

## State Equestrian Competition

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**Sunrise Center** is a non-profit organization. Our program depends on outside support, so we are actively asking caring and charitable businesses and individuals who can provide this support in any of the following ways:

MONETARY DONATIONS  
VOLUNTEER INSTRUCTORS  
LABOR AND MANPOWER  
DONATIONS OF EQUIPMENT OR HORSE  
SPONSOR A HORSE  
OR A RIDER

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13 Sunrise Center horseback riders recently competed in the Illinois State Special Olympics Equestrian competition in Springfield. Over 70 athletes from nine different agencies from across the state were involved in the event.

### R.V.S.R.A. Results

#### Gold medal winners

Carrie Wilborn	Steven Weith
Heather Long	Ed Barbieri
Sue LeVeque	Lisa Billings

#### Silver medal winners

Gary Cockburn	Andy DeVours
Joe Boudreau	Chris Harris

#### Bronze medal winners

David Dart	Carrie Wilburn
Sion Leavy	



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## Sunrise Center

This facility provides equine assisted activities for individuals with mental and physical disabilities. The center is non-profit and requires contributions of money, equipment and volunteer assistance.

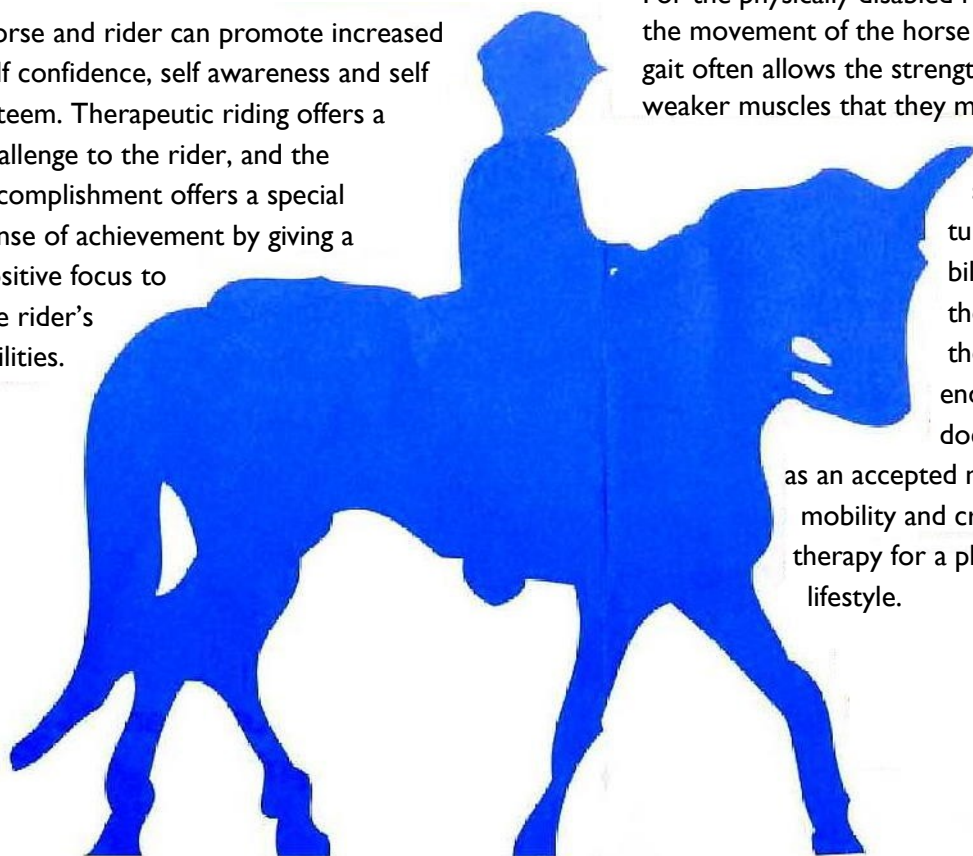
**4370 East 3500 South Road**  
**St. Anne, Illinois 60964-4216**  
**(815)932-6170**

**Sunrise Center** therapeutic horseback riding provides physical, recreational and education benefits to physically and mentally challenged individuals for the mentally disabled rider: the unique relationship of a



For the physically disabled rider: The fact that the movement of the horse simulates the human gait often allows the strengthening of the rider's weaker muscles that they may be tight or

Horse and rider can promote increased self confidence, self awareness and self esteem. Therapeutic riding offers a challenge to the rider, and the accomplishment offers a special sense of achievement by giving a positive focus to the rider's abilities.



spastic. Riding can also improve posture, balance and flexibility. The benefits of therapeutic riding for the disabled is gaining endorsements by both doctors and therapists

as an accepted method of improving mobility and creating innovative therapy for a physically restricted lifestyle.

The Sunrise Center Directors and instructors are certified by the **North American Handicapped Riding Association (NAHRA)** of which the Sunrise Center is a member. The horses used for the program undergo thorough training and are chosen for their



gentleness. They will accept unusual or spastic movement and are accustomed to the noise of disability devices, i.e. wheelchair, canes, crutches. These horses are responsive and adept at meeting the unique needs of their riders.

