

# Trail Ride Roll & Stroll

**WITH FRIENDS AND SUPPORTERS OF HETRA!**

Heartland Equine Therapeutic Riding Academy (HETRA) would like to invite you to our 5th annual benefit poker trail ride on **October 18, 2008**. Saddle up your horse and join us for an afternoon of riding the beautiful trails around **Cunningham Lake (Rainwood Entrance)**. We are doing a poker ride this year, which will add a fun twist to this great ride!

**Registration: 12:00 pm Ride out: 1:00 pm Dinner & Prizes: 4:30 ish**

**Registration Fee:** minimum \$20 donation for adults \$10 kids (12 & under), includes one poker hand, one raffle ticket and dinner. Additional raffle tickets and poker hands available for \$5.00 each.

**Prizes:** for winning poker hands: 1st Place: \$75.00, 2nd Place: \$50.00, 3rd Place: \$25.00. Raffle prizes include many various horse product baskets!

**TRAIL RIDE**



**ROLL & STROLL**

Don't have a horse?  
No worries! Come & join us for a beautiful morning stroll (1 mi) stroll on the paved trail along Cunningham Lake!

Walkers and wheelchairs welcome to roll with us!

**Registration: 8:30 am Stroll out: 9:00 am Prizes: 10:30ish**

**Registration Fee:** minimum \$10 donation for adults \$5 kids (12 & under), includes, one raffle ticket and breakfast.

Additional raffle tickets available for \$5.00 each.

**\*\*\*\* PLEASE NO BIKES DOGS OR STALLIONS! \*\*\*\***



**For more information:**

**WWW.HETRA.ORG**

**(402) 359-8830**

HETRA's mission since 1989 is to improve the quality of life both physically and emotionally of adults and children with disabilities through equine assisted activities.