

Loudoun Therapeutic Riding, Inc.
Celebrating 50 Years of Community Impact
Kathy Blaine LTR Program Director

Founded in 1974 by two Loudoun visionaries, Leonard Warner and Barbara Baird, the Loudoun 4-H Club's Riding for the Handicapped (now Loudoun Therapeutic Riding) has faithfully served the community for 50 years and is kicking off 2024 celebrating the power of the horse to change lives.

Honoring our roots as the pilot program for therapeutic riding in VA and envisioning our future are some things I have been reflecting upon personally as I begin my 31st year as a member of the LTR staff. In 1992 my dear friend Joanne Hart, who was the head instructor & subsequently named executive director, invited me to volunteer in lessons which were being held at the LoCo Fairgrounds. Always a horse lover and having taught riding for several years during and after college, the experience of helping people with special needs connect with horses changed the trajectory of my life.

Through the years I've witnessed the incredible impact that horses have made in the lives of our students by boosting confidence, improving balance, coordination, strength, focus and concentration through riding. However, it's the connections made, and relationships formed with the horse, the instructor and volunteers in a safe, welcoming space that creates lasting change or shifts in the way a person relates to their world. That happens without ever sitting astride an equine and in ways that I never imagined.

So, as we envision the future, LTR is expanding current and developing new programs that tap into the benefits of time spent with horses on a farm in unmounted groundwork such as Equine-assisted Learning (EAL) taught by Certified Therapeutic Riding Instructors or Equine Specialists in Mental Health & Learning and Equine-assisted Psychotherapy (EAP) which is facilitated by licensed mental health professionals. These offerings will increase our impact through providing additional services to more individuals seeking ways to improve overall wellbeing in a natural environment.

Check out our website for more information on HorsePowered Learning sessions this summer during the weeks of June 25-28 and August 12-16, Equine Services for Heroes (Veterans & First Responders), Silver Spurs, Adaptive Riding



In 1974, the first therapeutic riding center in Virginia was established. 50 years later, celebrate the history of Loudoun Therapeutic Riding with us at one of our 2024 events!

February 17: Fashion Show and "National Velvet" at the Middleburg Community Center

April 29: Putt for Ponies Golf Tournament at Raspberry Falls Golf & Hunt Club

May 18: Boots & Bridles Barn Dance at LTR

September 15: Heroes First Fair at LTR

October 26: Ride-A-Thon at LTR

November 23: 50th Anniversary Gala at Salamander Resort and Spa

Celebrate or Donate at www.LTRF.org



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Loudoun Therapeutic Riding
HORSEPOWERED LEARNING
SPRING & SUMMER SESSIONS
*Taught by PATH Certified Therapeutic Riding Instructors/
 Equine Specialists in Mental Health & Learning, supported by trained volunteers.*

Kid's HPL 🍓 🧴

Siblings & all students welcome!
 Minimum age to participate is 6 years old
 Enroll one student, get 10% off sibling enrollment

Dates & Fees:

March 25-29, 9am - 12:30pm	Fee: \$500
June 24-28, 9am - 12:30pm	Fee: \$500
August 12-16, 9am - 2pm*	Fee: \$800

Volunteer HPL 🍌 🦩

Dates & Fees:

July 1-3, 9am - 12:30pm	Fee: \$300
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Schedule: 📅 🍷

- 9am- student arrival - check in circle
- 9:30am-11:30am - groom and tack horses, then riding (30-45 min. mounted lesson OR groundwork lesson)
- 11:30am-12:15pm - arts & crafts/other farm activities
- 12:15-12:30pm - closing circle

*Students are responsible for bringing packed lunch for longer session

Non-refundable deposit of \$100 due at registration

SIGN UP HERE



& Cart Driving, or Hippotherapy used by licensed physical, occupational or speech therapists. To support these services, LTR is always seeking new volunteers to join the amazing team of people who donate their time to help ensure a safe, beneficial experience. Without volunteers, LTR simply would not exist!

We hope you'll join us during the coming year at one of these many exciting events in support of LTR as we move into the next 50 years to ensure a sustainable future of Learning, Teaching & Reaching! You are cordially invited to plan a visit to our home in Lovettsville so you can see our horses, students, volunteers and staff in action and our mission in motion. Here are some great opportunities not to be missed that will help LTR Bloom Where it is Planted!

On **Monday, April 29th**, enjoy an afternoon at the Lansdowne Resort for our **Putt for Ponies Golf Tournament**, then on **Saturday, May 18th** our **Annual Barn Dance** is sure to be a "kick up your heels" good time held at the farm. Other events during the year include the **3rd Annual Heroes First Fair**, honoring Veterans and offering networking opportunities on **Sunday, September 15th**, followed by **Saturday, October 26th** and our **Student Costume Ride-a-Thon Peer-to-Peer Fundraiser** which is always a fun day for our families, staff, volunteers and guests. You will certainly want to Save the Date for **Saturday, November 23rd** as we gather at the beautiful Salamander Resort in Middleburg, VA for the official **Golden Gala Celebration of 50 years of Love, Trust & Respect!**

We hope to see you at the farm very soon and extend our sincerest thanks to our sponsors, donors, volunteers, horse owners and students & families for their unwavering support in getting us this far.

With deep gratitude,
 Kathy