way back from the ride on the freeways of LA - we found that congestion on the road in Southern California seems independent of the time or day of the week. Stop and go traffic is there even at 9 PM on a Saturday.

It was a very well organized and run ride for Monica's first with lots of great volunteers, excellent trails and scenic vistas over the Pacific, and hopefully next year - the continuation of this ride with 28 years of history.

Mike

DIANA THOMPSON CLINIC 7/13-7/14

Ed. Note: Diana Thompson is a key person in helping me overcome many obstacles in getting Beau physically able to even do an endurance ride. It will be well worth your time to attend one of her clinics.

Ground Training, Focus Exercises and Acupressure Clinic

There are many reasons horses have trouble performing in a relaxed, willing manner. They may have anxiety when separated from other horses, they could have fear, nervousness or anger caused by rough handling in the past, or they may be an individual with a sensitive nervous system. These horses require training which helps them relax yet clearly directs them to focus on the handler and following training cues.

Diana Thompson has developed a multidisciplinary training system that helps a horse emotionally and physically relax and enjoy learning and performing. This process blends a number of gentle ground training methods with specific acupressure points. When combined, these tools help the horse become emotionally relaxed, mentally focused and willing to participate with the handler.

Ground Training: Students will learn ground handling methods which bring about safe, effective partnerships with horses. The exercises are gentle, yet clearly define a leader (human) and follower (horse). The methods direct the horse to move forward and stop when asked, quietly stand still, back up and maintain appropriate space from the handler (no pushing, running over the top of handlers or dragging handlers allowed!!) Using these methods, students will take the horses through ground training obstacles to refine their skills. Obstacles that assist a horse's trailer loading ability will be demonstrated and practiced.

Focus Exercises: Diana will demonstrate how to evaluate and improve a horse's ability to mentally focus on the handler and calmly follow training cues. The physical aspects of a horse's ability to focus include relaxed posture, proper eye movements, flexibility of the poll joint (the joint between the horse's skull and first cervical vertebrae) and diagonal coordination. The emotional aspects of focus include the attitude of the horse toward the handler and the level of fear, anger, and other emotional states the horse holds in his or her body due to past events. Students will learn how to direct the horse's eyes and body in a way that helps relax the horse and improve mental focus and partnership.

Acupressure and Massage: Students will learn several acupressure points and massage methods that increase the horse's ability to relax and focus on the handler. This includes massage and movement exercises that improve motion of the poll joint.

The clinic is scheduled for July 13 and 14, 2002, at Mary Fenton's EvenSong Farm in Watsonville, California. Contact Program organizer Helen Harvey at Ph (408) 285-2092 (days), (408) 978-9926 (evenings) or email helensense@earthlink.net for additional information.

JULY 2002

- 07/06/02- FLATWOODS 25/50/75
BIG BEND, CA
Churstie Evans (530) 337-6530
- 07/10/02 QSER MEETING @ TRILBYS
7:30 P.M.
- 07/13/02 RED ROCK RIDE 30/50
RENO, NV
Carol Hoeft (775) 969-3351
- 07/13/02 MIDSUMMER MADNESS 25/30
07/14/02 LAKE LOS ANGELES, CA
Rosemary Olney(760) 868-2350
- 07/20/02 TEVIS CUP 100
Dale Lake (530) 823-7282
- 07/27/02 MORGAN SPRINGS 25/50/100
CHESTER, CA
Sarah Seward (530) 268-2209
- 08/03/02 FIREWORKS 25/50
SANTA CRUZ, CA
Liz Maitoiza (831) 763-7885

07/27/02 QSER POKER RIDE
WE NEED VOLUNTEERS &
PRIZES!

Calero Park

Check in 8:30
Ride out 10:00

We need volunteers. We also need
prizes. Contact

Heather 997-1239

or Maryben
265-0839
cell: 489-5863
merryben@aol.com
maryben_stover@csaa.com

**NEXT MEETING: BRING YOUR TEVIS ADVICE, STORIES, AND
CURIOSITY! LET'S GET EVERYONE FIRED UP FOR THE BIG RIDE!!**

Quicksilver Endurance Riders, Inc.
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