

33rd Annual Diabetes Ride-a-thon

A non-competitive event on horseback to raise funds to send children with diabetes to camp and for diabetes research.

Dear Rider:

Come out on **Sunday, June 3rd, 2018** and participate in the **33rd Annual Diabetes Ride-a-thon**. Enjoy a trail ride through beautiful and scenic trails this year at Rushmount Equine Sports Ltd. Thirty-three years is a long time for an event – come help us celebrate, enjoy the ride and the day with other riders and their horses.

33 years ago, Barb Clare started the Diabetes Ride-a-thon when she moved back to the area and wanted to meet other equine enthusiasts. Her father had been diagnosed with diabetes so she decided to make the event a charitable ride to help find a cure for diabetes and to send children with diabetes to camp. Barb also wanted to make sure the event would be safe and enjoyable for riders of all ages and experience levels.

The torch has been passed onto Heidi Mueller who's daughter Hayden has been diagnosed with type 1. We are excited to share that additionally this year we are featuring a poker run! With the encouragement and continued support from the many riders, their donors, the ride sponsors and the volunteers have made the Diabetes Ride-a-thon grow into a highly anticipated event for riders of all ages.

Enclosed, is the 'Participant Package' which includes a Ride-a-thon brochure with the registration form and pledge sheet. Start collecting donations using the pledge sheet to receive great incentive items based on the amount you raise. **The rider (or volunteer) who raises the most in pledges (over \$500) can win a \$500 shopping spree!** There are additional prizes to be won, based on pledge collections (see brochure for details) and special draw prizes this year as well. Each rider will also receive a 'goodie bag' at registration filled with items for you. **Our poker run will be alongside the trail ride, with a chance to win the 50/50!**

Diabetes continues to top the list of leading causes of blindness, heart disease, kidney disease and amputation. The disease has reached epidemic proportions. With over 11 million Canadians living with diabetes today and 20 people being diagnosed with diabetes every hour of every day, the need is great. Your pledges will go directly to support diabetes research to help find a cure and to give local children with diabetes the opportunity to go to camp. Our diabetes camp allows young people with diabetes the opportunity to enjoy a safe, fun-filled experience, learning that having diabetes isn't a barrier to normal experiences and achieving their dreams.

We hope you will join us again at this year's Diabetes Ride-a-thon and encourage you to spread the word. If you have any questions or would like a poster and brochures to post at a stable etc. please contact Heidi or Jeremy.

See you on the trails!

Heidi Mueller

Coach & Trainer
Rushmount Equine Sports Ltd
705-826-4677
Event Chair

Jeremy Steinhausen

Community Engagement Coordinator
Diabetes Canada
647-832-5228
Event Co-Chair

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Sunday, June 3rd, 2018

Help make the ride go without a hitch...

- Anyone 18 years and under must wear a helmet by law and have their liability waiver signed by a parent or legal guardian, in order to participate. The form is included in this package and will be available on-site at the ride.
- All pledge forms must be completed and all money collected must be turned in to Diabetes Canada on the day of the ride, Sunday, June 3rd 2018 **OR** before the event you may send to Diabetes Canada office located at 200-235 Yorkland Blvd, Toronto, ON M2J 4y8. Please call ahead, (416)408-7012, to be eligible to win prizes or receive pledge incentives.
- If you require additional Pledge Forms, call the Diabetes Canada 1-800-BANTING (226-8464) and one will be sent to you immediately.
- Your total pledge donations must be \$50 or more to participate in the ride.
- Please ensure all cheques are made payable to the *Diabetes Canada*. Credit card donations may be made by calling *Diabetes Canada* 1-800 BANTING (226-8464) and we'll make sure the rider gets credited with the donation for their pledge sheet total.
- Receipts for all pledge donations will be mailed following the event, (\$15 or more) as long as the address and name are complete and legible. No receipts will be issued until the participant has turned in all of their completed pledge forms and donations collected.
- Anyone who has collected pledges and has handed in their pledge form before the Diabetes Ride-a-thon or at the ride on Sunday, June 3rd, 2018 will be eligible to receive the pledge incentives (see brochure for details). Note: Prizes are **not** cumulative. We reserve the right to substitute prizes of equal or greater value.
- Check-in/Registration begins at 8:30 a.m. Trail ride starts at 10:30 a.m. Please arrive with plenty of time to register, groom and saddle your mount.
- **Water is available on site (on-tap) and all participants are asked to bring their own water bucket to fill for their horse.**

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To reduce the risk of accidents and possible injuries **Rushmount Equine Sports Ltd** ask you to read and follow the guidelines below:

1. **Tie horses securely.** (No free hobbled horses please.)
2. **All stallions** must be double tied and attended to at all times.
3. **All stallions and 'kickers'** must be identified by a red ribbon tied on the tail. (Ribbons available at registration)
4. **Dogs** must be kept tied or on a leash at all times. **Dogs are not allowed on the trail** (owners are responsible for their animals).
5. **You are responsible for your own belongings.** Lock vehicles etc. when you are not around to keep an eye on things.
6. The trail will be **walk or trotting only.**
7. **Remember, galloping horses can unsettle other horses.**
Do not gallop or canter when passing other riders. If you want to pass, do so at a fast walk or trot, and identify your intentions.
8. **Be a considerate rider.** Many of the riders may not be as skilled and experienced as you. Respect the rights of your fellow riders.
9. At the end of the ride, please **slow your horse to a walk when entering the parking/base camp** area.
10. **Do not stray from the approved trail** - to avoid an injury, to protect environmentally sensitive forest plants and to ensure your personal property is not damaged.
11. **Children** must be supervised by a parent or guardian at all times.
12. **Fire hazards** are likely to be high. **Absolutely no smoking on the trail.** Please use butt out safety cans that are supplied at the ride site.
13. **Please** clean up your garbage before leaving the ride site or any area you may stop at. Please do not litter on the trails. We would like to keep this user privilege for future years.

**Thank you for joining us on our fundraising
ride-for-diabetes.**

We hope you enjoy your ride!

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(Rain or Shine)

Date: Sunday, June 3rd, 2018

Registration: opens at 8:30 a.m

Bring:

- Your completed **registration form**.
- **Your signed liability waiver** (must be signed to participate)
- Bring all **pledges and pledge sheet(s)**.

Ride Starts at: 10:30 a.m.

At: Rushmount Equine Sports Ltd

(1773 Cambrian Road, Severn, Ontario. L3V OT8)

See you on the trail!

Questions? Call 1-800 BANTING (226-8464)

LIABILITY WAIVER

(Must be signed by participant – parents/guardians must sign for participants under age 18)

I, hereby declare that I accept any and all responsibility for any loss, damage or injuries that may be incurred by myself or the horse while participating in the Diabetes Ride-a-thon and hereby release Diabetes Canada from all loss, damages or injuries even though caused by negligence of the Diabetes Canada, its employees or agents and I will not hold any other property owner, business association or agent responsible as I am riding at my own risk and am aware of the dangers involved. Neither Rushmount Equine Sports Ltd nor Diabetes Canada assumes responsibility for damage, loss or injury and there is no guarantee the area is suitable and safe for the purpose of a Ride-a-thon.

The undersigned has read and understands this release of liability for travelling on the aforesaid trails. The undersigned has signed this release and certifies that the undersigned is at least 18 years of age.

Date: _____, 2018

Rider's Name (please print): _____

Signature: _____

If under 18 years old, PARENT or GUARDIAN must sign:

X _____

(Please bring this form with you to the ride. It must be signed in order to participate. This form will also be available on-site at the ride.)