



Achieving FREEdom one hoof beat at a time!

FRONT RANGE EXCEPTIONAL EQUESTRIANS

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ridewithfree.org



The Hoof Beat Monthly

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Some of our Exceptional Equestrians!!

Welcome!

Welcome to our inaugural edition of the Hoof Beat Monthly! We are all very excited to be able to bring to you this new publication, in addition to our biannual print newsletter, where we can share thank-you's, short articles, volunteer needs, upcoming events, and anything else we would like everyone to know about. As you might have guessed, this will be a monthly e-mail to those of you who have received e-mail from us before. We hope this will make it easier to get to know everyone and see what is going on! If you have any questions or comments, or if you would like to change your subscription, please e-mail us at ridewithfree@yahoo.com or call us at 970-221-0646.

This Month's Spotlight

We will be having a Group Photo on May 11 at 6:00pm at CSU's Adams-Atkinson Arena at the Equine Center.

We'd really like EVERYONE (including riders, volunteers, and instructors) to come a be a part so we can have a really great picture to show off!

Volunteer Needs

Volunteers are needed to sidewalk with the riders, lead horses, and to serve on committees such as fund raising and board of directors. To work in classes we ask that you attend a volunteer training session. The next training session will be May 2 at 7:00pm. To sign up to volunteer, or if you have any questions, please email ridewithfree@yahoo.com or call 970-221-0646. [Click here](#) for more info, including class schedules, other needs, and the necessary paperwork!

Upcoming Events

- 🐾 May 2, 7:00pm: [Volunteer Training Session May 2 at 7:00pm at the Adams-Atkinson Riding Arena at CSU's Equine Center.](#) This is for anyone that would like to volunteer that has not been to a training session yet this year.
- 🐾 May 11, 6:00pm: As mentioned in this month's Spotlight, we will be having a [Group Photo at CSU's Equine Center.](#) We'd really like a great photo of everyone who takes part in our program, including riders, volunteers, and instructors!
- 🐾 May 15: [A new set of classes is starting!](#) Classes will be at 6:00pm and 7:00pm on Mondays at Legacy Stables, and Tuesdays and Thursdays at CSU. [Click Here](#) for the Complete 2006 Class Schedule online and look for "Summer Session A" for more information on these upcoming classes.
- 🐾 May 17, 7:00pm: [Board Meeting Wednesday, May 17 at 7:00pm.](#) It will be located at [Christ United Methodist Church at 301 E. Drake \(1 block East of College on Drake\).](#) We invite and encourage anyone who would like to attend to come share ideas, give us input, or just hang out and meet everyone!

United Methodist Church at 501 E. Drake (1 block East of College on Drake). We invite and encourage anyone who would like to attend to come share ideas, give us input, or just hang out and meet everyone!

Wish List

We are always grateful to receive donations, but unfortunately our needs sometimes seem to be never-ending. Here are some of our current needs:

- ✓ English Stirrup Leathers and Stirrups
- ✓ 15-17in. Western Saddle
- ✓ Color Ink Cartridge for HP Deskjet 932C Printer (HP Cartridge 78)
- ✓ Office Paper
- ✓ First Class Stamps

If you would like to donate to assist with some of our needs, please e-mail us at

ridewithfree@yahoo.com or call us at 970-221-0646.

A View From the Top of a Horse

Bud Kamrud



Wheelchairs are traded in for horses at CSU's Equine Center

When I was asked to be a member of the board of directors for this organization, I was both honored and surprised. I was surprised because my knowledge of horses doesn't extend much beyond knowing the difference between the front and rear ends of these fine animals. I was told I would bring a rider's perspective to our board so I decided I could do that. I hope to do the same with a newsletter article.

The benefits of therapeutic riding became obvious to me right from the start. I rode one of my brother's horses at a family reunion in Montana last summer. Being able to sit on a horse felt so good and relaxing, and then the horse took its first step. I dropped the reins and grabbed the saddle horn with both hands and held on with all the strength I have. After a while I started to relax but I wasn't ready to let go of that saddle horn.

One of the first things I did when I got back to Colorado was to check out therapeutic riding. My first ride was quite an experience. I was put on a horse with an English saddle. Where is my security blanket? I was told English saddles are better for therapeutic reasons. As the horse started walking, I held on to whatever I could but I was quite uncomfortable as I had to lean forward. I realized I couldn't continue this way. What's the worst thing that could happen to me if I sat up and my trunk muscles and balance failed me? I would fall into the arms of one of those lovely young ladies from CSU walking beside me. I let go of the saddle and sat up. What a wonderful moment, as my body didn't fail me. I've made remarkable progress with my upper body in the twenty four weeks I've been riding and my stubborn legs have even shown some progress. I've done a lot of different kinds of therapy over the years and this is clearly the most enjoyable of them all.

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Questions or Comments, please e-mail us at ridewithfree@yahoo.com or call us at 970-221-0646.

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