

River Valley Riders 20th Annual 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 & drivers!
Individual participant with highest total pledges turned in by 11:00am on Saturday, September 7th will receive a \$500.00 Visa gift card!
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, September 7th.
4. Come for breakfast before the Walk/Wheel/Ride — stay for lunch and prizes after!



The donations to the 2019 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: info@rivervalleyriders.org
Web: www.rivervalleyriders.org

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



**River Valley Riders
 20th Annual
 Walk-Wheel &
 Ride-A-Thon**



**Saturday,
 September 7, 2019**

**Lake Elmo Park
 Reserve**

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2019 Corporate Sponsors



Mintahoe
 Catering & Events



ASSURANT



Dean Victorson



MidWestOne Bank



First State Bank
 and Trust

20th Annual Walk-Wheel & Ride-A-Thon

River Valley Riders 20th Annual Walk-Wheel & Ride-A-Thon

Saturday, Sept. 7, 2019
Lake Elmo Park Reserve
1515 Keats Avenue, Lake Elmo

Events of the Day

9:00-10:00am Registration & Breakfast for Horseback Riders

10:00-11:00am Registration & Breakfast for Walkers & Wheelers 

10:00am Horseback Riders Start

11:00am Walkers & Wheelers Start 

12:00pm Lunch & 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

- **NEW! Individual participant with highest total pledges turned in by 11:00am on Saturday, September 7th will receive a \$500.00 Visa gift card!**
- A minimum total pledge amount of \$75.00 for individuals or \$150.00 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.
- 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.
- Please RSVP on Facebook or online at www.rivervalleyriders.org
- 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, its board of directors, volunteers, staff, Washington County Parks, as well as any other persons or organizations 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)

Sponsor	Address	Pledge	Paid
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Total: \$ _____

