



Tilden Wildcat Horsemen's Association Newsletter

July-August 2010

Mud Wrestling on Trail Work Day

by Susan Palo

The Tilden-Wildcat Horsemen love Upper Vollmer Trail in Tilden: part of the Bay Area Ridge Trail, from the horse-watering trough in the parking lot near the Corporation Yard and Steam Trains, it gradually wends uphill, ascending through encroaching undergrowth and small oak forests and open, grassy banks with views of the Golden Gate Bridge, until it reaches Seaview Trail, with its extraordinary, panoramic views of the greater Bay Area, north, east, and west. The gradual ascent, the lush grass and purple and orange spring flowers, and the world-class views make Vollmer a superb riding trail. Except, of course, for the deep, sucking mud created by winter run-off, standing as a pit for Easyboots. This problem spot lies waiting each winter for hikers and horses about a quarter mile up from the horse trough.

The Tilden Wildcat Horsemen have been fighting that mud hole for a few years now. Last spring, we installed interlocking cement blocks where the water runs across trail. But last year, as in the past, when we worked on the trail, the ground was dry. This rainy year, on April 17th, seventeen determined workers set out to repair the trail while it was still muddy. We wanted to extend the interlocking blocks, virtually paving over the remaining mud hole.

Joe Hughes, of Tilden Park, provided the blocks and tools and oversaw our work. But we had to carry the blocks, which each seemed to weigh 50 pounds, to the mud site. Kirsten Whitsett and Walter Mitchell, among several others, were mighty block-haulers; Walter was there to learn about the club and riding in the East Bay hills. The group carried thirty blocks from the parking lot and installed them like a giant puzzle joining the two other sections of blocks we had previously put there.

The work site was small but the work was intense, messy, and difficult as we removed mud and created a bed for our blocks. Becky Mertens set the scene by swinging her pick and spattering her white shirt and face with giant mud globs. Elise Geske shoveled mud like a dynamo, and the other mud-work-



The new blocks joined those previously installed, and will enable water to flow through in the winter without creating more mud on the trail.

Inside:

Fernandez Ranch Opens	page 3
Camp at Pt. Reyes	page 4
Can Riding Cause a Stroke?	page 5
Twine 'Cycling'	page 6
Harry Whitney	page 7
Trail Lessons	page 9
TWHA Member News	page 10
East Bay Hills Trails Benefit Ride Flyer	page 11
East Bay Hills Trails Benefit Ride Entry Form ..	page 12
Look Both Ways Before Crossing	page 13

Continued on page 2

Mud Wrestling in Tilden



The mud was so thick that shovels could barely penetrate, so sticky that it had to be scraped off once the shovels were removed (above). The trail got quite congested at times (below)

members, lead by Jane Binder—who apparently has never had poison oak—cleared poison oak from the work site and then cut back brush all along the trail. Some, like Rachel Royce, climbed up the banks and lopped off branches hanging over the trail at rider height. Rose Marie Hoffman brought her own weed whacker and cleared the poison hemlock from around the watering trough. We had true teamwork.

But toward the end of the day, among all these hard workers, one person stood out: Lisa McLaughlin. Lisa, we learned, is secretly a stonemason; she installed all the pavers in her own front yard. She had an eye for assembling our interlocking blocks and the skill to cut the blocks, by striking off the odd bits, to fit her vision. We stood proudly and watched as she fitted together the final blocks, joining old and new parts to make one long, no-longer-muddy section of Vollmer Trail.

Gary Fitts rode over his work the next day on Baydal, as did Alison Martin on Omni. They said our work met with the horses' approval.

Continued from page 1

ers, mindful of aches and pains, paced themselves, alternating mud grubbing with horse gossiping. Some TWHA

Heroic Mud Puppies

- Jane Binder
- Elizabeth Chemouni
- Gary Fitts
- Elise Geske
- Rose Marie Hoffman
- Alison Martin
- Lisa McLaughlin
- Becky Mertens
- Walter Mitchell
- Morris Older
- Susan Palo
- Jennifer Rader
- Rachel Royce
- Page Schorer
- Caroline Van Tuyl
- Kirsten Whitsett

And special thanks to Joe Hughes, Tilden Park, for his help and supplies.



Fernandez Ranch Opens in Martinez



by **Morris Older**

1.5 miles of new Bay Area Ridge Trail and 2 additional miles of new multi-use trail were dedicated at the opening of Muir Heritage Land Trust's 702-acre Fernandez Ranch in Martinez on National Trail Days, Saturday, June 5th. On a beautiful day, over 350 people celebrated the culmination of 5 years of fundraising, trail-building and environmental restoration efforts by the land trust and many partners.

A relatively short program preceded the many hikes and rides, with words from many of the people who made the trail possible, including the Coastal Conservancy, which provided much funding, the Bay Area Ridge Trail, which helped design all of the new trails there, and the contractors who did the work. Cathy Moyer of Volunteers for Outdoor California, spoke on behalf of the volunteers who built the Ridge Trail section a year earlier, in part with a grant from TWHA's East Bay Hills Benefit Hike and Ride.

After the ribbon cutting, there were a

half dozen different organized hikes, long and short, some for kids, and a walk on

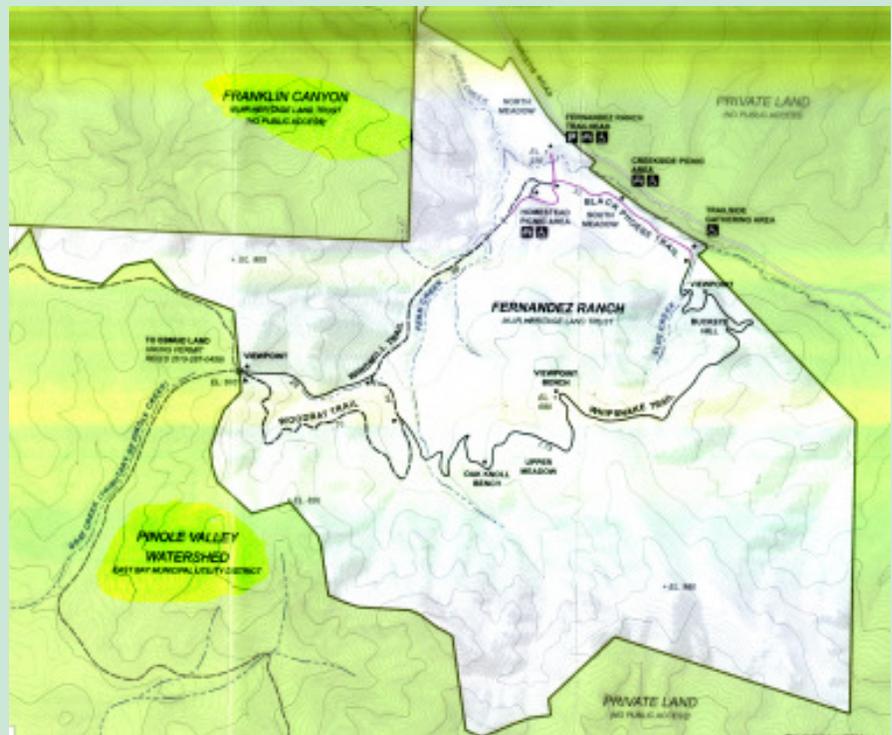
the ADA accessible Black Phoebe Trail, as well as bike rides and horseback rides, and many impromptu hikes. John Muir's great grandson, Michael Muir's Access Adventure, offered Percheron-pulled carriage rides.

The equestrian contingent included Nola Giddings, who had been on our East Bay Hills Ride the first couple of years, and EBRPD Mounted Horse Patrol person Julian Frazer, whose horse did not this time have the beaver trail attached that he had displayed last year at the Beaver Festival in Martinez. There were perhaps a half dozen equestrians and a dozen mountain bikers.

We saw them at the staging area and

Continued on page 6

The new bridge over Rodeo Creek (left) can carry fire trucks if needed; the creek was restored with thousands of native plants grown from seeds harvested on site. Below, the ranch brochure shows the trails at Fernandez.



TWHA Horse Camping at Pt. Reyes

Join Tilden Wildcat Horsemen's Association members for a great weekend riding the spectacular seaside trails of Pt. Reyes. Enjoy the mountains, ocean, forest and lake trails available from the Stewart Horse Camp staging area. Not a member?--join now at a reduced rate.

Stewart Horse Camp — on Hwy. 1 south of Olema — has showers, poles for hi-lines, plenty of trailer parking, and excellent access to the magnificent trails of Pt. Reyes National Seashore.

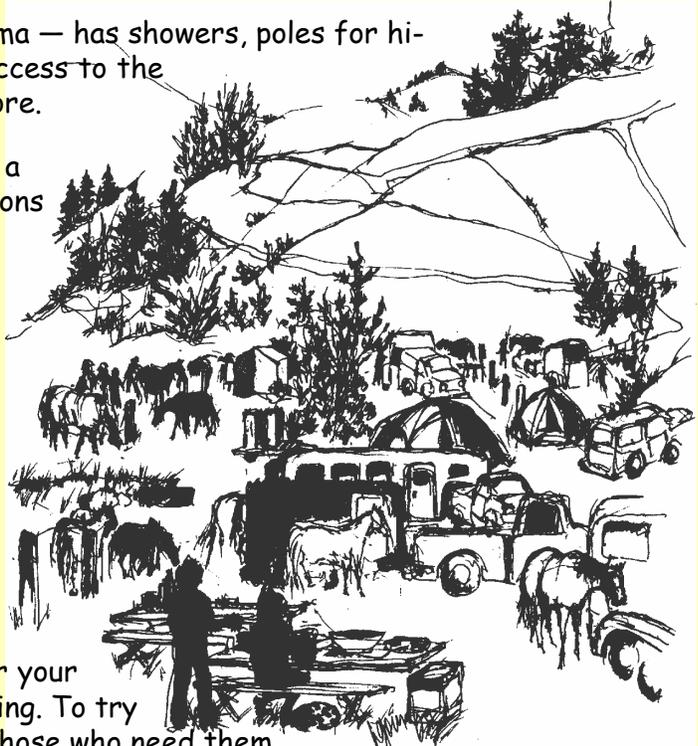
Even if you can't make it for a ride, join us for a group dinner Saturday at 7 p.m. Driving directions will be provided to those who RSVP.

Make your reservations to camp Friday and/or Saturday nights by contacting Stewart Horse Camp at 415-663-1362 . Camping fee is \$17.50 per night in cash payable directly to Stewart Horse Camp each evening.

Campers remember to bring: camping essentials, food for your horse and food and drink for snacks and a Friday night pot luck contribution.

Sometimes arranging trailer transportation for your horse is the toughest part of going horse camping. To try to help those who can give rides connect with those who need them, we've set a Yahoo group for TWHA. Simply go to groups.yahoo.com and search for TWHA. Become a member of the TWHA group and post your message.

Need more info? Email Lisa McLaughlin at amcl1@sbcglobal.net



Friday, July 30-Sunday, Aug 1

Yes COUNT ME IN for the TWHA campout at Point Reyes!

Name(s) _____

Phone _____ Email _____

Dinner only, Saturday night _____ people @ \$15=\$ _____

Sat dinner/Sun. brkfst, lunch _____ people @ \$25=\$ _____

Sat lunch, dinner, Sun brk, lunch _____ people @ \$30=\$ _____

Not a member? Join TWHA for 2010 -----@ \$15=\$ _____

Total enclosed \$ _____

Make checks payable to TWHA and mail by July 25 to

Kirsten Whitsett, 17 Middle Road, Lafayette CA 94549



Can Riding Cause a Stroke?

by Gary Fitts

On Saturday May 1st 2010, I rode in the Spring Diablo NATRC, in what turned out to be the best ride of my life so far. The course must have been timed in dry conditions, but on ride day things were muddy and slippery, and even though Baydal and I fast-trotted at every opportunity, we finished in the middle of our time window. Nevertheless, we were the first to finish (and we won first place in our division). Looking back on it, my good angel sees the ride as a trove of beautiful memories for someone who was about to

Here's a Google Earth overview of the ride. If you'd like the Google Earth file, so you can view the details up close, just let me know (gary@twha.org), and I can email it too you.



spend weeks in bed, while my Calvinist New England dark angel sees my upcoming stroke as punishment for having had so much fun.

On Monday May 3rd I woke up with double vision, difficulty walking, dizziness and nausea. A neighbor drove me to the ER at Alta Bates in Berkeley, where after a CAT-scan and an MRI they diagnosed a stroke (clot sites in the right mid-

brain and the right thalamus). The first question was “have you just been on a long airplane ride”? When I told them what kind of ride I had been on, they formed a theory: blood clots had been shaken loose from my legs (a common site for clot formation) and made their way to the venous side of my heart, where they had passed through a hole in the atrial wall of the heart to the arterial side of my circulatory system and thence to my brain. This was a presumptive theory: ultrasound probes failed to find any blood clots in my legs, although an ultrasound of my heart did show a hole. This kind of hole is called a PFO (“patent foramen ovale”). We all have this as a fetus, and in most people it closes at birth, but in about 25% of us it remains open. Usually

opinion, since this procedure can have inconvenient side effects (such as death). So there’s still some divergence of opinion on the issue.

Is this something other riders should worry about? I don’t know yet, and I’ll be asking the cardiologist more about it when he finally gets in off the golf course and agrees to see me. But we don’t see 25% of endurance riders dropping from stroke, so there must be more to it. I’ll let you know if I find any more adverse indications.

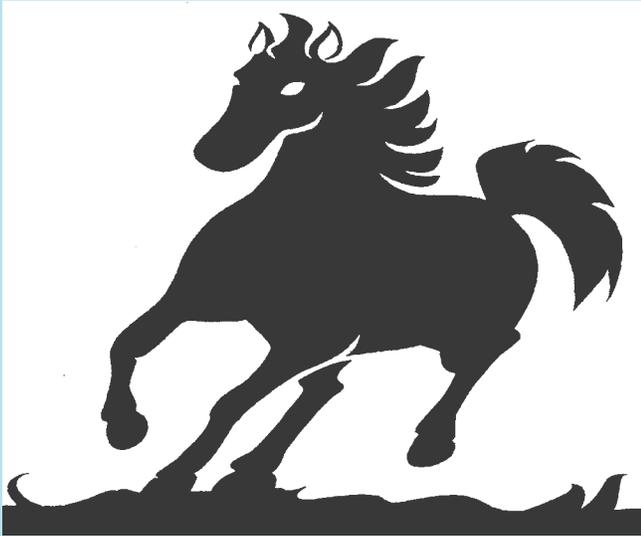
Meanwhile I’ve been very lucky to have escaped a stroke with much less damage than most victims experience. They say that the brain takes three weeks to grow new synapses, and after three weeks my double vision began to clear.

it is not a problem (and I have run more than two dozen marathons in the past without incident), but PFOs are currently a popular theoretical mechanism for stroke formation. Friends have been sending me news clips about Brett Michaels, a celebrity singer who has had just had a similar experience, so it’s in the news. My cardiologist wants to close this hole, but my physician advises getting another

Now I can see with both eyes at once, and I’ve been out on a short ride, enough to show me that I have a ways to go to regain my riding form. (I know that a number of you will kindly point out that this isn’t a problem, since I had no such form to begin with. Thank you in advance.)

Now I feel well! Now I only have to face the bureaucracy of illness — the in-

Continued on page 6



Can Riding Cause a Stroke?

Continued from page 5

sult added to the injury — of fighting the insurance company (aren't you glad that insurance companies have been preserved in our wonderful new health care system?) In short, my advice is to ride while you can — you never know which ride will be your last — and wait until you're at least 65 and on Medicare before you have a stroke.

Fernandez Opening

Continued from page 3

then again on the trail on the long hike that I was leading on some very nice trails beautifully designed and constructed in a very special place. Our scheduled 6-8 mile hike started with 8 people, was 12 for a while, and ended with 10. We went up the Ridge Trail, known locally as the Woodrat Trail, to the gate at the top of Fernandez. Once in the Pinole Watershed, we first followed the Ridge Trail to the West. Great views, nice breeze—we turned around about where it plunges downhill in the direction of Sobrante Ridge Regional Preserve.

We came back past the gate and continued in the watershed on the Ridge Trail in the direction of Feeder Trail #1. EBMUD had mowed a new trail route that will replace some of the steep fire road when it is fully constructed. We followed the mowed path and after a while sat down for a shared picnic, before heading back to Fernandez Ranch, where we took Woodrat to the Whipsnake Trail, which follows the contours of the hills back to the Black Phoebe Trail, which leads to the bridge at the staging area, for a total of 7.9 miles. Everyone was very impressed by the trail and the ranch.

During the introductory program, EBRPD Board Member Ted Radke announced that the EBRPD Board will be considering a \$1 million donation, using voter-approved measure WW funds, towards the purchase of the adjacent Franklin Canyon Property, which the land trust has an option to buy, at their June meeting. That purchase will expand Fernandez to 1155 acres when the purchase has been completed and the land

restored and opened.

Fernandez Ranch is open dawn to dusk. All trails are multi-use, with bikes and hikers expected to yield to horses. Dogs under good control are allowed off-leash on the trails, but must be leashed at picnic areas.

To get to Fernandez Ranch from I-80 in Hercules, take the poorly marked Christie Road Exit off Highway 4 heading East from I-80—it is the first exit after the Franklin Canyon Golf Course. Fernandez is .7 mile down Christie Road on the right. From Martinez or 680, head West on Highway 4 to the Franklin Canyon Rd. Turn left and merge onto Highway 4 in the opposite direction to the Christie Road exit.

Recycle Your Baling Twine

Help the environment and earn the Tri-Valley Trailblazers some money! Diane Offutt has located a recycler who will pay for baling string. She will coordinate the effort. If you're at a boarding stable see if you can collect it for recycling! Bring your baling string to TVT meetings or contact Diane Offutt ((925) 833-8636 or email dianeocr@sbcglobal.net) to arrange for drop-off.

--reprinted from the Tri-Valley Trailblazer News

For Bay Area equestrian events go to:

www.horseNpony.com/horsinaround

Harry Whitney Horsemanship- Bible Study Camp with Pastor Ronnie Moyer



Page Schorer on Slate at On the Way Ranch

by Page Schorer

Last Fall, just after the East Bay Hills Ride, I made my fourth trip to Harry Whitney, and Ronnie Moyer's, Bible Study Horsemanship Camp, which is held at On the Way Ranch in the vicinity of Copperopolis. Yes, we do spend a couple of hours a day studying the Bible.

I first heard about Harry from Peter Rich who told me Harry had given a clinic at Bay Laurel Arabians some years before, and that he "...was the best 'horse whisperer' type" Peter had ever seen. Peter thought he was coming to California to do some kind of horsemanship religious thing. I Googled Harry and found out about the camp. I emailed the hostess, Kim Bolewin, explaining that while I was not a Christian, I would do the Bible study, wouldn't argue with people, or make trouble and asked if I could attend. She answered there was no reason I should not come. While I originally came for Harry, I now go back for both Harry and Ronnie.

Before I go further, I want to say that while I have been to

enough Harry Whitney clinics that I can "talk the talk" I can by no means "walk the walk". In fact, I doubt if I will live long enough to learn to do more than stumble along.

The "with you" horse

Harry's objective is to help a horse become a "with you" horse. A "with you" horse is a horse who is so soft that the rider need not use any conscious cues. The horse actually seems to read the rider's mind and follow these mental cues rather than physical cues. I realize that many riders have never had the experience of riding a horse like this. However, if you have ever worked cattle with a good cow pony you have ridden a "with you" horse.

How does a cow pony get to be a "with you" horse? Lot's of time with really good riders, and a job to do that a horse can easily understand — gathering and herding are well within a wild horse's repertoire of behaviors. Few of these horses were trained with the gentle methods of a Harry Whitney, Ray Hunt, Tom Dorrance, etc. In spite of very harsh training methods, these horses figured out the most comfortable place was "with the rider" (kept those spurs off) and, if they did not figure it out, ended up as dog (or human) food.

Another reason I suspect many riders do not know that such a thing is possible is that there was a "with you" horse at Bay Laurel for a couple years and none of her riders seemed to notice. Of course, Rose Marie Hoffman understood when I told her, but she has ridden "with you" horses. This horse was a little mare name of Eleshia who belonged to an old Nevadan, named Bob Hovey. Bob's father was a rancher in Oklahoma and he grew in the saddle. Bob was out here for a hip replacement and arranged with Peter Rich to put up Eleshia in return for her carrying a foal for Peter (name of Gino and still there, sire was TWHA member, Karen Stackpole's Coppi). First time I rode Eleshia, I had not even gotten as far as Grizzly Peak Stables when I was telling myself, "she's one of those" what I called a mind reader and yet no one else at the barn even commented on it. Just said she had bucked off a rider and run home. Bob told me later he had found a really nasty girth sore on her off side, apparently from a twisted girth strap. That rider never came back.

I discussed Eleshia with Harry once and he said it didn't surprise him at all, that a lot of riders are so busy micro managing the horse they never even notice the horse doesn't need it.

Where the mind goes, the feet will follow

How is this miracle accomplished? Typically, we talk about training a horse to "yield to pressure". If we put "leg" on one side, and the horse moves away from the pressure, we remove

Continued on page 8

Harry Whitney Clinic

Continued from page 7

the pressure. If we lift the left rein with some pressure, it puts a side pressure on the horse's head. He struggles a bit and discovers if he rocks back and steps to the left, we take the pressure off. In all these activities we are satisfied with a physical change, a "try" or an actually movement we desire. We don't really think about where the horse's mind is, so long as he gives us our desired, physical response. What Harry is looking for is a mental response, "Where the mind goes, the feet will follow".

For example, you are sitting on a horse and he is looking to the right. You lift the left rein, nothing happens, you keep lifting, the horse twists his head, but is still looking to the right. The horse rocks back and steps to the left, still looking right. He has yielded to the pressure, and most of us would take the pressure off. Harry would keep it on until the horse actually looked left.

He does not start this process in the saddle, however. He starts it on the ground, getting the horse to "look left (or right) and go". This, of course, is only after he has the horse's attention – a process that can get pretty ugly. He will stand slightly to one side of the horse, lead rope in one hand, and then gently shakes the lead rope and his index fingers, saying, "Take your mind over there, take your mind over there". Eventually the horse looks "over there", and Harry releases him to go.

How does he know where the horse's mind is? Harry, I suspect, uses cues so subtle that I can't even see them at all. The point is, watch where the horse's eye looks, and where his ears point. If they conflict, the "eyes" have it, the ears are secondary.

"Willing submission" vs. "Mere conformity"

When we put leg on a horse or, even, touch him with a spur and he moves away from it, that is "conformity". When we think, "Let's go right" and the horse feels an involuntary tightening of our left leg and goes right, that is "willing submission". Trying to speak for Ronnie Moyer here, what God wants of us is not conformity or mere obedience to his laws, but "willing submission". We follow God's laws, not because we are afraid we will be punished if don't, but because we want to – our submission is willing. This is just a little example of how Bible Principals are related to horsemanship.

When our horses spook at something, say a tarp flapping in the wind, our usual approach is to "despook" the horse by slowly introducing the horse to the tarp in still weather, maybe petting him with it after a while. When he gets more used to it, perhaps we shake it a little bit. Then shake it harder until the horse figures out it is harmless. Harry would ask, "That is fine

for tarps, what happens when he meets his first child holding a bunch of bobbing balloons? There are way too many scary things in the world to despook your horse to them all." What he wants, is a horse who is so "with" the rider that if the rider is not afraid of something, the horse isn't afraid of it either.



The "petting party"

He starts a horse on this path with something he calls a "petting party". He has a group of people, maybe 5 to 7, go into the round pen with horse and handler and stand in a circle at equal distances from each other. (Note: I have participated in a couple of these, but always in the same type of round pen, which is a large open round pen, not a small, high-walled round pen.)

Perched on a top rail of the round pen fence, Harry directs the party.

At first, he has the horse/handler walk around the inside of the people circle.

Next, he may have people in the circle walk in the opposite direction as the horse.

Then he may have the people stop while the horse serpentine through them.

Then he may have both walk in opposite directions as the horse turpentine.

Then he may have the people touch (pet) the horse as they pass.

Then he may have the people pick things up: folding chairs, lunge whips, a mounting block, etc. and the entire process is repeated.

I have never watched Harry during one of these parties, I've been watching the horse and the person in front of me, but I would bet he is intensely studying that horse, picking up every nuance of feeling. When he raises the pressure, he is pretty confident the horse can take it. I suspect that if the horse falls apart during this exercise, it would actually set the horse back, and he would be worse off than before the exer-

Continued on page 9

Harry Whitney Clinic/Bible Study

cise. Unless you are very confident in your ability to read “horse emotion”, you shouldn’t try this without a “Harry”.

Other training methods

We had a recovering “Parrelista”. Harry seemed to feel that, at best, the Parreli course, would produce a very conforming horse, not a “with you” horse.

He explained clicker training and the whole operant conditioning approach to horse training, commenting, in passing, that horse society was a negative reinforcement society. What he liked best about clicker training was that it required the trainer to pay very close attention to the horse.

The most interesting story he told was in response to a question about the need for balanced riding. (Harry, himself, is a beautifully balanced rider, who can put a saddle on horse with no girth, no belly strap, no chest plate, no crupper, no nothing, mount, ride around and dismount all with no attachment between the horse and saddle.) When asked about balanced riding, Harry commented that many instructors attribute most, if not all, horse behavior problems under saddle to

an unbalanced riding position. He said he has seen many riders who were so crippled that there was no way they could be balanced riders and, yet, their horses were perfectly balanced and perfectly behaved.

He then told a story about visiting Bill Dorrance right near the end of his life. Harry and some other folks sat around visiting. When it was time to go, Dorrance, who clearly wanted the company, said come and look at my latest braiding6. When they had looked at all the braiding and were again ready to depart, he said, “Come look at this little mare I’ve been working with.” So they all go out on the porch, Dorrance gets the mare and sits on the porch with them, lead rope in his hand. At this point in his life, not only did he have severe arthritis and osteoporosis, he had a very bad palsy in both hands and arms. Harry reported, “His hands were shaking so bad that lead rope was whipping around like a snake. ‘Now she will go to the left’, he says. I couldn’t see any difference in the way that rope was snaking around, but the mare steps over to the left. Then he says, ‘Now she’ll go to the right’ and over the

right she goes”.

I believe the lesson here is that if you have enough feel to see things from the horse’s perspective and are consistent in the way you ask, the horse will get the message through all the noise of shaking hands, bad riding posture, leg tremors, whatever.

A word of caution

Much of what I have said in this article represents my interpretation of what Harry is doing. Harry is not responsible for anything I wrote, even direct quotations are from my failing memory.

Auditing

Auditors are an integral part of this clinic, they are not just audience but active participants. If you do decide to attend one, I strongly suggest you audit the first year. It will give you more learning time, if you do not have a horse to care for and fetch.

Bible study

I know from talking to people about the Bible Study Horsemanship Camp that Bible study is a real stumbling block to people attending. I do not understand it. This is one of the best deals going in horsemanship. You get all your meals for a week, a place to tent camp (or park your camper), intense exposure to other horse people, hours of Harry working with horses everyday. The only thing I can imagine is that people are weak enough in their lack of faith that they will spend the week in inner conflict. Something, I grant, which is emotionally unpleasant.

I can say what will NOT happen: a red-necked, Bible thumper will not look down his pointy nose at you, shake his finger, and tell you all your problems with your horse are because you are a Godless sinner. Frankly, I think either Ronnie or Harry could listen to Christopher Hitchen’s lecture on atheism a couple of hours a day without the slightest thought that it would put them in some kind of inner conflict. They probably would lis-

Continued on page 10

Trail Lessons

These are some of the things I have learned by sharing the trails with different kinds of users:+

- Cyclists can’t always hear a trotting horse coming
- Bells let a rider know a bike is there but are meaningless to a horse
- Cyclists are rapidly moving, silent carnivores until proven differently
- The spoken word is recognizable to a horse as a known entity
- Horses can learn about bikes
- Birdwatchers carry carrots and apples, they often share
- Close encounters can and do occur on fire trails
- Never go faster than you can stop in the distance you can see
- Horses can frighten dogs and vice versa
- We need to work together to preserve our trails

—by TWHA member Kathy Campbell, contributing to a recent East Bay Area Trails Council Google Group discussion of sharing trails.

TWHA Member News

Last issue TWHA member **Susan Palo** reported on Golden Gate Fields Trainer Donna Hjort and her horse Preach the Gospel, whom we met at TWHA's Day at the Races.. We neglected to mention however, that TWHA Member **Eric Schroeder** won \$118 betting on Preach the Gospel to win the 7th race that day..

TWHA member **Kim Zvik** reports that her 17 year old daughter "Ilana and I did Cuyama 1 day 50 mile ride. She was on Cooper. Rader, [Kim's new horse] was amazing and did all the stuff he is supposed to do :)" Kim reports that Cooper has completed his 1,000th AERC mile. She recently finished the Diablo Trails 50 in late June on Mt Diablo.

As did TWHA members **Madeleine Kirsch, Linda Upton, Jennifer Rader** and **Karen Stackpole**. This was the third year Save Mt. Diablo has put on the ride. The last 2 years it was about 108 degrees on ride day, but this year only 85, making everyone a lot happier. Karen and Jen finished 10th and 11th, and the vets were very happy to give Karen's horse, Coppi, the Claude Pacheco Memorial Award, named after the long time endurance vet who passed away earlier this year due to complications from diabetes, for earning the highest veterinary score in Best Condition judging. TWHA members **Becky Mertens** and **Julie Dixon** were there to crew as well.

And TWHA Member **Sara Shumer** took her horse Jazz to Diablo, for her first endurance ride. Despite a misunderstanding that cost her nearly an extra half hour at the first vet

Whitney Clinic

Continued from page 9

ten to him, if they had something to gain from it.

If you do decide to go, you should bring your Bible or go buy one. Don't do what I did the first year. I ran down to Cody's and bought a Bible reorganized to be read as literature. What you need is a traditionally organized Bible so that if someone says, "Turn to Jeremiah, chapter 24 verse 3", you can quickly find it and read about baskets of good and bad figs.

I hope you will take the Bible study seriously. In fact, if you are a toxic atheist, the type that must bend everyone's ear about his beliefs, don't go. I would hate to think I have sent a disruptive personality.

Finally, as I said at the start, I first came to see Harry, and thought I would endure Ronnie's Bible teaching. Since that first year I have gone back for both and I am still on "that hell-bound train"

check, Sara and Jazz still finished 10th in the 30-mile ride, and looked to be in excellent shape at the end.—congratulations to them both.

Thanks also to TWHA member **Peter Rich**, who generously loaned his water truck to help keep the troughs full during the ride.

All this Diablo Trails news comes from your editor, who helped organize this year's ride and helped out at the finish line.

Due to a couple of last minute cancellations I was the only TWHA member at the Annual Picnic and Trails Celebration sponsored by the East Bay Area Trails Council in Briones Park on June 19th. About 35 hikers, 15 equestrians and a handful of bicyclists went for a 2-3 hour circuit around the park, returning for tri-tip, salad, salmon burgers and watermelon, with a side of jazz guitar...

TWHA member **Judy Ietheridge** skipped Diablo and instead went to the Mendocino Magic Ride in Fort Bragg, where she finished 9th on Rats in the 50-mile ride on July 3rd.

TWHA member **Karl Saarni** brought his horse to Tennessee Valley for the Bay Area Ridge Trail's Ridge to Bridge Ride on April 10th, as this Ridge Trail signature event went fully multi-use again on a rather damp day when your newsletter editor led the 20 mile hike.

Congratulations to TWHA member **Osa Wolff** and her husband Greg, who spoke about polo when the East Bay Hills Ride was at Mt. Diablo a couple of years back—they are the proud new parents of Alexander Joseph Wolff, who on Independence Day is 3 months old.

I know that I have missed quite a few of you here, so congratulations to everyone else who has been out riding the trails this spring and summer and has successfully—to finish is to win— competed in endurance or NATRC rides, or has taken your horses to new shows, learned something new in a lesson, or had a great trail ride.

As always, if you'd like to read more TWHA Member News, please send it along to us and we will print it!



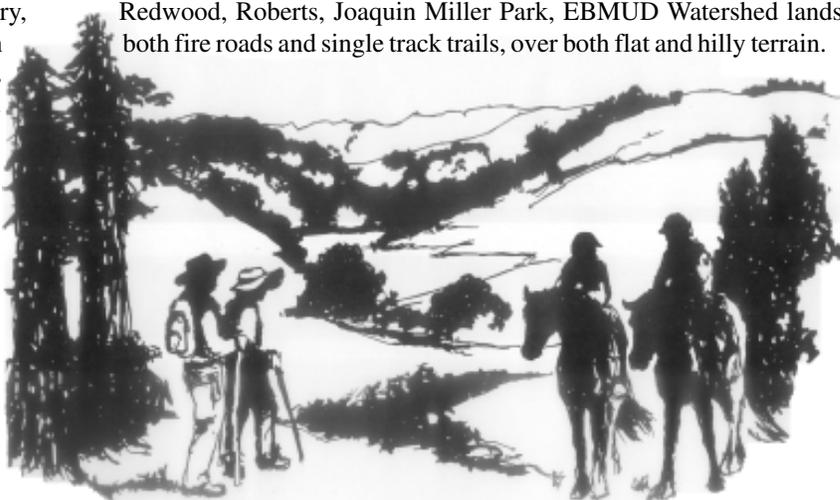
Ninth Annual East Bay Hills Trails Benefit Ride Wednesday, Sept 1 -- Monday, Sept. 6

Ride: Labor Day week with members of the Tilden-Wildcat Horsemen's Association and the Metropolitan Horsemen's Association. Ride up to 100 miles in 6 days, or 14-18 miles each day in small groups at your own pace. Join us for one, for more or for all 6 days. The ride will follow and/or parallel the S.F. Bay Area Ridge Trail much of the time as we spend 2 days riding from each of 3 different campsites. This year's ride will be held in conjunction with the third annual 5-day Ridge Trail Through-Hike from Martinez to Castro Valley.

Trails and Camps: Camp will open up on Tuesday night, so that riders can get an early start on Wednesday if they like. We will be camping at Tilden Regional Park (between Berkeley and Orinda), at Sequoia Arena in Joaquin Miller Park in the Oakland Hills, and at Bort Meadow in Anthony Chabot Regional Park. We will be sharing the campsites, and meals, with the hikers. We will be riding in Tilden, Wildcat, Sibley, Huckleberry, Redwood, Roberts, Joaquin Miller Park, EBMUD Watershed lands, and on other nearby trails. The rides will be on Views of the Bay Area, the East Bay Hills, across the valley and into the Sierras will be available constantly. We will stay at each camp site 2 nights and move to the next one on the second day. Shower tents will be set up at each camp.

Food and Evening Entertainment:

Breakfast, lunch and dinner will be provided for riders and hikers, and hay, carrots and water for the horses. Swimming will be available 5 minutes from our Tilden and Sequoia Arena campsites. Evening programs will include a visit to the Chabot Space Center, a slide show on long distance trail adventures, a presentation by a naturalist, a drill team performance, and other surprises. This is a green ride and every effort will be made to keep trash to a minimum..



Costs/Benefits: This ride will help raise funds for the Bay Area Ridge Trail and for equestrian improvements on East Bay trails. The \$60/day fee, with a discount for 6 days at \$325., covers your camping, food and horse provisions. A small discount is available for riders who join TWHA, MHA or the Bay Area Ridge Trail, or renew their memberships, when registering. For visitors, dinner in camp will be \$15/night. We encourage you to solicit pledges from friends, neighbors and other trail supporters to benefit the trails, but this is optional.

Volunteers: If you can't ride, join us by volunteering to help with the important tasks that will make this ride happen..

Camp Rules: Riders will be responsible for stabling their horses at each camp. You may tie to your trailer or bring your own portable corral or picket line. Stallions will not be allowed on this ride and we will enforce restrictions on generators after dark. No dogs will be allowed at this year's ride. **This year SEI-certified helmets are required for the safety of all riders.**



erve Now for this popular event: We are limited by the available space for trailer parking, and with more hikers this year, could hit our maximum early. Use the entry form on the reverse of this flyer. If space permits, we will accept last minute entries.

Questions: Contact Judy Etheridge, at misxfire@yahoo.com or at 925-862-0232. or Morris Older, at ebhillsride@comcast.net or at 925-54-8943, for more information or to volunteer. More info at <http://www.twha.org>--click on events. Sign up for the hike at www.ridgetrail.org

2010 East Bay Hills Trails Benefit Ride Entry Form

Name: _____

Address: _____ City, State & Zip Code: _____

Dinner/Ride/Camping	\$325 all 6 days riding/camping	x	\$ _____
	\$60 for Tuesday night camping and one day riding	x	\$ _____
	\$60 for Wednesday night camping and one day riding	x	\$ _____
	\$60 for Thursday night camping and one day riding	x	\$ _____
	\$60 for Friday night camping and one day riding	x	\$ _____
	\$60 for Saturday night camping and one day riding	x	\$ _____
	\$60 for Sunday night camping and one day riding	x	\$ _____
	Non-Rider/Hiker Dinner/camping on _____ nights \$15 per night	x	\$ _____ (note which nights)
	Additional contribution to the Ridge Trail and/or parks		\$ _____
	New Membership/Renewal for _____ TWHA (\$20), ---MHA \$25		
	or _____ BARTC (\$40)		\$ _____
	Ride Discount if membership dues included (-\$15)		\$ _____

Trailer Info: Size: ___ (# horses) ___ / Tow Vehicle size / ___ (#) horses coming with this trailer

Please sign release form below and mail entry form & checks payable to TWHA to Total \$ _____

Morris Older, 50 La Encinal, Orinda CA 94563

2010 EB Hills Trails Benefit Ride Release of Liability

Name(s): _____ Telephone: _____

Address: _____ City, State and Zip Code: _____

I acknowledge that horseback riding is a sport which carries inherent risks of injury and damage to myself, my horse, and property. I knowingly assume all risks, whether known or unknown, of horseback riding.

I hereby release the Tilden Wildcat Horsemen's Association (hereinafter referred to as TWHA), the Metropolitan Horsemen's Association (MHA), the Bay Area Ridge Trail council (BARTC), the East Bay Regional Park District (EBRPD), the East Bay Municipal Utility District (EBMUD), and the City of Oakland from all liability for any act of negligence or want of ordinary care on the part of TWHA, MHA and/or any of its agents. In consideration of my participation in this event, I waive, release, and discharge TWHA, MHA, BARTC, EBRPD, EBMUD, the City of Oakland and their directors, officers, agents, and members, their representatives, heirs, executors, and assigns from any and all claims of liability for injury or damage to myself, my animals, or my property arising out of my participation. This agreement is binding upon my executors, heirs, and assigns.

I expressly waive any rights I may have under California Civil Code 1542, which states: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him might have materially affected his settlement with the debtor."

I agree that I will indemnify and hold harmless TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their officers, directors, members, and agents against all claims, demands, and causes of action, including court costs, and actual attorney fees, arising from any proceeding or lawsuits brought by or prosecuted for my benefit, in which this release is upheld. TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their agents or employees shall not be liable for any damage which may accrue from any cause or as a result of fire, theft, running away, state of health, or injury to person, horse or property.

I acknowledge that I have read this Release of Liability and know and understand its contents.

SIGNATURE: _____ DATE: _____

MINORS DO NOT SIGN THIS FORM-- PARENT OR LEGAL GUARDIAN MUST COMPLETE THIS SECTION

I, the undersigned parent or guardian of the above participant, in consideration of my minor's participation in the event, agree that the terms and conditions of this Release of Liability shall be binding as to damage or injury to my minor, his animals, and property arising out of his participation in events.

I acknowledge that I have read this Release of Liability and know and understand its contents.

NAME: _____ ADDRESS: _____ CITY, STATE & ZIP: _____

TELEPHONE: _____ DATE: _____ SIGNATURE: _____



Look Both Ways on South Park

Riders: be careful crossing South Park Drive in Tilden (even when it's closed to cars). from <http://www.berkeleyside.com>

A cyclist who was killed going down South Park Drive in Tilden Park on Saturday June 19 may have been racing down the hill to regain a speed record that he had only held for a week.

William Flint II, who called himself Kim, had raced down the same hill on June 6 in 2 minutes and 7 seconds, reaching a top speed of 49.3 miles per hour, according to his Twitter posts.

"49.3 mph, on a bike. How I find religion on Sunday morning," wrote Flint on June 6.

"Set new personal records – Centennial, 3 Bears, some others. even a KOM (King of the Mountain) on south gate descent!" he added a few hours later.

But on Tuesday June 15, another bicyclist, Pan Thomakas, bested Kim's record by 4 seconds. That new time may have prompted Kim to try and go even faster, according to comments on bicycle chat rooms.

Flint and Thomakas are part of a subset of bicyclists who use GPS devices to

track their routes and speed and then share the results on a social networking site called Strava.com.

South Park Drive in Tilden Park in Berkeley is well known in the bicycling community for its steep descent. The road from Grizzly Peak toward Wildcat Canyon Road is a 15% grade. Bicyclists can reach speeds of 50 miles per hour. The posted speed limit is 30 miles per hour.

One bicyclist described the road this way: "South Park is the fastest descent in the East Bay; the top part has curves but isn't twisty enough to slow you down, and then you can blast out of the last turn into the steepest part of the descent, a straightaway near a parking lot. I hit 88.5kph once (my fastest recorded speed anywhere)."

The hills of the East Bay are filled with bicyclists on the weekend, and some just want to see how fast they can go.

Flint, 40, of Oakland, was killed around 2 pm on June 19 when he broadsided an SUV, according to Lt. Dave Dubowy of the East Bay Regional Park District police. Flint was going downhill, in a northbound direction, when his bike traveled into the southbound lane and hit the left side of the car, said Dubowy. Flint had been going around a curve when his bike crossed over.

Skid marks at the scene show that Flint applied his brakes. He was wearing a helmet. He was airlifted to John Muir Hospital in Walnut Creek, where he was pronounced dead.

His friends say he was not a reckless person.

"I've known Kim for 8 years, and he is one of the brightest and most responsible people I've had the pleasure to call my friend," wrote donthebartender a friend, in the comments section of the SFGate website. "I'd like to let any readers know that he wasn't a reckless individual. He was a consistent regular rider who knew the local roads well and was far too smart to take perilous risks intentionally.

Photo from Kim Flint's Twitpic account

2010 TWA Board

President:

Alison Martin 510-559-9534
alison_m@pacbell.net

Vice President:

Kirsten Whitsett 925-283-1997
kirsten@i680n.com

Co-Recording Secretaries:

Lila Abdul-Rahim 925-284-9218
lila@arahim.net

Ute Frey 510-204-0698
frey@haas.berkeley.edu

Treasurer:

Kim Abbott 510-655-4195
ejakva@pacbell.net

Membership Secretary:

Page Schorer 510-525-9675
old_cowboy@lmi.net

Newsletter:

Morris Older 925-254-8943
morrisolder@comcast.net

Trail Work:

Susan Palo 510-548-2724
sepalo@ucdavis.edu

Historian:

Debby Young 925-254-1408
debbyyoung@mac.com

EBATC Representative:

Marilyn Terstege 925-254-5430
marenpony@hotmail.com

Web and Email

Gary Fitts 510-524-3729
gary@twha.org

Members At Large:

Jennifer Rader 925-689-0198
rtailbrat@msn.com

Eric Schroeder

ejshroeder@ucdavis.edu
Jane Binder 510-524-3300

Jenni Smith 925.386.5580
jlsmith1111@yahoo.com

Becky Mertens 510-981-0780
bmertens@berkeley.edu
Caroline van Tuyl 510-301-0170
carolinevantuyl@hotmail.com

Lisa McLaughlin 510-843-6720
lmclaugh@unex.berkeley.edu

The TWA Newsletter aims for bi-monthly publication- Contributions gratefully accepted. Please reprint anything herein, but do give us credit.

TWHA 2010-11 MEMBERSHIP FORM

Name(s) _____ new or renewal

Address _____ Phone: _____

City, State, Zip _____

Email _____ Do you have a trailer? _____

Check here if you would NOT like to receive TWHA emails _____

Names/Birthdays of equestrian members _____

Horse name(s) _____

Events or projects you may be able to help with _____

2010 Dues Enclosed; \$20 individual ___ \$25 family ___ \$10 junior _____

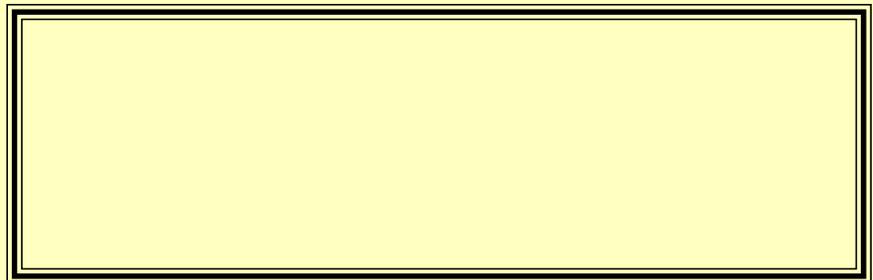
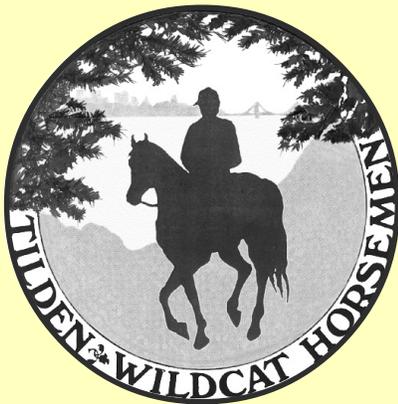
2010-11 Dues Enclosed; \$35 individual ___ \$45 family ___ \$15 junior _____

Send form, and check payable, to TWHA to: Page Schorer, 625 Liberty, El Cerrito, CA 94530 (old_cowboy@lmi.net)

Friday, July 30-Sunday, August 2--TWHA Pt. Reyes Camp Out and Ride

Wednesday, Sept 1-Monday, Sept. 6- East Bay Hills Trails Benefit Ride and Hike

**Tilden-Wildcat
Horsemen's Association
www.twha.org
50 La Encinal
Orinda CA 94563**



address correction requested