



# EQUI-ED

## Equines and Education

**Help Support  
Equi-Ed's Annual  
Ride-A-Thon!**

**July 31-August 6**

**Join us at  
Equi-Ed's  
Fall Round Up  
Celebration!**

**October 3, 2010**

### Ride On at Equi-Ed's Annual Ride-A-Thon!

Students, volunteers and staff are busy gathering pledges for Equi-Ed's annual Ride-A-Thon which is taking place July 31 through August 6. During this exciting week, students will saddle up their favorite horses and hit the trail in an effort to raise pledges in support of their program.

This is Equi-Ed's largest fundraiser of the year and we rely heavily on the donations that come from this event to fund the program. **Please pledge what you can—every dollar helps achieve our mission.**

*Right: Jane and Jeriko high-five for a job well done.*



### Save the Date! Equi-Ed's Fall Round Up Celebration



This year's Fall Round Up Celebration on October 3, 2010 will be attended by Ride-A-Thon participants and their families. A limited number of tickets will be available to Equi-Ed supporters and the general public. Get your tickets while they last! Tickets are \$20 each and will be available at will call the day of the event.

Festivities will be held at the Loch Haven facility in Santa Rosa, and will include a demonstration by Equi-Ed students, games, a raffle and silent auction, face painting, BBQ potluck lunch, and more! Ride-A-Thon winners will be announced and prizes awarded. It's fun for the whole family and an event you don't want to miss! Return the enclosed form to Equi-Ed to secure your spot today.

*Left: Celebration attendees team up during the mummy wrap contest.*



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***Celebrating  
17 years of using  
the therapeutic  
power of  
the horse to  
enrich the lives of  
people with  
disabilities.***

***Our sincere thanks  
to Friendly Feed &  
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**Friendly Feed & Supply  
1000 River Road  
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## Carl's Story

My son, Carl, was born twelve weeks premature in October 2002. His prematurity has caused various developmental issues to persist into his childhood. Throughout my child's young life, he has been involved in intensive sensory processing therapy, traditional occupational therapy, gymnastics, ice skating, and swimming to help with his focus and muscular issues. In the summer of 2008, Carl's pediatrician recommended hippotherapy as a new course of treatment that could address all of his issues. We previewed three different programs and chose Equi-Ed due to the caring instructors and financial feasibility. In September 2008, Carl began riding at Equi-Ed.

At first, Carl had a difficult time sitting up straight on the horse for more than two or three minutes at a time. He had to consistently be reminded to keep his back straight and not rest his hands on the horse. He also had difficulty focusing on the task of riding. After the first set of nine private lessons, we realized that he was sitting straighter not only on the horse, but at meal times. His classroom teachers also noticed that he did not get as tired or fidgety sitting for short periods at his desk in class.

In the spring of 2009 Carl started semi-private lessons with Jeriko. We weren't sure how he would do with another student in the class. Carl was distracting the other child at first, but by the end of this set of lessons, Carl was able to post in a trot, steer his horse around cones and dismount by himself. He was able to listen to Jeriko's instructions during the lesson, even when she was not in his immediate vicinity. As Carl continued lessons into the summer we especially noticed



Carl hits the trail with Little Bit.

his ability to focus for longer periods of time and attend to instructions more appropriately.

I am amazed at his ability to stay focused for a full fifty minutes. Carl's ability to focus was put to the test a few weeks ago when Jeriko had all three students off-lead and was verbally telling them where to steer their horse in the arena. At one point Carl decided to "drift-off" mentally, so Cisco (his horse) decided to walk to the fence and reach over for a little snack of grass. The surprise on Carl's face when he realized that he had to take control was priceless. It was such a concrete lesson for that elusive concept of "focus."

My family and I believe that the therapy that Carl receives at Equi-Ed is the most valuable intervention that we have participated in to this date. Carl is treated as a member of the "barn family" and always remembers "his horses" in his prayers each night. We so appreciate all the volunteers and instructors, and the nurturing they provide Carl during each lesson.

Lisa F.



## **EQUI-ED RIDE-A-THON 2010**

**Here's my pledge of \$ \_\_\_\_\_ toward making  
Equi-Ed's 2010 Ride-A-Thon a huge success!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

This pledge is for: \_\_\_\_\_

(optional)

(participant's name)

### **I would like to:**

- Attend Equi-Ed's Fall Round Up Celebration on October 3, 2010.

Number of tickets: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

*Tickets are \$20 each and will be available at will call the day of the event.*

- Be a private or corporate sponsor of our Ride-A-Thon and/or Fall Round Up Celebration.
- Donate item(s) for the raffle, silent auction and/or student prizes.
- I would like more information about volunteering.

**Please return your Ride-A-Thon pledge by mail to:  
Equi-Ed, Inc., 1535 Farmers Lane #217, Santa Rosa, CA 95405**

**Or go to [www.equi-ed.org/rideathon](http://www.equi-ed.org/rideathon) to make your gift online.**