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# HORSEMAN

Fall 2019



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— John Steinbeck

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### ON THE COVER

Bonnie MacCurdy and Jack won 1st place for their Incredible Hulk Costume. *Photo by Martha Greene*

### Didja Know?

*Bob Rosenberg*

<http://www.smcvhp.org/>

Did you know that...

- horses sleep both lying down and standing up?
- horses can run shortly after birth?

- domestic horses have a lifespan of around 25 years?
- a 19th century horse, named "Old Billy," is said to have lived 62 years?
- horses have about 205 bones in their skeletons?
- horses have been domesticated for over 5,000 years?





## MESSAGE FROM THE CO-PRESIDENTS

Ahhh...Fall! The cooling off time of the year between a hot summer and an upcoming wet winter. It's when the cooler temperatures start rolling in and we put away our tank tops and sunscreen and pull out our jackets and scarves. Fall is such a beautiful time of year in our community, when the leaves from the trees and plants are changing into multi-colored works of art before finally falling away. The bare and vulnerable branches which are created still reveal the true beauty of where we get to spend time with our horses.

As winter approaches, we look back on some of the fantastic events we've had over the last few months. SMCHA hosted a wonderful Obstacle Clinic at Webb Ranch with Joan McLaren teaching us all how to help your horse navigate through different obstacles. We held our annual Fall Riding Clinic for four consecutive Sundays (which was FREE again this year); another great success thanks to all the hard work from Karen Rowley-Shawback! SMCHA was invited to have a booth at WHOA's Day of the Horse in October where we met hundreds of children, parents, and residents at the Horse Fair. What an amazing event WHOA puts on every year which opens the world of horses to so many. Thank you to Carin Cartt for a wonderful trail ride and lunch at Webb Ranch for our annual Presidents' Ride as we had such a lovely time.

SMCHA is looking forward to 2020! Our goal is to help unify our Equine Community neighbors and work together to keep our traditions alive. While we donate our time working hard on this goal, we hope we can count on all of you to give back as well. Making a charitable donation is your chance to make a difference and help SMCHA preserve this horse culture and invest in our future generations. SMCHA is a 501c3. You can donate by sending a check to SMCHA, P.O. Box 620092, Woodside Ca 94062 or go to our Website at [WWW.SMCHA.ORG](http://WWW.SMCHA.ORG) and hit the "DONATE" button on the right hand side.

May your holidays be filled with lots of family, friends, happiness, health, peace and love (and some nice horsey gifts).

*Christine Friis and Jenny Mize*



## The San Mateo County Horseman Magazine

WINTER 2020

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(Application on back cover)

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# 15th Annual Woodside Day of the Horse Raised Equine Awareness and Appreciation

By Nan Meek

Celebrating 15 years of equestrian festivities, the Woodside-area Horse Owners Association (WHOA!) expanded its traditional Woodside Day of the Horse celebration into three days of equestrian activities, from October 11 to 13.

Woodside Day of the Horse serves an important purpose for equestrians locally and throughout the greater Bay Area: to inform and educate our neighbors about how living with horses enriches our communities in countless and sometimes surprising ways.



Noel and Ramona are awarded 15th anniversary DOTH buckles for riding every year since the inception of the event.

Friday evening, October 11, brought hundreds of horse lovers, art lovers, and neighbors together for the Opening Reception and First Annual Art of the Horse exhibition at Woodside Town Hall. Guests mingled with artists and their families, enjoying local wine and light refreshments as they perused artwork from oils and pastels, to bronzes and photography, in a variety of styles as well as an array of media, all to the accompaniment of live music under the welcome tent.

In addition to honoring the horse through art, horse people were honored, as well. Noel Moody and Ramona Martinez received 15th Anniversary belt buckles for riding in every Day of the Horse Progressive Trail Ride. Donna Poy and Fentress Hall, the organizing founders of Day of the Horse, received the WHOA! Hall of Fame award which hangs in the Woodside Town Hall.

## Progressive Trail Ride

Saturday, October 12, saw riders dressed in “Super Heroines and Heroes” theme costumes riding the unique Town of Woodside public trails during the Progressive Trail Ride. Passing motorists, bicyclists, and walkers called out “Superman!” and “Hey, Hulk!” to some of the most recognizable costumed riders, while other costumes included artistic super heroine Frida Kahlo and Nordic goddess warriors, among many creative interpretations of this year’s theme.



Top photo: Artist Peter Van Vlasselaer with one of his paintings at the exhibition. Above: Nordic warrior goddesses on the progressive ride.

Estimating that each rider reached out to at least four or five friends, family members, and work colleagues with photos and anecdotes about their “super ride,” it’s safe to say that the Woodside Day of the Horse Progressive Trail Ride touched at least a thousand people, and likely more given the extensive reach of social media, raising awareness of Woodside trails among equestrians and non-equestrians alike.

## Family Fun Horse Fair

On Sunday, October 13, the Family Fun Horse Fair attracted approximately 1,500 visitors, many for the first time, from surrounding communities to enjoy pony rides, wagon rides, and interactive equine learning experiences.

Guests at the Fair participated in hands-on activities such as hearing a horse’s heartbeat, nailing a horseshoe on a real horse, stamping leather, and petting ponies and miniature horses, as well as sitting in the Wells Fargo Stagecoach. Information about vaulting, 4-H programs, riding instruction programs, local parks, veterinary care, therapeutic riding programs, our library and our community museum, getting back in the saddle, mounted search and rescue, and of course, the San Mateo County Horsemen’s Association!



Enjoying a horse ride at the fair.

Woodside Day of the Horse is made possible by a public-private partnership of Woodside-area Horse Owners Association (WHOA!), The Town of Woodside, Woodside Community Foundation, and the generous support of sponsors and volunteers. Find out more at [www.whoa94062.org](http://www.whoa94062.org).

Photos by LeeAnn Meyers

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Per Year (4x)	\$80	\$150

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## SMCHA's Annual Presidents' Ride

What a great day for the 2019 Presidents' Ride. We had gorgeous weather, great company, delicious food and a wonderful ride. Thank You Carin Cart for organizing such a special day!

*At right, some of SMCHA's current and past presidents, from left to right are Bonnie Bertetta, Jenny Mize, Christine Friis, Gretchen King, Cheryl Basin, Ron Harris, Patty Dana, Barbara Stogner, Nancy Kouchekey.*



*At left, Nancy Kouchekey heads up a group on the Monkey Trail.*

*Bev Kane leads the pack as riders cross through Jasper Ridge Preserve.*



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# JUST ASK ATHOS

Athos is a 26-year-old Arabian who lives in Woodside, CA. Standing 14 hands tall, he's literally a pony, but what he lacks in size, he makes up in brainpower. If you find his quarterly column helpful, please feel free to take and share the advice. Should you have questions of your own, please shoot Athos an email (athosthetrickpony@gmail.com) and he'll answer your question in our next publication.

**Today's column is about embracing change. From his own recent experience, Athos wants you to know that like it or not, change is inevitable. And with a positive mindset, the outcome can be remarkably rewarding. Enjoy!**

## Embracing the Way Forward

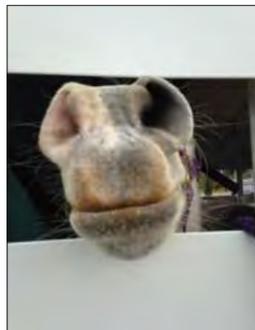
"Why are you eating MY hay?" challenged the stout, tough-looking guy on my right. "Get outta' here!" he snorted, aggressively reaching to take a chunk out of my hiney. Running away, I heard a soft, reassuring whinny. "Come over here cutie pie. He won't hurt you if you are with me." I looked around several times to see who she was talking to, and it was me...little ol' me! Within a microsecond, I stood in back of this beautiful mare. Who wouldn't prefer a good night kiss over a kick in the face? It was neither the time nor the place to play the hero!

You never know what tomorrow will bring. One morning, not too long ago, the day started like it did every other day with a walk up the hill with the other horses. Something was off. The atmosphere was tense and restricted.

## In the trailer.

My friend, Elizabeth, was awfully nervous, pacing to and fro. Not far off in the distance stood a couple of shady characters near an empty horse trailer. Staring right at me, they spoke in muffled tones so I could not overhear what they were saying.

My breakfast was not in its usual place, on the mat next to the shed. Suspicion set in. Following the sweet aroma of carrots, bran and horse pellets, I realized my mush was in the very back of the tiny paddock on wheels. It had to be a trick, but my tummy always betrays my better judgement. One of the strangers patiently coaxed me into the trailer with a ton of carrots. Slowly but surely, he gained my trust, so I finally walked right in, glad to finally eat my oats. Just as I swallowed my first mouthful, the door slammed shut behind me. I was trapped. Bad memories came flooding back. I was either really sick and needed a vet or I was being "horsenapped." I just wanted to go back to my pasture and hang out all day.



Long story short, I'm now settling into my new home at Webb Ranch. The first couple weeks were brutal. I spent the first night all alone in a paddock, separated from the new herd by a wooden fence. That fence was so high (or I was so short), I couldn't even reach the water trough on the other side. I was so stressed out, my ulcer started acting up.

The next day, I stood back to observe all the horses and it was pretty obvious who was calling the shots. The stalky muscle horse was

definitely the boss. Around food, you sure don't want to get in his way. I call him The Bouncer, because he probably used to work at a bar or for security detail. Rumor has it; he was once part of the mob!

His right hand man is tall and fierce, with more bark than bite. His nickname is The Brat because he's very mischievous. When Elizabeth wasn't looking, he reached right over the fence, grabbed ahold of her backpack and shook it as hard as he could until apples and all her personal belongings flew in the air to the ground. Can you even imagine?

Both horses are on the top of the food chain, meaning if a predator happened to be lurking in the berry field, I was the new guy, not a VIP and I would be the first to be eaten. I had to make more friends, and fast!

When I was finally liberated from my jail cell, the new herd wasn't too welcoming and I really had to fend for myself. I decided to act courageously even though inside I was shaking like a leaf. I knew I'd have to fight for a place in the new chain of command. My tactic was to fly under the radar and not stir up any trouble. But, it was so chaotic; it reminded me of the Wild West out there in the pasture. I'm a pacifist by nature, but I was not afraid to defend myself by stomping my hooves and vocalizing my displeasure when provoked. I wasn't afraid to stand up to the bullies, and as long as my tummy was full and I had water to drink, I was happy to be toward the end of the cafeteria line. No way was I going to be last, but second to last was fine by me.

I really like all the people here, especially the ladies who made sure I had enough hay to eat those first couple of days. After several weeks of drama, filled with bites, kicks, and stomps (just normal horse interaction), everything is finally settling down. I've made a couple of friends and I'm proud to tell you I have a new girlfriend who is super nice, pretty and always by my side.

What I thought was, hooves down, the worst day in my life turned out to be one of the best decisions I've ever been forced into. I'm alive, well-fed, and pampered. I have the sun on my back, a huge pasture in which to roam and brand new friends. The change was hard initially, but thanks to everyone who has helped me adjust, I am grateful because I am finally home.



Love, Athos

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# Miss Owena

## *A True Champion*

By Noel Moody

...Continued from Summer Edition, 2019

We decided Miss Owena was a trail horse. That August, we entered the San Fernando Valley Fair Horse Show at Devonshire Downs. The class had over sixty entries. Missy won the class! We were thrilled and thought, "Let's keep going." That's exactly what we did.

Miss Owena won the Open Trail Horse class at the Los Angeles International Horse Show where there were one hundred and four horses. She won the \$500.00 Trail Horse Stake at the Santa Barbara National Horse Show over a class of sixty four horses in 1954. She won the \$500.00 Trail Horse Stake at the Santa Ana National in 1954 and in 1955. She was Reserve Champion Trail Horse at the Santa Barbara Fiesta four times. She was Reserve Champion Trail Horse at Indio and the California State Fair in Sacramento.

In 1955, when Miss Owena was eight, she won the \$500.00 Trail Horse Stake at the Grand National Horse Show at the Cow Palace over forty seven entries. Richard Deller judged. In those days, we had to do rail work as well as obstacles. Missy had great style and a perfect go over the obstacles. When the judge asked for an extended lope, I extended. When he said, "Stop," Missy did a perfect sliding stop right in front of him. In the lineup, a woman was cleaning the seats and waving a towel around. Missy fixated on her and posed majestically. I should have tipped her.

Missy had two fillies. I sold the first one to a man in Santa Barbara who won the Trail Horse Class at the Rancheros Visitadores ride two years later. Her name was Miss Noelabel. The second filly was named Miss Gingerbell. I kept her and used her on SMCHA and Los Viajeros rides for nineteen years. She was highpoint champion at the SMCHA Senior Playday in 1981. She won a lot of ribbons at SMCHA shows.

Miss Owena still had one more mission in life. Virginia's first husband was a Colonel in the Air Force and was sent to Vietnam. Virginia moved to Santa Barbara with her two daughters, 8-year-old Carolyn and three-year-old Jocelyn, to be near our parents. Missy taught them to love horses and riding as well as how to ride and show. We took Carolyn to local shows and Jocelyn put on a trail horse demonstration for her nursery school class. Was that ever cute!

Virginia entered the Family Class at the Santa Barbara National. Jocie, now four, rode Miss Owena. Carolyn and Virginia rode their friends' horses. When Jocie got the trophy, she asked why she couldn't ride longer. Miss Owena had won another blue ribbon at 25.

Mac McHugh, AQHA Hall of Fame Trainer and Judge, said Miss Owena was the greatest natural Trail Horse to ever step into the ring. It was his belief that you only get one great horse in a lifetime and Miss Owena was ours.

My Father always said Missy was the only straight "A" student in the family.

Miss Owena died at 35 at the Woodside Stable with her head in my lap. Twenty-one years after the cast party, in NYC where Emily and her husband lived, a man hurriedly approached them at Rockefeller Center and exclaimed, "You're the lady with the horse in the living room!"



From right to left - Noel Moody's sister, Virginia, is on the blaze face horse. Her 4-year-old daughter, Jocelyn, is on Miss Owena (age 25) and her other daughter, 9-year-old Carolyn, is on the left. They won the Family Class at the Santa Barbara National Horse Show.

### Post Script

The huge ranch in New Mexico from where Miss Owena came was the 200,000 acres of the Bell Ranch divested from the original 600,000 acres after WWII because of a death of someone very important to the ranch. They brought truckloads of horses to sell in California.

The Bell Ranch got its name from the school bell-shaped mountain in the middle of the ranch. The Bell Ranch was founded in 1850. It still has 400,000 acres and is privately owned. The Bell Ranch is older than the King Ranch in Texas.

Miss Owena was branded I I L on her left hip. That could be initials or it could be read differently. According to the Brand Book, a river was shown as I I. A mountain was ^. L meant left. Missy's brand could be read as "Left of the mountain and river." The brand told what section of the ranch she came from.

Miss Owena was a foundation bred Quarter Horse. Her sire Daybreak was AQHA #1426, by Silver King (Mays) #183, by Old Sorrel #209 (from the King Ranch). Because her mother, One Eye, was 1/2 TB by Armon, Missy was registered with the National Quarter Horse Breeders Association in Houston, Texas. Miss Owena was #10,615. The two associations merged and became the AQHA we have today.

Miss Owena was a genius and was all business all the time. She was not a pet. She had a lot of bone, about which people often mentioned. She never had splints, navicular, ringbone, tendon problems, shelly hooves, or hock problems. She never had respiratory problems or enteroliths (stones). She was a beautiful blood bay and was a very dominant boss horse. She was extremely cowy. I always believed she was really a cutting horse but she got owned by two sisters who loved her dearly.

Daybreak, Silver King (Mays), and Old Sorrel are in the Stud Book Number One of the AQHA.

# SMCHA's FREE FALL RIDING CLINIC

## 32 YEARS AND STILL GOING STRONG!

*By Christine Friis*

Did you know that SMCHA's very own Karen Rowley Shawback has been organizing SMCHA's Fall Riding clinic for 32 years? Well, it's true! Once again, this year's Fall Riding Clinic was a big success! The weather was perfect for all four consecutive Sunday morning 90-minute classes located at the Mounted Patrol grounds. We had 25 riders (both young and old) who participated and enjoyed this wonderful opportunity. We had local members attend as well as folks trailering in from Half Moon Bay, Los Gatos, San Mateo, Mountain View and San Luis Obispo! If they weren't already a member, they quickly joined SMCHA to be able to be part of such a fantastic opportunity. We also had numerous folks (not riding) audit the clinic at no charge. Some members came for all four sessions and some for just a few sessions....there were no hard rules.

This year's instructors were Noel Moody, teaching "Beginning and Re-entry into Western Riding, Ryan Smit, teaching Smooth Transitions, Joan McLaren, teaching Ranch Versatility and an Intro to Cowboy dressage, Nicole Fava and Rita Sinasohn-Pharr, worked with all the English Riders. Christine Friis and Deb Padilla conducted the desensitization class on the first week.

Over the past couple of years, SMCHA has recognized the importance of offering these clinics for "Free" to all members of our Association. In our determination to support our horse community, a clinic such as this is an investment in our future. This was yet another event for folks to improve the relationship between horse and rider and develop skills to communicate and control their horses. I believe all left with new tools to help create a better connection with their mounts.

I would bet hundreds of you have ridden in this clinic over these past 32 years! We would love to hear from you if you have done so. Write us at [SMCHA@SMCHA.com](mailto:SMCHA@SMCHA.com). and tell us your story! Did our Fall Riding Clinic help you learn new things, surmount a

confidence issue, acquire a new discipline or maybe just have a totally fun experience with your horse!?

Through the help of your donations, SMCHA looks forward to offering this clinic at no charge to our membership base

in the future. A big "Thank You" To Karen Rowley- Shawback for all the hard work and love she extends into putting on these yearly clinics!

**SMCHA: Keeping the tradition strong right where it belongs!**



Sharon Butler and Cool ace the sensory course.



Photos by Jenny Mize

Top: Deb Hotter rides her horse with confidence.

Bottom: Gemma breezes through the foam monsters on Renatta.



## Cyclists: how to pass horses

*Call out hello,  
pass wide and slow*

  
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*Remember: horses can't hear or see  
you approaching*



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# Equine Ringbone

*Kelli Matheny, DVM, MS  
and Kelly Zeytoonian,  
DVM, CERP*

*Starwood Equine  
Veterinary Services*



*Credit: Hoof-it.com*

## What is Ringbone?

Just like humans, our equine companions are susceptible to a variety of arthritic conditions. One common example of this is ringbone. Ringbone is a degenerative condition that refers to new bone growth around a joint; specifically the pastern joint ("high ringbone") and the coffin joint ("low ringbone"). New bone forms in an attempt to stabilize the joint.

While horses of any age or discipline can be affected, predisposing factors include conformation, job, trauma, and infection. Conformational abnormalities include: being "toed in" or having an upright pastern angle. Equine athletes that undergo repetitive lower limb stress (jumpers and western performance horses) seem to commonly suffer from this condition. Trauma endured by the joint or a joint infection can also contribute to the development of ringbone.

## How is it Diagnosed?

Clinical signs of ringbone vary from a sudden onset lameness to a subtle change in gait. Your horse's gait could feel choppy or short-strided. In severe cases, heat and a bony protrusion may be felt around the pastern. In order to get to the root of the problem, your veterinarian will begin with a thorough physical and musculoskeletal examination which will most likely include observing the patient on different surfaces, flexion tests, and nerve blocking. Observing your horse's response to the flexion of certain joints as well as locally numbing specific parts of the lower leg can help your veterinarian localize the area of pain. Once the area has been narrowed down, radiographs can help to visualize bone proliferation around the pastern or coffin joints.

## What are the Treatment Options?

Treatment and management of ringbone depend on the severity of the condition and expectations for the horse, however, they can typically be divided into medical and surgical treatment.

Medical treatments generally include the use of nonsteroidal anti-inflammatories (NSAIDs) such as phenylbutazone ("bute") or firocoxib ("Equioxx") to reduce inflammation associated with both acute and chronic ringbone. As with any orthopedic condition, maintaining a healthy weight is essential to reducing unnecessary stress on bones and joints. The collaboration of your farrier and veterinarian is also an important part of medical management. They will work together to develop a shoeing plan that reduces strain and provides support for your horse's lower limb joints. Other aspects of medical treat-



ment include injectable forms of joint support such as "Adequan" and "Legend" which aim to improve joint lubrication and cartilage health.

Some horses require slightly more aggressive treatment in the form of joint injections. Joint injections of the coffin or the pastern joint, whether steroidal or regenerative, aim to reduce inflammation at the source.

If the ringbone cannot be mitigated with medical management, surgical treatment may be another option. While fusion of the pastern joint can occur naturally in some cases, it can be surgically accomplished via arthrodesis (i.e., fusion of the joint with plates and screws) or through facilitated ankylosis (i.e., injecting alcohol into the joint). When the pastern joint is fused, the restriction of motion reduces arthritic pain, and in some cases, allows the horse to return to work.

Ringbone is a common, irreversible condition, but there are a variety of treatment and management options available to help your horse live as comfortably as possible. Your veterinarian can help you to decide the course of action best suited to you and your equine companion's needs.



# Halloween Playday

*Sunday October 27, 2019 at Webb Ranch*

*By Mariangela Sonstegard*

The day was cool, the air was crisp and there was a slight breeze as the day kicked off with a costume contest. The creativity and imagination that went into the costumes exceeded all expectations. This year, the parade of costumes consisted of Super Heroes, Disney characters, a Rodeo Queen, Princess Leia and several other colorful and imaginative costumes. The judges definitely had a tough job picking the winners, but after much deliberation the 1st Place winner was Bonnie MacCurdy and her Percheron, Jack, dressed as the Incredible Hulk, the 2nd Place winner was Deb Scott and her horse MJ, as Maleficent, and the 3rd Place winner was Adeline Forrest and her horse, Angie, as the Pink Ladies. It is so fun to watch the parade of horses and riders in their costumes. It is the most entertaining event of the day and all the costumes and participants are winners!

The next event was Joan McLaren's Spooktacular Obstacle Course. This course was set up on the Webb Ranch Polo Field. It was fun and challenging for both horse and rider. One at a time, the riders had to step and jog over poles, cross a bridge, maneuver and navigate tight turns through narrow obstacles. The course ended as the riders had to pass through a left-handed gate spooked up with spiders.

After a lunch break of pizza, salad and Halloween cookies, the ghoulish games began. All riders were challenged in balance, coordination, perseverance and speed as they competed in the Ribbon Race, the Egg & Spoon, the Barrel Race, the Boot Race and the Dollar Bill Race. One of the most memorable moments of the afternoon was during the Boot Race. Riders were timed as they raced, one at a time, to the end of the arena and had to jump off their horse, find their boot in a pile of boots, put on their boot, get back on their horse and ride back. When it was Bonnie MacCurdy and her Percheron, Jack's turn, they rode to the end of the arena and instead of getting off of Jack, she told him to "Fetch." Jack lowered his head, picked up a boot in his mouth, turned his head toward her and placed it in her hand. It was truly amazing and entertaining to watch.

The entire day was fun filled with laughter, light-hearted competition and encouragement for riders of all ages and abilities. Everyone went home a winner, with smiles on their faces, goodie bags for riders and horses, stories to tell and excitement and anticipation for next year!

A special thank you to all our volunteers who helped make the Halloween Playday a success. I could not have done it without you.

**Photos by Martha Greene**





# Farewell Los Altos Hills Trails

By Shari Fisher

Think Lila and I will be missed on the trails in Los Altos Hills? I love trail riding and my current trail partner is Lila, a gorgeous, head turning, rose-grey, Arabian mare. She has a bold, confident presence about her and seems to like adventure, going down the path with her ears forward and lightness in her step. She is very curious and visually inspects every inch of trail. She can tell you that something was moved, removed, or added since we would ride the same trails over and over. We were averaging over 20 miles a week year-round and most of it on Los Altos Hills trails.

Over time, I have seen a significant increase in traffic and construction, which exponentially increases trail riding challenges. Lila and I are tense, worried, and hyper alert along the trail. Is that dog going to try and sneak up on us and charge the fence barking and leaping? Is the leaf blower noise behind the wall coming towards us? Is he actually going to start that motorcycle as we quickly try and get by him? Will that security gate across the driveway suddenly screech open? Does that trash truck driver see Lila? Or will he suddenly pull out in front of us?

The cement truck roared down the road towards us. My terrified horse looked for a way to escape, but we were on two feet of trail next to a fence with no options. The truck never slowed as I leaped off the horse to try and assure her it would not run us over. Both our hearts were pounding.

The landscaper truck towing a trailer full of tools and equipment rattled through the neighborhood. As their trailer swerved towards us, we ran down a driveway to avoid getting hit. Lila moved so quickly that I nearly came out of the saddle.

The BMW driver racing around the curves in the hills and going into the other lane to avoid the bicyclists suddenly heads directly towards Lila. She jumped off the trail into someone's garden and barely missed taking out a sprinkler head or two.



The construction workers parked all along the trails, forcing us to ride in the street with cars honking behind or rushing by to get around us. I hold my breath and try and remain calm.

Lila and I nearly got hit while in a cross walk at a stop sign which I thought would be safe. Drivers are supposed to stop when there is someone in the crosswalk, right? In a big hurry, the driver pushed past the stop sign and missed us by inches not even slowing down for a moment all the while looking right at us. Was he purposely trying to hit us? Shaking, I dismounted and walked the rest of the way back to the barn.

Years ago, a group of us would forgo coffee and meet at our boarding facility to feed and ride our horses around the neighborhood. It was much quieter on the trails in the mornings. We had several five mile loops that we tried riding in an hour or less. Riding in a small group, we felt safe and enjoyed the company. We all agreed, it was the best way to start the day before heading to the office. Alas, our boarding facility had to downsize the number of horses so the landowner could develop. We all had to scramble and move our horses to new places. No longer together for morning rides, Lila and I would ride out alone. We both sorely missed the companionship and conversations during the rides.

As good as the Los Altos Hills trail maintenance crew is, they do not trim to horse/rider height. On trails we used frequently, a friend and I would do a “trimming” ride with our hand trimming tools. His Quarter Horse gelding did not mind if leaves and branches would be failing all around him even if they landed on his head. It was good sensory training for my nervous Arabian mare and we would not have to duck under so many branches the next time we rode that trail.

A beautiful place to ride trails in the area is Arastradero Preserve with rolling hills, wonderful views, beautiful forests, and no motor vehicle traffic. It was like a breath of fresh air when Lila and I would finally get to the there. There are two ways to get into the preserve from Los Altos Hills trails. One is off of Paseo Del Robie Drive and the other from Arastradero Road. For both trails, access starts with a bridge. The one off Paseo Del Robie Drive, I had to get off ever time to convince my horse to step on the bridge. It is narrow with no sides and swayed with her weight. She snorted and danced her way across as we both worry that it will break underneath us. Some of my friends’ horses refused to ever cross that bridge, so they never rode that trail.

The other bridge is off Arastradero Road. It is very solid, wide, with high sides. A number of years ago another friend’s horse put his foot through one of the boards. The solution? Slap a “No Horse” crossing sign and place an orange cone over the hole. If you want to ride into the preserve and not cross a bridge, there is a tiny trail on Arastradero Road to another entrance further down the road. This is not the safest route between the blind turn, curve in the road, and oncoming traffic. A bicyclist almost hit us head on because of the lack of visibility. Startled, Lila jumped into the middle of the road. Luckily there was no vehicle traffic. I will admit after that incident that I ignored the sign and rode over the bridge, for it was the safest way to get into the preserve.

Lila and I enjoyed the Los Altos Hills trails for many years and I think we will be missed. The mother who slowed down as she drove by us and opened the back seat side window to reveal her young daughter, all dressed in pink tulle laughing, giggling, pointing out the window cooing, “horsey!” will miss us.

An elderly women stopped her car in the middle of road and waved us down as Lila and I were trotting down the trail. “Wow! I have not seen a horse on this trail in years! My granddaughter used to ride around the hills all the time. It is so great to see a horse on the trails again.” She will miss us.

The harried nanny trying to quiet a cranky three year old during their walk will miss us. The moment the young child saw Lila, he pointed and smiled. “This is the first time he has smiled in days,” the nanny said. Lila walked up to the stroller, lowered her head, and let the tiny hand touch her nose. The boy cooed in delight and promptly fell asleep. “Thank you so much!” The nanny called out to us as we made our way down the trail.

The bicyclist who stopped at the corner and yelled out – “What a beautiful horse!” He will miss us.

Lila would bring a smile to the countless number of walkers, bikers, strollers, and runners who frequented the multiuse trails. One runner was happy to let Lila trot behind him for several miles. I lost count of the number of photos taken of Lila. They all will miss seeing us.

On the trail near a school, the young children would see us pointing and yelling, “Look! A horse!” I would invite them to meet Lila as well as caution them from running up to her for they might scare her. I al-

ways took the opportunity to educate them and answer any questions about the horse such as, “Why do you not stand directly in front of or behind a horse?” I told them about a horse’s blind spots. I would let them pet her. “Why is she wet?” She was sweating after trotting along the trail. “What kind of saddle is that? Where is the horn?” It is a dressage saddle so it has no horn. “What are those?” Lila is a barefoot horse and she was wearing her hoof boots due to the rocky trail conditions. “She is so soft!” The future generation will not have the same opportunity to interact with a horse like Lila on the trail.

The group of Stanford students jogging through Clark’s Field stopped to take selfies with the horse will miss us.

The women who invited Lila to eat grass in her front yard so her invalid son could see us out his window will miss us.

There was a private home on the trail which had horses for years. It was a very well maintained place and the horses would greet with us with a friendly nicker as we rode by. A few months ago, when I rode the same trail, I discovered that the horses were gone and the house was all closed up. I suspect that the owner had moved and the place would no longer welcome horses. As boarding facilities reduce the number of horses onsite or simply close, there will be fewer horses on the trails. Private homes with paddocks and small barns no longer use them for horses, further reducing the number of horses out on the Los Altos Hills trails. Some riders who currently live in the hills are riding the trails less and less due to decreased safe riding options and the steady and seemingly unstoppable increase of traffic.

Lila and I are now happily riding the trails elsewhere in Northern California and enjoying the peacefulness of the woods where we roam. Our trail companions are deer, quail, and the occasional bear eating manzanita berries. We may see a car or two or may see no one at all for miles. So farewell Los Altos Hill trails. I think you will miss us more than you know.



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My thanks to Leslie Dorrance, Conservation Grazing Program Manager, Santa Lucia Preserve, for bringing over her two special friends for the photoshoot.

WELCOME HOME



Private Residence - Guest House "The Cowboy Cabin"  
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# DIY HOOF CARE WITH ESSENTIAL OILS

By Shelly Hayes

The equine hoof is a wonderful example of Mother Nature's engineering capabilities. Consider the size and weight of a horse relative to the size of a hoof and how fast horses can run. It's amazing how so much is supported by so little. A horse's hooves play a key role in its ability to survive and function. Without solid, sound feet, you have no horse.

The below hoof spray is antibacterial, long lasting and ideal for daily use. The Fractionated Coconut oil is a good hoof conditioner. Oregano is an excellent antibiotic and can be also used to decontaminate trailers and stables. Lemon is essential for cleaning. OnGuard oil supports the immune health of your horse. Tea Tree oils are renowned for their antiseptic properties. Give this recipe a try.

## Hoof Spray

- 20 drops Oregano
- 20 drops Lemon
- 20 drops OnGuard Blend
- 20 drops Tea Tree
- 20 drops Fractionated Coconut Oil
- Add all the ingredients into an 8 oz. sun proof glass spray bottle, then top off with distilled water.

Shake the bottle prior to each use. Spray over the hoof after each trimming.

Reward your horse with a lick of Wild Orange. Place 1-2 drops of the essential oils to your hands, allow them to smell and lick if they'd like.

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If there is a topic you'd like to hear more about, please feel free to reach out to me. Shelly Hayes, [4shelly.hayes@gmail.com](mailto:4shelly.hayes@gmail.com), 650-704-0730.



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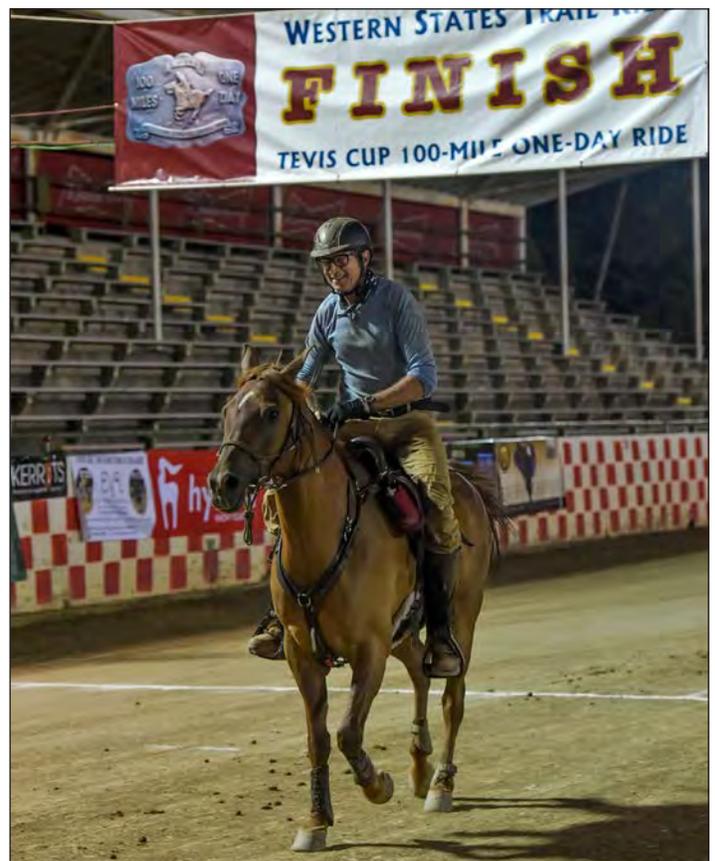


# Carrying the Flag for Quicksilver Endurance Riders at 2019 Tevis!

*By Jerry Wittenauer, August 2019*

Completing my first Tevis attempt this year gives me a chance to look back and reflect over the full journey that has brought me here. Many thanks to Barbara McCrary for encouraging me to “go deep” with a write up about my experience!

My love affair with the Western States Trail dates to 1990 when I first experienced the magic of the high country, canyons, dusty mining towns, and the American River while crewing at the Western States Endurance Run. Inspired by seeing the dirt-covered, bedraggled runners emerge from the forest and charge into Forest Hill, I could not resist jumping in! After spending most of the 90's participating in Western States – either as a runner, pacer, or crew – I took a 15-year hiatus to focus on family and career before opening my Second Act on the Trail through the sport of Endurance.



*Photo courtesy of Gore-Baylor Photography*

Jerry and Carlos cross the Tevis finish line with a ride time of 21:23 hours.

After a bit of a false start on a rental, middle-aged, slightly-arthritic quarter horse, I received a “tough love” talk from Melissa Ribley on what kind of horse it would take to do Endurance. This pushed me past the tipping point as I decided to go “all-in” and purchase a 4-year old Arabian named Carlos. (I bought Carlos strictly on “conformation” after some great advice from long-time running friend Dennis Tracy. I’ve since come to appreciate that Carlos is Polish Arabian Royalty with nearly every line in his pedigree tracing up to Skowronek or Ofir.) For me to buy my first horse – an unbroken 4-yr old Arabian – at age 56 – with no real training as a rider - set up a classic “green horse / green rider” situation that I could not have anticipated! I’ll fast-forward through the great trainer we had, how many times Carlos threw me in the dirt, our mastery of the always-exciting one-rein stop at our early Endurance Rides, all the fantastic mentors and instructors, and valuable lessons learned to where we are today: our 4th Endurance season, with Carlos and I just passing the 1000 mile mark and a 92% completion rate – whew!

For the 2019 Tevis, my approach was to prove-out our readiness by a) training on the actual course, b) entering some back-to-back 50’s, and c) completing a less-demanding 100. Our season unfolded perfectly in this regard with 50+50 weekends at Death Valley (Dec) and Chalk Rock (Jun) and a successful first 100 at 20 Mule Team in February. Starting last November, Carlos & I settled on Crater Hill Equestrian in Newcastle as our “second home” for training rides. Shawn Bowling and Samantha Ellis offer a tremendous and welcoming environment for Endurance training: a network of farriers, bodywork specialists, vets, mentoring, and a safe boarding environment just minutes from the Tevis Trail. I went there for 3-day training trips about every 6 weeks, including three times in July to train in the canyons and the heat. With a 3 hour drive from the Bay Area to Auburn, local boarding in the Auburn Area is the only way to go, and I’m sure that visits to Crater Hill will be an integral part of our training strategy for years to come. Up to this point, my preparations sound so much like systems engineering . . . a plan, a schedule, and just turn the crank. The ride itself was not so straightforward!

With my anxiety meter in the red zone (200 horses . . . stuffed into a “pen” . . . charging off into the darkness!), I saddled Carlos up at 4:00 am, got his heart monitor going and I could see that he was at “40” – practically yawning at me! Our warm-up in Pen 2 was calm and we positioned ourselves in the first 1/3 of riders to head out for the 5:15 am start. Always forward at the start, Carlos has learned to tuck himself in behind others when I ask him to, and he was well-behaved for the first few miles. I was able to go “loose reins” with him after about 20 minutes. Nonetheless, the first 5 miles of this ride were the scariest riding I’ve ever done! High-speed trotting in a nose-to-tail string of horses in the complete darkness. We passed a couple of riders who had gotten tossed, and at one point, Carlos dipped his front after stepping into a deep hole. I ended up laying on his neck with only one foot in a stirrup – thinking that this is where I die – like the chariot race in the Ben-Hur movie. I managed to stay on him and my anxieties began to recede with the approaching daylight. The field began to thin out and my most pleasant surprise of the day was that we were actually able to “ride our ride” from the highway crossing (7 mi) to Forest Hill (68 mi) without being caught up in other packs of riders. This was unexpected and put us both in our comfort zone for much of the ride.

After crossing the Sierra crest at Watson’s Monument, our next test was the high-country trail to Lyon’s Ridge. Thick bushes, slab rock, lots of grapefruit-sized rocks, and wet – treacherous indeed! At one point, Carlos’ back foot slipped on a slab of granite and he fell to the “sitting-dog” position with his butt on the deck. He quickly sprang up and we kept going, but he could have easily cut himself or pulled a muscle there and we would have been done for the day! At the 4-hour mark, we were at 24 miles, a 6 mph pace that (I thought) had us perfectly positioned for an over-the-top boffo day! My only low point of the day was the stretch of fire road between Red Star (mi 28) and Robinson Flat (mi 36). This is supposed to be an easy stretch where you can fly,

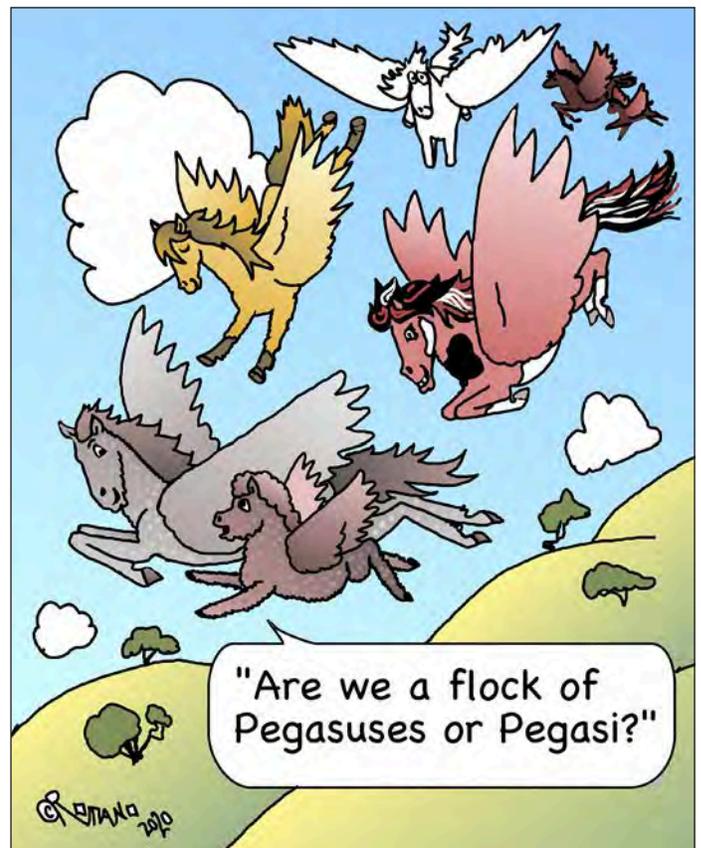
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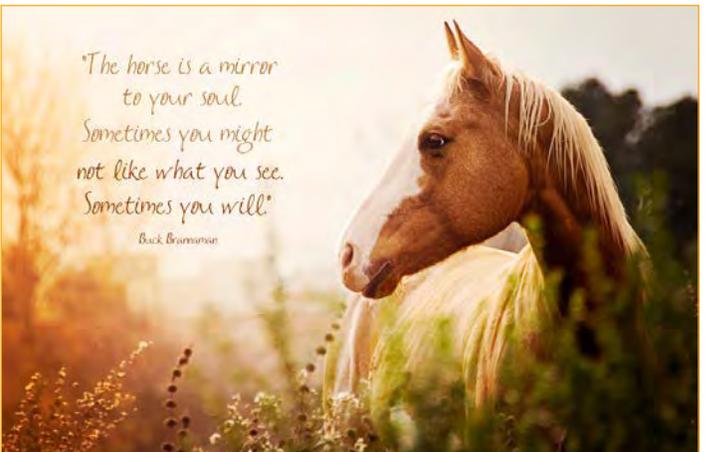
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# 26 Horse Trailer Hacks

Clean, organize, and maintain your trailer with these 26 handy tips and tricks from horse-hauling pros

By Abigail Boatwright | 7/9/2019 in US Rider ([usrider.org](http://usrider.org))

## MAKE CLEANING A HABIT

Advice from: R.J. King, manager of Simons Show Horses, Aubrey, Texas.

1. Clean out all the shavings after every show and clean the floor. "We take out all the mats and wash the entire area where the horses are in the trailer. I pressure-wash the floor, and spread baking soda on it before we replace the mats. This helps reduce damage to the floor from the horses' urine, and also helps keep it smelling fresher. Before parking it at a show, we also clean out the back of the trailer once the horses are unloaded."
2. Wash and dry the outside regularly. "We do this before each show, and also wax the trailer every few months to help preserve the finish."
3. Unload all the work tack. "The majority of the show tack stays in the trailer, and it's hung up in the same spot every time. The bridles are hung correctly and all the show saddles are clean and in their bags. But the work tack is taken out, and we vacuum the tackroom floor, making sure it's all clean before the next horse show."
4. Put everything in its own spot when you reload the trailer. "This cuts the time you have to spend searching for a particular item when you need it."



Left: Save floor space with overhead shelving for hat carriers and other items. Middle: Reduce tack clutter by having extra hooks added where possible. Right: Create a permanent packing plan and list of items, storing it on your phone.

## THINK AHEAD

Advice from: Bear Smith, all-around trainer and owner of BJ Ranch, Eustis, Florida.

1. Disinfect the trailer after use. "Horses can be exposed to diseases when they travel, so I'm big on disinfecting our trailers with bleach after they've been used, so that germs don't keep spreading."
2. Keep a pair of heavy-duty scissors in each area of the trailer. "You never know when you'll need to cut a halter, lead rope, or hay bag in an emergency."
3. Store a medical bag within easy reach. "Horses can get stressed

and crampy when traveling, and you don't want to be digging through all your other gear to find meds and other supplies."

4. Load horses by personality. "I do this to ensure all the horses are comfortable. I'll put a 'babysitter' next to a more fractious horse, for example."
5. Carry extra filled hay bags. "This lets us easily swap out with emptier bags at stops."
6. Load all the tack, one horse's items at a time. "Make sure each horse has everything. We load the hay and grain after that, and then load the horses last."
7. Keep a packing checklist on your cell phone. "You'll cut down on forgotten items and make the whole hauling experience go more smoothly."

## BE PRACTICAL BUT CREATIVE

Advice from: Craig Johnson, reining trainer, Gainesville, Texas.

1. Stock up on Dawn dishwashing liquid. "We use this everyday product, diluted in a bucket of water, to clean the trailer walls inside and out. Dawn is gentle on the paint and any decals or logos you might have on your trailer."
2. Employ a truck-wash service. "Because our trailer is so big, we take it to a truck wash periodically. Truck washes have the ability to shine the aluminum up and make it look like a brand-new trailer. Then we'll just wash in between those times."
3. Shop at an auto-parts store. "This is where to get such products as chrome-wheel polishing kits, inexpensive Mr. Clean sponges, Armor-All for shining rubber and vinyl, and more."
4. Check tires regularly. "Everybody has a story about a blown tire, which can really damage a wheel well. One of the best ways to keep your trailer looking nice is to be sure to check your tires for wear and monitor the tire pressure."
5. Keep drop-down doors closed when rolling. "These aren't designed for being open while driving down the road—they're to be opened when you're parked. When you're driving, shut those doors. That'll lessen the risk of a horse having a panic attack and maybe bending the bars."
6. Consider lining the dividers. "Horses sometimes will get into arguments with the horse beside them. I like to make sure there's either a full mat hanging down from the panel to the floor, or I'll tack a piece of old carpet and cut it to fit. I'll attach it to the bottom of the panel with a metal strap and metal screws to create a lightweight divider that doesn't bother the horses, but protects them from jumping onto each other."
7. Use pelleted sawdust as trailer bedding. "It absorbs urine really well, and eventually expands back into sawdust. Before long, with a couple of bags, you've got a trailer full of fluffy sawdust."



8. Buy a trailer with an extra stall. "Storage is often limited in trailers. So I recommend that when you're looking for a trailer, get one with one more stall than the number of horses you'll be hauling. That extra space is very handy for transporting hay and grain, shavings, buckets, and other items."
9. Have a loading plan. "Arrange your packing so that the little things like bridles and saddles go in first, and the big items like your saddle racks and big tubs go in last—because once you get to your destination, the big pieces are what'll come out first. Once you have those first big pieces unloaded and set up, the rest of the unloading process goes fast."
10. Use clear totes or containers. "Clear totes beat opaque ones because you'll know where things are at a glance. And in general, using clear totes for gear saves space and makes the tack room look a lot neater. We label them with the contents to make it even easier to find items."

11. Keep soiled items separate. "This prevents dirty items from getting the rest of your storage space dirty as well. We put dirty items in a plastic trash can and store them all there until we get home."
12. Invest in a truckbox. "One of these can hold a lot of items, such as buckets, horse blankets, and other bulky equipment."

### ADD CUSTOM STORAGE

*Advice from: Nancy Cahill, all-around trainer, Madisonville, Texas.*

1. Have more hooks added. "I have hooks in every location possible, to hang bridles, tails, halters, water hoses, extension cords, and other items. This keeps things far better organized than having them in a pile."
2. Compartmentalize. "My trailer has two storage compartments: one for clothes, hats, show pads, or anything that doesn't get stinky and sweaty; and the other for saddles, underpads, brush baskets, and client trunks."
3. Add shelving. "I had a shelf made inside the gooseneck that's sized to hold hat cans and boots. It takes advantage of space that otherwise would have been wasted."



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# Cecil's Big Dill Pickle Dip

SMCHA board member, Deb Vasquez, submitted this recipe her mom, Bobby makes in honor of her late husband, Cecil (Facebook's 12 Tomatoes).

It's easy, delicious and yummy on pretzels, potato chips, celery, etc!

Got a recipe to share? Send it to Elizabeth Ouellette (elizabetho@outlook.com) and we might publish it in our next SMCHA Report!

## Ingredients

- 1 8oz container cream cheese
- 1 ½ c. dill pickles, finely chopped
- ¼ c. sour cream
- ¼ c. pickle juice
- 2 teaspoons fresh dill
- ½ teaspoon garlic salt
- ½ teaspoon onion powder

## Directions

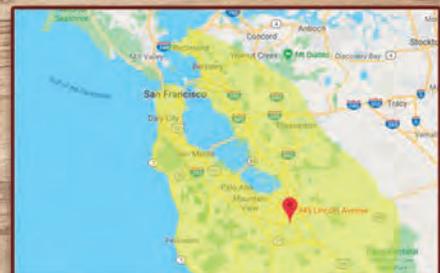
- Slice pickles between paper towels. Let sit for 10-15 minutes.
- Mix cream cheese and sour cream.
- Stir in pickles, pickle juice, garlic and onion.
- Season with salt and pepper.
- Serve with pretzels.



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# THE WOODSIDE TRAIL CLUB

The Woodside Trail Club had its beginnings in 1922. Equestrians of the area would ride with each other for recreation and found it more and more difficult to get around as properties were being fenced. On one day's ride, seven women decided to form a club with a common goal. Those seven women were Selah Chamberlain, Mrs. Duncan, Mrs. Harris, Mrs. Jackling, Mrs. Josselyn, Mrs. Messer and Mrs. Schilling. Their goal was to preserve horseback riding throughout the Woodside-Portola Valley area. These women agreed on the name which was the Woodside Trail Club. With members going through various gates and private properties, rules were formed to protect the private property owners. Instead of carrying multiple keys for each property, one uniform key would be issued to a common lock that the Club would control. Each prospective member would be interviewed and then be invited to go on a trail ride. This would allow one of the original seven to show applicants where the trail system went and would explain where one could ride on someone's property, possibly where to get water if needed, whose tree one could get an apple or pear (if owners allowed picking), which trails would be muddy or wet during winter months, who had livestock on their land as to make sure gates were closed after passing through them.

Over the years, many sections of the permissive trails have been taken over by the County of San Mateo Parks, Towns of Portola Valley and Woodside, MROSD and GGNRA. These sections of trails that have been taken over by municipalities may be closed temporarily for repairs, while the private sections remain permissive, the trail can be closed by a property owner at any time. Remember to keep in mind that when you

ride from Point A to Point B, you may cross in and out from a Public trail to Permissive trail then back onto a Public trail. Losing the use of a Permissive trail impacts the use of the entire trail.

Members have always been made to understand that the Woodside Trail Club and trails can only exist through the cooperation of private property owners knowing that their trails and property will be respected by those they are giving permission to cross. When riding on any trail, always use good manners. The hiker or bicyclist you may encounter may be the owner or guest of the property you are on. A barking dog is only doing his job letting the property owner know that someone is crossing the property. Use common sense when there are hazards. If a tree is down, the trail is too wet or possibly a landslide is blocking the trail, turn around and report the problem. The number one concern the Board of the Woodside Trail Club has always had is that a private property owner's rights will be respected. Let's all respect the trails and thank all those who continue to give permission to cross their lands.

The Woodside Trail Club encompasses basically the same area as the Woodside Fire Prevention District. This includes Portola Valley, Woodside, Emerald Hills, areas East of I-280 and West up to Highway 35.

Contact information is The Woodside Trail Club, PO Box 494152, Woodside, California 94062. The phone number is (650) 851-1194 and email is [WTC94062@gmail.com](mailto:WTC94062@gmail.com)

# ASK THE VET

## IS IT HARMFUL TO SHAVE/TRIM A HORSE'S FACIAL WHISKERS?

This is a hot topic right now because recently France, Germany, and Switzerland banned trimming the horse's whiskers along the eyes, muzzle, and ears. Those in favor of this ban feel that the small



hairs on the face are critical to a horse's spatial awareness. There is currently no conclusive evidence (controlled research) that this is the case. Clipping the hair on the muzzle, eyes, and ears has been done for decades for primarily cosmetic reasons. Personally, I have done this and continue to do this to my own horses and do not see a welfare concern. For now, my best recommendation is that if you do not have a reason to remove the hair, perhaps you should leave it. However, there are cosmetic benefits for removing the hair for shows and other events, and at this time there is not enough evidence, circumstantial or otherwise, to tell you not to do so.

Mackenzie Adams, DVM, Diplomate, American College of Veterinary Internal Medicine, Steinbeck Country Equine Clinic, July 19th, 2019

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## WORD SEARCH

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O Z L G B N X U O T T D F S N  
R J K Z A A M T O V N H Z E G  
E H E I R G P E L U I S H I U  
H G L C A R J R A D P Z Y R T  
C X A E D O P U P S O M V F L  
R S D L E M P T P N W P G Q V  
E A S A M P I A A E J T O R I  
P L E N R E N I E T S L O H I  
Q B D D R L X N Z Y H I V P A  
L I Y I K E I I M A E Z D L X  
E N L C S T S M U J B Z R N M  
D O C Y F C M U S T A N G E J

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APPALOOSA  
ARABIAN  
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Vet Check at Robinson Flat.

*Continued from page 23*

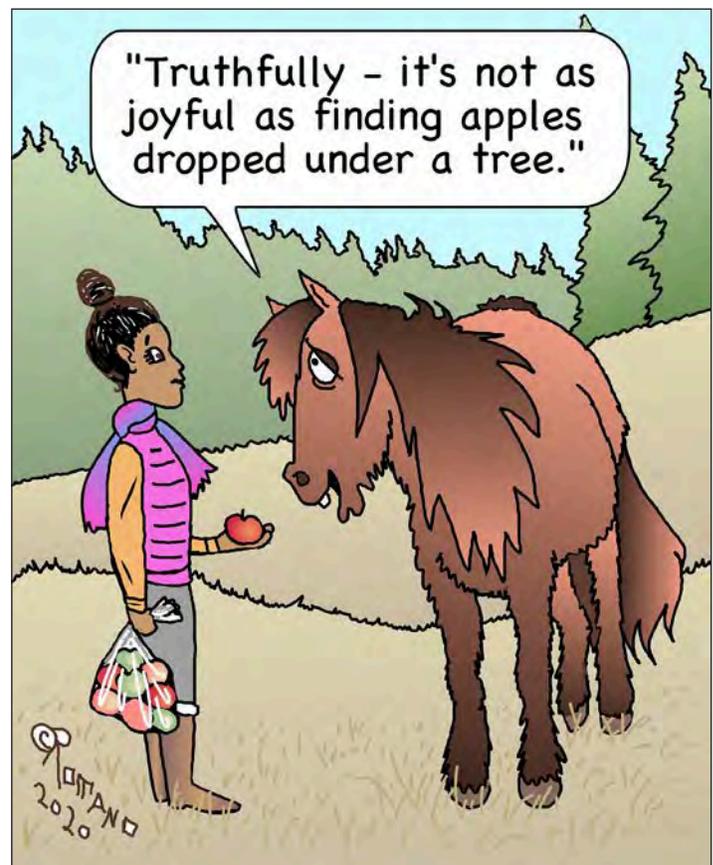
but Carlos' heart rate was trending higher, and I started getting a sinking feeling that I had over-ridden him and blown it. We walked a lot in that stretch, trying to keep his heart rate into the 130's or less, and I entered Robinson fearing the worst - that our day was over. Well, he pulsed in at "48" after 3 minutes. I had been misled by a malfunctioning heart rate monitor! It was such a huge swing in our outlook, that I teared up right away and my throat was too tight to even talk to the vet or my crew for a few minutes. Since we both knew the remainder of the route from our training over the past 3 months, and now with a strong horse at Robinson, my remaining fears faded away and I knew that we had this!

The remainder of the ride had relatively little drama. I was able to get down and jog the downhills for the 3 big canyons. Carlos showed great recoveries at each vet check, and my Forest Hill crew was there to give us the royal treatment for an hour. Riding with Carlos is such a pleasure – he is so strong and willing, I just whisper to him for our pacing and open up my hands left or right for turning – reins and leg pressure are used only as a last resort! The California Street section was frustrating at times – stranded in a moving line of about 30 horses at a nerve-wracking start/stop/walk/trot pace, we were no longer "riding our ride". We finally broke out onto a wide fire road about 2 miles before Francisco's (mi 85) and started to run free again – such a liberating feeling! We dodged our last Tevis Gremlin at the River Crossing. Carlos got to the soft sand, pawed the ground, and went down to roll – with me in the saddle! I called out for help because I was afraid that I would not get out of the stirrups and he would crush me. I got off him and immediately pulled him to his feet and remounted so we could cross the River.

With 45 minutes separating us from the cut-off times, and riding alone, I did not push Carlos to the finish. It was a familiar trail to him. He was self-motivated and we made good time on the flat sections, with me jumping down a couple times for some downhills to go easy on his shoulders. As the finish line approached, I could see the crowd and the lights, and I'm thinking "ok ... ear, hips, ankle, straight line, chin up, look sharp ...", and Carlos had a nice strong trot as we rounded the final bend to the Auburn Overlook. About 5 yards from finish line, Carlos locked it up in one stride and came to a complete stop with me landing on his neck (again). The lights and the overhead banner were just too much for him. There was NO WAY Carlos was going to ride under that! OK – so glad that we had a chance to entertain the folks that were there to await their riders coming

in, and I fielded lots of comments over the next 24 hours! I got down to hand-walk a reluctant Carlos across the finish line of the 2019 Tevis Cup, with a ride time of 21:23.

Final Note: We'll be back to do Tevis, for sure. Carlos & I have unfinished business here. In 1996, I ran the Western States course in 18:55. I think that Carlos knows that he needs to grow up and trot across the finish line, and he must be a little embarrassed to know that I've been almost 3 hours faster over this course just on my own! Will this motivate him next year? Stay tuned!



# EQUESTRIAN WEBSITES

**Bay Area Savvy Players** - [bayareasavvyplayers.org](http://bayareasavvyplayers.org)

**Backcountry Horsemen of California** - [bchcalifornia.org](http://bchcalifornia.org)

**Bay Area Equestrian Network** - [bayequest.com](http://bayequest.com)

**BLM Wild Horses & Burros - California** - [wildhorseandburro.blm.gov](http://wildhorseandburro.blm.gov)

**California Dressage Society** - [california-dressage.org](http://california-dressage.org)

**California State Horsemen's Association (CSHA)** - [californiastatehorsemen.com](http://californiastatehorsemen.com)

**CSHA Region 6** - [csharegion6.org](http://csharegion6.org)

**Disabled Equestrians** - [disabledequestrians.org](http://disabledequestrians.org)

**Horse Park at Woodside** - [horsepark.org](http://horsepark.org)

**Horsensei** - [horsensei.com](http://horsensei.com)

**Into the Light Horse Rescue and Sanctuary** - (facebook) [intothelighthorserescueandsanctuaryinc](https://www.facebook.com/intothelighthorserescueandsanctuaryinc)

**Jasper Ridge Farm** - [jasperridgefarm.org](http://jasperridgefarm.org)

**Los Altos Hills Horsemen's Association** - [lahha.org](http://lahha.org)

**Los Viajeros Riding Club** - [losviajeros.org](http://losviajeros.org)

**Mounted Patrol Foundation** - [mountedpatrolfoundation.org](http://mountedpatrolfoundation.org)

**Mounted Patrol of San Mateo County** - [mpsmc.org](http://mpsmc.org)

**San Mateo County Large Animal Evacuation** - [smclaeg.org](http://smclaeg.org)

**National Center for Equine Facilitated Therapy (NCEFT)** - [nceft.org](http://nceft.org)

**San Mateo County Horsemen's Association** - [smcha.org](http://smcha.org)

**San Mateo County Sheriff's Mounted Search & Rescue** - [smcmsar.org](http://smcmsar.org)

**San Mateo County Parks Volunteer Horse Patrol** - [smcvhp.org](http://smcvhp.org)

**Santa Clara County Horsemen's Association** - [sccha.org](http://sccha.org)

**Santa Cruz County Horsemen's Association** - [sccha.wildapricot.org](http://sccha.wildapricot.org)

**The BOK Ranch** - [bokranch.org](http://bokranch.org)

**The Square Peg Foundation** - [squarepegfoundation.org](http://squarepegfoundation.org)

**Woodside-area Horse Owners' Association (WHOA)** - [whoa94062.org](http://whoa94062.org)

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- NON-PERISHABLE SNACKS
- BLANKETS/WARM CLOTHES
- WIRE CUTTERS
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- PERSONAL HYGIENE AND SANITARY PRODUCTS
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- FEED/HAY (ENOUGH FOR 48 TO 72 HOURS)
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- BASIC EQUINE FIRST-AID KIT (SEE THEHORSE.COM/33573)
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