

## **WHAT IS DIABETES?**

Diabetes is a disease in which the body cannot properly store and use fuel (glucose or sugar) for energy.

Usually, but not always diagnosed in children, type I diabetes is considered to be an autoimmune disease. In Type I diabetes the cells that produce insulin are destroyed and, eventually, the pancreas can no longer produce insulin. Daily injections of insulin are required to sustain life.

Type II diabetes is a disease in which the pancreas does not produce enough insulin or can result when the body does not effectively use the insulin it does produce. Combinations of medications, diet and exercise (lifestyle) and sometimes insulin are required to treat type II diabetes.

Gestational diabetes is a temporary condition that affects two to four percent of all pregnancies and involves an increased risk of developing diabetes for both mother and child.

## **OUR COMMITMENT TO DIABETES RESEARCH**

The formation of the Charles H. Best Research fund in 1975 positioned a designated presence for diabetes research within the Canadian Diabetes Association and continues to be the focal point for research operations into causes, prevention, cure, management and understanding of diabetes.

For more information please contact your local Canadian Diabetes Association Branch.



**FLAME**  
of  
**H** **HOPE**

**Trail Ride & Carriage Drive**  
**Saturday, May 24, 2003**

*A non-competitive event on horseback and in Carriages to raise money for diabetes research.*

**Saturday, May 24, 2003**  
**Elmira, Ontario**

Charitable # 11883 0744 R0001



Paper Sponsored By:

*Sneider Bros.*  
*Furniture Ltd.*  
Elmira, Ontario

## WELCOME

*to the 13th Annual*

Flame of Hope

Trail Ride & Carriage Drive

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*-Your registration number is yours alone and appears on all your forms. Please **do not copy** your forms, unless for yourself.*

*-If you know someone who wishes to participate, please have them call and register to receive their own forms and registration number.*

*-The waiver form is a very important part of your sponsorship package. This form **must** be completed and turned in on ride day in order for you to participate. Anyone under 18 **must** have this form signed by a parent or legal guardian.*

*-Tax receipts will be issued for donations of \$10.00 or more but **only if** the name and address with postal code is complete and legible. Receipts will be mailed directly to the donor this year.*

*-If you require copies of your pledge sheet for collection purposes - please make copies prior to coming to the farm. We **will not** provide copies of pledge sheets after you have registered.*

*-If you have any questions or concerns about your package, please contact us as soon as possible.*

1-519-669-5906

fax: 1-519-669-1388

vclarke@sympatico.ca

trailride13@hotmail.com

**Have a Great Ride!**

## LEAVING A MARK...

*The Flame of Hope Trail Ride & Carriage Drive would like to extend a special thanks to our 'artists'. Each year a number of gifted equine artists are approached to donate pieces to the prize board and raffle table as well as for use on our t-shirts and promotional materials.*

*This year we welcome and offer a special thanks to **Joy Sage** of Sage Art as our t-shirt design artist.*

*Other contributing artists include:*

*Rita Naras, MCS Artworks*

*Vickie Lawrence*

*Linda Shantz*

*Kim Penner*

## ZEHRS MARKETS Rider Photos

*Don't miss having your picture taken by Kelly Spencer, Iron Horse Photo, as you head out on the trails. Photos are a great keepsake of the day and will be available for pick up after 2:00 p.m. Photo developing courtesy of Zehrs photolab in Waterloo.*

## THE AMAZING RAFFLE...

*Raffle prizes range from original artwork to bags of feed ~ and there's lots in between. Tickets are available all day at the display tent and draws will take place after the awards presentations.*

*Proceeds from the raffle draw are also donated to the C.H. Best Fund for diabetes research. Tickets are just \$5 an arms length.*

## VET CHECKS

*Veterinarians will be checking for heart rates and any abnormalities as well as a lameness check. Each station will have ribbons for kickers and green horses.*

*Riders will not be asked to dismount for the lameness check unless necessary.*

*Assistants will hold your horse quiet but firm for the heart rate check. If horses are buddies, they may go to a vet station together.*

*All riders must have a hand stamp and must have numbers in plain view in order to get past the starter to begin the ride. Each horse must also have the rider number attached in order to identify a loose horse in the absence of a rider and subsequently locate the rider.*

## CHECKPOINTS

*Checkpoints are placed strategically along the trail. Please notify the checkpoint person of any difficulties you may encounter. All checkpoints are in contact with the farm for emergency assistance, both for horse and rider.*

## REMINDERS

*This is a NON-COMPETITIVE event. We ask that you walk your horse at a leisurely pace and enjoy the day and the scenery. Please remember that there are many families with children who take part in this event. Please keep a safe distance and be courteous of others who are less experienced than yourself.*

*Use of trails is granted by special permission from private property owners. Please respect the property and follow the instructions on the trails. Do not throw garbage on the trails and please be careful to minimize crop damage along fields.*

*Every precaution has been taken to ensure the safety of both riders and horses. If you notice any problem areas on the trail please report them at the next checkpoint.*

*Thank you in advance for your cooperation!*

## PLAN YOUR DAY...

*When you are making your plans to attend the ride please keep in mind that the entire marked trail should take approximately 3 hours (shorter excursions are available). Our closings ceremonies and raffle are scheduled to start at 2:00 p.m. and generally finish up by 3:30 p.m.*

### *For Your Safety & Convenience...*

Emergency Farrier Service  
(reasonable rates)

Washroom Facilities

Manned Check Points on Trail

Vet & Tack Checks  
(mandatory)

First Aid Service on Site

Truck & Trailer  
(Emergency Use)

NO DOGS PLEASE

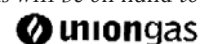
*Lunch Prepared by:*



*Your registration includes a complimentary pop and hot dog. Hamburgers, sausage on a bun, desserts and fresh fruit are available for sale.*

*Participants with special dietary needs are requested to note what is available and supplement their own needs.*

*Pending confirmation, Union Gas will be on hand to cook the complementary hot dogs.*



## ADULT RIDERS...

Riders leave 8:30 a.m. - 11:30 a.m.  
Registration closes at 11:00 a.m.



## MAJOR PRIZE BOARD

*Pledges of \$500 or more to qualify.*

### 1. Western Saddle

*Martin Mills Inc.  
Menno S. Martin Contractors Ltd.*

### 2. Diamond Horseshoe Ring

*Frey's Plumbing Works Inc.*

### 3. Kim Penner Print

*Frey Building Contractors*

### 4. Rita Naras Print

*Elmira Auto Supplies*

### 5. Deluxe Bridle

*Schelter Stationery Inc.*

### 6. Vickie Lawrence Original

*Drayton Veterinary Clinic*

### 7. Sundance Balloon Ride

*Trailcorp Inc / System Fencing*

### 8. Water Trough

*Merle Hoffman Ltd. Backhoe Service*

### 9. Equine Cooler

*Greenhawk Harness & Equestrian Supplies*

### 10. Work Duck Barn Coat

*Royal Lepage Elmira Real Estate Services Ltd*

### 11. Extreme Turnout Sheet

*M&G Millwrights*

### 12. Equine Clippers

*T-D Canada Trust*

### 13. Saddle Pad

*Horsemen's Benevolent & Protective Assoc.*

### 14. \$100 Feed Gift Certificate

*Floradale Feed Mill Ltd.*

### 15. Equine Gift Pack

*Ontario Standardbred Adoption Society*

### 16. Deluxe Halter

*Canadian Morab Association*

*All prizes subject to change without notice.*

## PARTNERS IN RESEARCH...

*Aventis Pharma is the Canadian pharmaceutical arm of Aventis S.A. We were formed with the merger in December 1999 of two of the world's largest chemical companies: Hoechst AG of Germany and Rhone-Poulenc S.A. of France.*

*Our Canadian headquarters is located in Laval, Quebec. Our state of the art manufacturing facility is located there as well. In all, close to 800 men and women work for us across the country.*

*We generated close to \$333 million Cdn in sales in 2000 and invested approximately 13 percent of our revenue in research and development initiatives.*

*For more information about Aventis  
please visit [www.aventis.com](http://www.aventis.com)*



*GlaxoSmithKline (GSK) is pleased to partner with the Flame of Hope Trail Ride & Carriage Drive again this year. As one of the world's leading research-based pharmaceutical and healthcare companies, we are committed to improving the quality of human life by enabling people to do more, feel better and live longer. One key area that GSK has been committed to includes diabetes research, and the development of innovative treatments and patient education. However, based on the CDA's **Diabetes Report Card 2001**, there currently exists a wide disparity in provincial and territorial policy and programs affecting people with diabetes across Canada. Furthermore, based on a recent review (by GSK) of provincial government formularies, that analyzed the reimbursement of drug therapies for diabetes versus other chronic conditions, a wide disparity also exists in access to treatment and quality of support for people with type 2 diabetes (in Ontario). The "Access to Medications Study" showed that due to current barriers to access within public programs, people with type 2 diabetes may be receiving less than optimal care. Therefore, for the benefit of diabetes patients, it is now imperative to implement the 2001 **Diabetes Report Card** recommendations in order to manage type 2 diabetes in the years to come.*

*For more information  
please visit [www.gsk.ca](http://www.gsk.ca)*



## RULES & REGULATIONS

Please note the following rules and regulations. The event committee reserves the right to refuse participation to anyone not following rules. There will be a large number of horses and people in a small area on ride day. Help us keep everyone safe by knowing what is expected of participants!

1. Stallions and kickers must wear red ribbons and be kept under control. Green horses must wear green ribbons.
2. Alcohol is not permitted on the farm or the trail.
3. If you must pass other horses, please do so at a walk.
4. Remain on the marked trail so as not damage crops or personal property.
5. Riders under 18 must wear a safety approved riding helmet.
6. Please clean all garbage you generate both on the farm and on the trail. No smoking on the trail or near the barns on the farm.
7. Barns on the farm are off limits with the exception of the registration areas.
8. In order to ride/drive you must, without exception be registered and visibly wearing a number.
9. All riding and carriage horses are required to under go a vet, tack and carriage check. Since locations for the two will vary, check with registration.
10. Double riding is at our discretion and subject to approval by Laura Martin, ride chairperson. In all approved cases helmets and proper tack are a must.
11. **Absolutely no dogs!** This is not an event conducive to bringing the family pooch. Please respect the safety of everyone, including your pet!

## WE'RE WITH YOU...

The fund raising efforts of our participants are very important to us. We have lined up the following incentive prizes!

1. Turn in your total pledges on ride day and automatically qualify for a getaway at Jakobstettel Guest House in St. Jacobs.



2. Raise \$100 and your registration fees are waived. You will receive a complimentary ride t-shirt and get in on the participation prizes.

3. Raise \$200 and automatically qualify for the draw for a western saddle.



4. Raise \$300 and you qualify for the draw to win an agate cameo & diamond horse pendant.



5. Raise \$400 and you qualify for the draw to win the Great Escape, which includes accommodations and train fare to Ottawa!



6. Raise \$500 and qualify for three draws. Two draws for a side of beef each, cut and wrapped to your specifications.

Cut & Wrapped  
by: Central Ontario Cattle Ltd & Mar-Dale Transport (1985) Ltd.

Plus, a third draw for \$500.00 worth of Esso Gasoline!  
Compliments of:



## REGISTRATION & SPONSORSHIP

*All participants are expected to register in advance!*

### To Register:

Call: 519-669-5906  
Email: trailride13@hotmail.com  
Fax: 519-669-1388  
Mail: P.O.Box 242, Elmira, ON N3B2Z6

### Registration Fees:

Youth (17 & under)	\$25.00
Adult	\$45.00

### Please Note:

- Do not send cheques. Registration fees are payable ride day.
- Your total pledges must be over \$100 to waive registration fees.
- Pledges may not be used to pay registration fees.

**Make cheques payable to:  
Canadian Diabetes Association**

### Sponsorship:

Collecting pledges ensures your inclusion in our prize categories. There are four categories for sponsorship: adult rider, youth rider, carriage driver, and carriage passenger.

Each category has its own minimum amount for eligibility. The registration and incentive draws are for all participants. Prizes will not be released to participants until the full amount of sponsorship has been turned in to the event treasurer.

### Receipts:

All receipts will be mailed directly to donors. Please ensure complete, legible address and postal code. No receipts will be issued until full amount of sponsorship is turned in to the event treasurer.

## CDA YOUTH RIDER:

### Christopher Bruder

*For most of the year, 13 year old Christopher Bruder is like any other teen age boy. He likes to ride his bike, play sports or hang out with his friends.*

*However, what makes Christopher so special is that each spring he dons his riding boots and cowboy hat and slips comfortably into the saddle in support of diabetes research.*



*Christopher is a celebrity youth rider at the Elmira, **Flame of Hope Trail Ride & Carriage Drive.***

*Through a coordinated Lions Club approach and his own personal appeal to family and friends, Chris has enjoyed tremendous fund raising success! Last year Chris raised in excess of \$35,000.00 for diabetes research!*

## ‘THE ONTARIO EQUESTRIAN CONNECTION’

*The Flame of Hope Trail Ride & Carriage Drive Committee has opened the stable doors to give CDA branches in Ontario an opportunity to be involved through our ambitious new ‘Ontario Equine Connection’ program, riding on the success that Chris has had with his fundraising.*

*The innovative and fun idea may provide branches across Ontario with a unique opportunity to raise awareness of diabetes within their community, capture the attention of local media, and support diabetes research through sponsorship dollars.*

*Branches in Ontario will be looking for youth riders (who have their own horse), to join this event. For more information on how to participate, call your nearest CDA branch. For a complete listing, visit [www.diabetes.ca](http://www.diabetes.ca)*



## CARRIAGES & PASSENGERS

We are presently developing a set of guidelines that will be included in your registration package. Please register as soon as possible so that we can get the information out to you well in advanced. The package will include times, routes, maps, and general information that you will need to make this drive a pleasant experience for both you and your passengers.

### MAJOR PRIZE BOARD

Pledges of \$300 or more to qualify

#### Driver Category

##### 1. Equine Fly Sheet

Tri County Carriage

##### 2. \$100 Esso Gift Certificate

Bayer

##### 3. Carriage Whip

Summitview Carriages

#### Passenger Category

##### 1. Joy Sage Print

Elmira StoveWorks

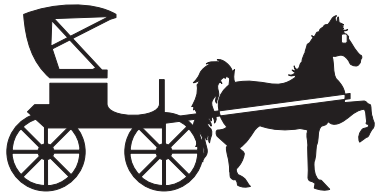
##### 2. Equine Afghan

Elmira Gift Outlet

#### Best Turn Out:

##### 1. Wrought Iron Carriage Stand & Driving Gloves

MLK Services Inc.



All Prizes are subject to change without notice.

## OUR COMMITMENT...

The Flame of Hope Trail Ride & Carriage Drive is committed to donating 100 % of every dollar raised by participants to diabetes research.



RWAM INSURANCE ADMINISTRATORS INC.  
PROGRAMMED INSURANCE BROKERS INC.



ROYAL BANK FINANCIAL GROUP



Sulco Chemicals Limited



Elmira Feed & Supply

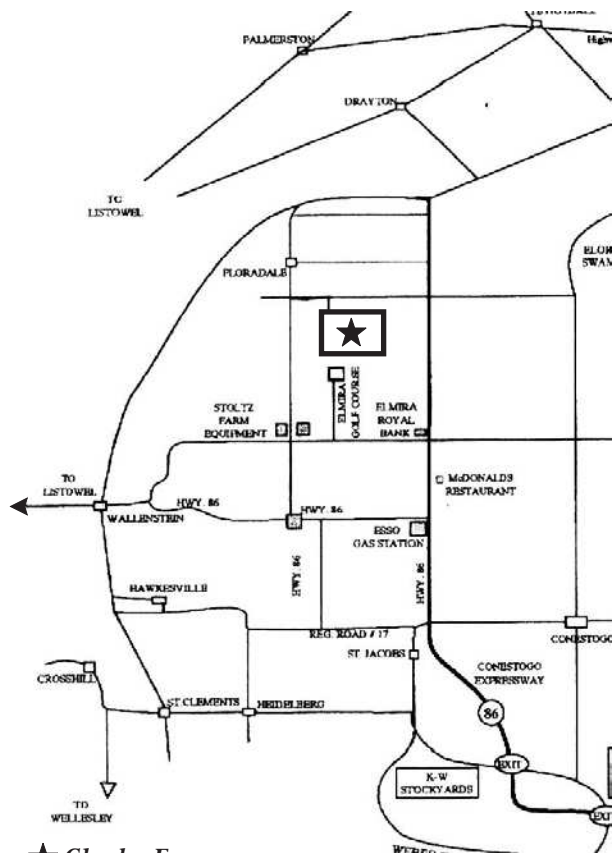


## HOW TO GET HERE...

*Arriving on 401 from Toronto: exit on Hwy 6 North, turn left on Hwy 7 West, then right on Line 86 to Elmira*

*Arriving on 401 from London: exit on Hwy 8 West, take Hwy 7 East to Hwy 86 North to Elmira*

*Please consult an official Ontario Road Map for more detailed information.*



★ **Clarke Farm**  
7109 Reidwoods Drive  
Elmira, Ontario  
519-669-5719 (Barn Phone)

## YOUTH RIDERS...

Riders leave 8:30 a.m. - 11:30 a.m.  
Registration closes at 11:00 a.m.



## MAJOR PRIZE BOARD

*Pledges of \$300 or more to qualify.*

- 1. Western Saddle**  
*The Elmira Optimists*
- 2. Deluxe Bridle**  
*North Waterloo Veterinary Hospital*
- 3. Extreme Turnout Sheet**  
*W-S Feed & Supplies Ltd.*
- 4. Linda Shantz Print**  
*Rudow's Carstar Collision Centre*
- 5. Equine Cooler**  
*Brubacher's Harness Supplies*
- 6. \$100 Gift Certificate**  
*Novo Nordisk Canada Ltd.*
- 7. Leather Halter & Lead**  
*McDonalds Restaurant*
- 8. Saddle Pad / Wraps**  
*Elmira Chiropractic*
- 9. \$100 Gift Certificate**  
*Floradale Feed Mill Ltd.*
- 10. Riding Helmet**  
*The Murray Group Ltd.*
- 11. Equine Gift Pack**  
*Dub-L-E Auto Service Ltd.*
- 12. Rider Gift Pack**  
*Royal Canadian Legion - Elmira Branch*

*Riders in this category must bring their waiver form signed by a parent or legal guardian in order to participate.*

*All youth riders must be wearing a safety approved riding helmet - absolutely no exceptions!*

*All prizes subject to change without notice.*