



August 2024

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**Less than 30 Days are remaining to  
make our goal!**

**I want to support the horses that are changing lives, and the clients  
that they serve. Take me to Hayday for Horses!**

# HAYDAY FOR HORSES



wecanride

HORSES CHANGING LIVES

HEALTHY HORSES  
MAKE MIRACLES  
HAPPEN.

PHOTO CREDIT: SHELLEY PAULSON

# THE RACE FOR HORSE OF THE YEAR

CURRENT STANDINGS



FIRST PLACE

By a razor's edge, McDreamy holds the lead. Can he hang on?



SECOND PLACE

Dolly touched so many lives during her time at We Can Ride. We are so touched that her supporters are ensuring that her mission continues.



THIRD PLACE

*Jasper. What can we say?*

Last chance! Voting ends August 30th!

## Learn about our Programming

### Hippotherapy benefits clients



#### Why Hippotherapy?

Hippotherapy gives mobility and independence to those who may be otherwise restricted. The ability to come out to the barn and participate in an outdoor activity gives tremendous physical, emotional and social benefits to those who could be denied the usual scope of such activities.

#### Physical benefits:

- Improved balance, flexibility, and muscle tone
- Increased strength
- Improved joint mobility

#### Cognitive benefits:



- Improved concentration
- Improved short-term memory
- Increased sense of body awareness
- Improved sense of spacial relationships

#### Psychological benefits:

- Increased self-confidence
- Improved self-esteem
- Improved independence and mobility

#### Social benefits

- Improved social skills
- Opportunities for interaction with others and nature

**We currently have openings for Hippotherapy and are actively looking for new clients! If you or someone you know might benefit from this amazing complementary therapy, email Loveya Magnus, our program director, at [clients@wecanride.org](mailto:clients@wecanride.org)**

[Contact us!](#)

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## Important Events

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**Join us at Lake Rebecca on September 22nd!**



# Derby Dash

5k Race ~ Walk ~ Kids Fun Run

A BENEFIT FOR WE CAN RIDE  
HORSES CHANGING LIVES

[Register for the Derby Dash](#)



## THANK YOU GEAR WEST!

We are excited to announce that Gear West outdoor store in Long Lake will be hosting packet pickup and helping us to promote the Derby Dash!

After you run/walk with us, consider joining them on October 19th for the Gear Western Country Half Marathon and Borton Volvo 5k!

*The Gear Western Country Half Marathon and Borton Volvo 5k is a small town event with a big time feel. Our course offers you a taste of Minnesota with quiet country roads, rolling hills, lakes, and crushed limestone trails. After finishing, linger for some unique western themed post race refreshments, and of course awards! We will be*



*hanging out, having fun, and cheering on every participant.*

*We will also continue our Hobby Horse division in 2024. There is no separate sign up, just show up with a hobby horse. But expect a lot of extra cheers AND prizes at the finish line.*

### Gear Western info and Registration



### Team Highlight: Board Chair Laurie Burgess

**I still get choked up when I see how the We Can Ride horses enable people with disabilities to do and feel things for the first time!**

Imagine that the seemingly smallest daily movements are limited or cause you pain. Then once a week you get to the barn, ride up on a lift, have the volunteers help you get on a horse....and then your body moves in a way that it cannot on the ground.

Most of you know that I struggle with the effects of Ehler's Danlos Syndrome. The chronic pain, the loss of the ability to do many things that brought joy to my life... yet at WCR I am able to have access to the tools, specially trained horses, and staff. It's a critical part of my Physical Therapy regimen that brings me joy! I'm able to personally feel the benefits of riding days after my lesson. I had heard about it for years and now I'm living it!

Romeo has been my ride since January. He's learned that I can't press much on my right leg, and that my spine has the flexibility of an owl's neck. We are learning together how to help each other.

# Engagement Opportunities



Volunteer with the We Can Ride Team at the 2024 Grand Prix event at the Harvest Horse Show on October 5th and benefit WCR!

Volunteers are needed:

- Selling tickets
- Checking wristbands
- Selling programs
- Helping with setup and teardown

All volunteers receive free admission to the show!

[Sign up to Volunteer](#)

## Seeking Board Members

The We Can Ride Board of Directors has openings for new members. Members should be passionate about We Can Ride and willing to dedicate their time, energy, and professional skills to the organization.

We are looking for members with experience in the following areas: funding and development, medical, human resources, legal, finance/accounting, and public speaking. If you are interested in learning more about the Board of Directors' positions, please reach out! [boardofdirectors@wecanride.org](mailto:boardofdirectors@wecanride.org).



## Leading the Herd

A message from our Executive Director

We Can Ride is thrilled to announce our inaugural 5K run and walk, set against the picturesque backdrop of Lake Rebecca this September.

This event is a special opportunity for everyone connected to our nonprofit to come together, celebrate, and support our cause. Whether you lace up your running shoes to participate or simply join us for a day of community and camaraderie, your presence will make a difference.

We look forward to seeing you there and sharing this memorable experience with our incredible supporters!



Register to run or walk with us!



## THANK YOU

Your generosity and commitment enables us to continue providing life-changing experiences for our riders. Thanks to you, we are able to offer therapeutic sessions that enhance physical, emotional, and mental well-being. Your contributions make a profound difference in the lives of those we serve.

Visit our Website

We Can Ride | PO Box 463 | Maple Plain, MN 55359 US

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