

Free Rein 2nd Annual Ride/Hike-A-Thon

September 17, 2016: Riverside State Park Equestrian Area

Thanks for hitting the trails with Free Rein! Your participation will benefit all of our riders with disabilities at Free Rein Therapeutic Riding...Equipping riders for life!

Overview

- ❖ Registration opens at 8:00 A.M. Each rider/hiker must show a pledge sheet with \$50 or more in pledges to register. **Pledge money must already be collected and ready for registration in the form of check/cash.**
- ❖ Parking: Please park in designated areas. **Discover Pass required.**
- ❖ Check In: Before heading out on the trails, each rider/hiker **MUST** check in at registration and submit waivers releasing Free Rein, Riverside State Park, and your sponsors from any liability pertaining to you or your horse. Each rider/hiker will register with their pledge sheets complete with sponsors' names, addresses, and amounts. Trails vary in length 3-12 miles, and participants are welcome to hit the trails at their own convenience between the designated event hours.
 - **First Rider/Hiker Out: 9:00 A.M.**
 - **Last Rider/Hiker Out: 12:00 P.M.**
- ❖ Check Out: After you ride/hike, you **MUST** check out (so we know you are not lost out there somewhere). Please check out at the registration tables before returning to your vehicle.
- ❖ **Free Rein t-shirt and picnic lunch for all participants!**
Prizes awarded to the top three fundraisers!

RULES for the RIDE/HIKE

● \$50+ PLEDGES PER RIDER/HIKER	● ALL PLEDGE MONEY MUST BE IN HAND
● NO SMOKING ON THE TRAIL	● YOU MUST CHECK IN/OUT
● ALL CHILDREN UNDER 18 MUST BE SUPERVISED AT ALL TIMES BY AN ADULT	● NO HORSES ALLOWED IN THE REGISTRATION AREA
● NO LOPING, CANTERING, RUNNING OR RACING YOUR HORSES AT ANY TIME ON THE TRAIL OR IN THE PARKING AREA	● KEEP PARKING AREAS CLEAN. PLEASE PICK UP MANURE AND DISPOSE IN MARKED AREAS.
● NO RIDING DOUBLE	● NO UNSOUND HORSES ALLOWED
● STAY ON MARKED TRAILS	● DO NOT BLOCK GATES/ROADWAYS
● NO DOGS. NO STALLIONS.	● NO ALCOHOL ON THE PREMISES

We thank you in advance for observing courtesy and caution on the trails.
(see page 2)

TIPS and INFORMATION

- The Ride/Hike-A-Thon will take place regardless of weather...be prepared!
- Restrooms are located near the registration tables and equestrian arena.
- Water available at the arena/parking areas. Bring your own bucket for horses.
- Checkpoints will have water/minor first aid kits for riders/hikers.
- It is recommended horses have some sort of hoof protection.
Some areas are very rocky.
- Please check equipment before you ride.
Bring a halter and lead rope with you on the trail.

IDEAS for PLEDGES

- **ASK!** (The main reason why people donate...because they are asked.)
- Begin your list of sponsors with family and friends.
- Ask local businesses you patronize to pledge.
- Check with your workplace to see if they match funds.
- Ask fellow employees to sponsor you or your child.
- Inform your sponsors you will ride/hike rain or shine.
- **Donations (pledges) are 100% tax deductible...**Free Rein is a 501(c)(3) organization! Receipt forms to give sponsors for tax deduction will be available at registration.

The trail is waiting for you...

For more information, call the Free Rein office: (509) 979-1468.

Free Rein Therapeutic Riding, PO Box 30893, Spokane, WA 99223

www.freereinspokane.org



To abandon oneself in the dance with a horse is to touch the infinite
-Katie Solisti