

19th Annual River Valley Riders Walk-Wheel & Ride-A-Thon

1. Please RSVP on Facebook or online at www.rivervalleyriders.org or call 651-439-2558
2. Collect pledges from friends & family — make a difference in the lives of our riders!
3. Then saddle up your horse or grab your walking shoes or wheels & join us for a fun 8-mile ride or 3-mile walk/wheel on trails in the beautiful Lake Elmo Park Reserve on Saturday, June 23rd.
4. Come for breakfast before the Walk/Wheel/Ride — stay for lunch and prizes after!

The donations to the 2018 Walk-Wheel & Ride-A-Thon will provide greater therapeutic riding & driving opportunities for people with special needs.

The mission of River Valley Riders is to enrich the lives of children and adults with special needs by providing equine assisted activities and therapies.

The benefits of therapeutic riding and driving are life changing and include:

Physical: The gait of the horse and the warmth of the horse's body help strengthen and stretch muscles. The three dimensional stride of the horse helps muscles, nerves, and cells remember the movement of the human gait.


Cognitive: Developing riding skills and partaking in the organized lesson activities requires mental focus and concentration.

Emotional: Horses don't judge; they are present and willing. On a horse, our riders sit above the eye level of those around them, creating a perspective they would not otherwise experience, especially from a wheelchair. Principles of inclusion, non-discrimination and team work are emphasized.

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8362 Tamarack Village, Suite 119-440, Woodbury, MN 55125
Phone: 651-439-2558 E-mail: rjberg@centurytel.net
Web: www.rivervalleyriders.org

River Valley Riders
8362 Tamarack Village
Suite 119-440
Woodbury, MN 55125



RIVER VALLEY RIDERS
19TH ANNUAL
WALK-WHEEL &
RIDE-A-THON



SATURDAY,
JUNE 23, 2018

LAKE ELMO PARK
RESERVE



ENRICHING THE LIVES
OF CHILDREN AND ADULTS
WITH SPECIAL NEEDS
BY PROVIDING EQUINE ASSISTED
ACTIVITIES AND THERAPIES.

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RIVER VALLEY RIDERS
19TH ANNUAL
WALK-WHEEL &
RIDE-A-THON

SATURDAY, JUNE 23, 2018
 LAKE ELMO PARK RESERVE
 1515 KEATS AVENUE, LAKE ELMO

Events of the Day

8:30-9:30am Registration & Breakfast for Horseback Riders
 9:30-10:30am Registration & Breakfast for Walkers & Wheelers
 10:00am Horseback Riders Start
 11:00am Walkers & Wheelers Start
 12:00pm Lunch & Door Prizes

Directions to Lake Elmo Park Reserve

⇒ From Interstate Highway 94, exit at County Road 19. Follow County Road 19 to the north for one mile to County Road 10. Cross County Road 10 and proceed into the park.

⇒ From Interstate Highway 694, exit at County Road 10 (10th Street North). Follow County Road 10 east for 2.6 miles. Turn left (north) into the park.

⇒ Once in the park, follow signs to the "Equestrian Center".

For park & camping information, contact Lake Elmo Park Reserve at 651-430-8370.

INSTRUCTIONS

- Please RSVP on Facebook or online at www.rivervalleyriders.org
- Begin asking all your friends & family for pledges.
- A minimum total pledge amount of \$60.00 for individuals or \$120.00 for families is required to participate in the event and receive a t-shirt.
- Please clearly print the complete name, address, & pledge amount of your sponsors on your form. You are responsible for collecting your own pledges.
- All pledges must be collected before the event & turned in at registration or mailed in by June 23rd to participate.
- River Valley Riders is a 501(c)(3) nonprofit organization. Tax-deductible receipts will be mailed to donors who provide their names & addresses.
- Checks should be made payable to: River Valley Riders.
- More information? Please visit www.rivervalleyriders.org or call 651-439-2558.

I hereby waive & release any & all rights & claims for damages which I may have against RIVER VALLEY RIDERS, the committee of the event, the location at which the event will take place, as well as any other persons connected with the event, their heirs, executors, successors, administrators, & assigns for any & all injuries, personal or property damages or losses, which I may suffer for taking part in the event or as a result thereof.

Name: _____

Address: _____

E-mail: _____

Signature: _____ Date: _____

****All participants under the age of 18 must****
 ****be accompanied by a parent or guardian.***

Parent/Guardian Name: _____

Signature: _____ Date: _____

RIVER VALLEY RIDERS WALK-WHEEL & RIDE-A-THON PLEDGE FORM

Name of participant: _____

Miles: Walkers/Wheelers: 3 Riders: 8 Ghost Riders: 0 (support RVR from the comfort of your own home)

<u>Sponsor</u>	<u>Address</u>	<u>Pledge</u>	<u>Paid</u>
_____	_____	_____	<input type="checkbox"/>
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_____	_____	_____	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>

Total: \$ _____



Donations accepted online at www.rivervalleyriders.org