



P. JOSEPH LEHMAN, INC.

CONSULTING ENGINEERS

Press Release

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FOR IMMEDIATE RELEASE
9 AM EST, September 7, 2016

LEHMAN ENGINEERS ANNOUNCES HORSE TRAIL RIDE AND TRAIL WALK TO BENEFIT *DREAMS GO ON*

Hollidaysburg, Pennsylvania - **Sunday, September 25, 2016**, marks the 10th Annual Lehman Engineers Horse Trail Ride and Trail Walk to benefit *Dreams Go On*, a non-profit therapeutic horseback riding organization founded by Sue Lehman. The event will take place at Canoe Creek State Park. *Dreams Go On* (501C3 nonprofit) provides therapeutic horseback riding sessions for adults and children who are physically challenged, receive mental health, behavioral health, or family therapy services. For the past ten years, P. Joseph Lehman, Inc., Consulting Engineers has been the title sponsor.

For the Horse Trail Ride, the Bridle Trail loops around the park and will be between a 2 to 2.5 hour trail ride. Two choices for the Trail Walk are available. Registrants may choose the Limestone Trail (1.2 miles) near the kilns with a view of a scenic stream, or Lakeview, which is a ½ mile handicap accessible loop (1/4 portion of the loop is crushed limestone) that can be repeated for 1 to 5 miles while enjoying the beautiful view of Canoe Lake. Whether riding or walking, the beautiful scenery at the 958-acre Canoe Creek State Park will provide an atmosphere to reflect with nature while helping a very worthy cause. Joe Basil, Park Manager, stated,

"This event is great for Canoe Creek State Park. This is a great partnership, and we are glad to host this event again for the 10th year." Event brochures can be found at Lehman Engineers, Canoe Creek State Park, and many area businesses.

Although trail riders and trail walkers are encouraged to preregister online at www.LehmanEngineers.com/dgo/ prior to the event and collect pledges to donate to *Dreams Go On*, they may also register by calling 814-695-7500 or by mailing a completed registration form from the brochure or web site to: *Dreams Go On* Trail Ride, 311 Heather Avenue, Altoona, PA 16602. Registrations will also be accepted the day of the event. The registration fee is \$15. The event is on rain or shine. Horseback riders must provide their own horses.

Registration and check-in on the day of the event is at 9:00 a.m. for horse trail riders at the horse trailer parking area and at 9:30 a.m. for trail walkers near pavilion #2. The Horse Trail Ride begins at 10:00 a.m., and the Trail Walk begins at 10:30 a.m.

Trophies will be awarded for the top fundraising individual and top fundraising teams in both the Horse Trail Ride and Trail Walk. A free t-shirt will be given to registered horse trail riders and trail walkers, and all registered participants are invited to a free BBQ chicken lunch, thanks to the generosity of Imler's Poultry, Duncansville, PA. The BBQ chicken meal will be prepared by Landon Focht of Imler's Poultry. Lunch will be served at 12:30 p.m. in Pavilion #2.

Other contributors to the luncheon and snack needs include: Sheetz, Hoss's Steak and Sea House, and Roaring Spring Water. Homemade cookies will generously be provided thanks to the continued baking talents of Mrs. Ruth Keller. Once again, the Sheetz Brother's Coffee Truck will be on sight starting at 9:00 a.m. to provide free Sheetz coffee, smoothies, and MTO Milkshakes to event participants! The Sheetz Coffee Truck staff will accept donations for *Dreams Go On* at the mobile beverage station.

The trails will be groomed prior to the ride by *Dreams Go On* volunteers, Steve and JoAnne Nader. Horseback riders will be guided by Karen Strayer, lead therapeutic horseback riding instructor at *Dreams Go On*, and trail walkers are invited to "Walk with Joe" as Joe Murgo, WTAJ's Chief Meteorologist, will once again be the Master of Ceremonies and lead the Trail Walk. Riders and walkers can also meet Tomasz Dorabiala and Aaron Rose, the 2016 *Dreams Go On* Trail Ride and Trail Walk Ambassadors. Both riders are a team and have been taking therapeutic horseback riding lessons for over 15 years together. "It only made sense to have these two fine, young men serve as ambassadors together given their passion for horses and long riding history together. Tomasz, 27, enjoys the muscle stretching he receives while enjoying his therapeutic horseback riding. Aaron, 30, would enjoy trotting for his entire ride if he wouldn't exhaust our volunteers and horses," stated Deb Kelly, *Dreams Go On* Program Coordinator.

Other activities registrants may participate in include a Disc Golf Tournament for \$5 and a Silent Auction. The winner of the Disc Golf Tournament will be presented with a Point of Fitness one-month membership, a free night's stay at the Comfort Inn, trophy, and more! The Silent Auction will close at 1:45 p.m. and will feature gift cards, baskets, and great gifts from the following companies: P. Joseph Lehman, Inc. Consulting Engineers; The Allegro Restaurant; Altoona Curve; Prime Sirloin Buffet; U.S. Hotel; Beerbower Jewelers; Holly Reid Therapeutic Massage; Comfort Inn and Comfort Suites of Altoona and Duncansville; Hoss's Steak and Sea House; Marzoni's Brick Oven & Brewing Company; Sam's Club; Blair Co Golf & Driving Range; Creamery and Crepes; Lori Beck, Indoff, Inc; Gardner's Candies; DelGrosso's Amusement Park; Finelli's Italian Villa; Altoona Curve; Duncansville Pharmacy; Dairy Queen; Texas Roadhouse; Hampton Inn; ProCare Health & Fitness; Carol Myers, Confidential Insurance Consulting; Rodan and Fields; Olive Garden; Scotch Valley Country Club; DeGol Carpet; E. B. Endres Millwork & Cabinetry; Warner's Florist; Chuck E. Cheese's; Tractor Supply; Dutch Hill Chocolates; The Knickerbocker Tavern; and many more! Businesses and organizations can still support the event with Trail Sign Sponsorships for \$250 or by donating an item or gift

card for the Silent Auction. Interested parties should contact Betsy Lehman at BLEhman@LehmanEngineers.com.

A special craft area with face painting and a candy hunt will also be available for *Dreams Go On* riders and their families. All are encouraged to bring a picnic blanket and continue enjoying Canoe Creek State Park after lunch.

Dreams Go On and event chair, Betsy Lehman of P. Joseph Lehman, Inc., Consulting Engineers, greatly appreciates the support of the following additional sponsors: Imler's Poultry, Smith Transport, Inc; Holliday Real Estate LLC; Health South Rehabilitation Hospital of Altoona; The Markosky Engineering Group, Inc; Empower Business Solutions; Young Oakes Brown and Co. PC; Kohl's; M&T Bank; French Engineering, LLC; Bill Shuster for Congress; Best Way Pizza of Duncansville and Hollidaysburg; Ameriserve Bank; DeGol Carpet; Wolf Furniture; The RADD Development Company; 1st Summit Bank; Bartolotta Vision Care LLC; Kiwanis Club of Altoona; Seltzer Financial Strategies LLC; Ward Transport & Logistics Corp; Homewood at Martinsburg; Sheetz, Inc; S&T Bank; Cesare Battisti Club; NAC, Inc; Highmark Blue Cross Blue Shield; Saint Francis University; Comfort Inn and Comfort Suites of Duncansville and Altoona; Grove Miller Engineering; The Hite Company, Inc; American Geotechnical & Environmental Services, Inc; The Allegheny Club of Hollidaysburg; ASC Group, Inc; Link Computer Corporation; DelGrosso Foods, Inc; Altoona First Savings Bank; A & A Insurance; Urban & Blattenberger, PC; Investment Savings Bank; Bill Wertz & Sons, Inc; Carol Myers, Confidential Insurance Consulting; Evey Black Attorneys; Blair Companies; Clearfield Bank & Trust; Wix Pix Productions; Ritchey's Dairy; Hoss's Steak and Sea House; Prime Design Solutions; Juniata Troutfitters; and The Press Box.

Volunteers are needed to assist with this event and with therapeutic horseback rides. Contact Deb Kelly at dkelly1006@atlanticbb.net and visit www.DreamsGoOn.com for more information.

Directions to the Canoe Creek State Park: 12 miles east of Altoona, Pa. Travel on US 22 until you arrive at the small village of Canoe Creek (seven miles east of Hollidaysburg), turn north on Turkey Valley Road and continue for one half mile to Canoe Creek Road, on the right or 205 Canoe Creek Road, Hollidaysburg, PA 16648.

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PRESS PHOTO ATTACHED:



Preparing for the 2016 Lehman Engineers Horse Trail Ride and Trail Walk to Benefit *Dreams Go On* (DGO) are: (from left) Joe Lehman, Jr., representing Lehman Engineers, Title Sponsor; Betsy Lehman, Event Chairwoman; Karen Strayer, DGO Therapeutic Horseback Riding Instructor; Tomasz Doraiala, Dreams Go On Trail Ride and Walk Co-Ambassador on "Star"; Joe Basil, Canoe Creek State Park Manager; Corinne Zesati, DGO Volunteer; Brenda Fix, DGO Treasurer and Board Member; Annette Lehman, DGO Board Member; Ethan Weyant, Lehman Engineers Marketing Assistant; Allan Derr, P.E., Lehman Engineers Project Engineer; Sherrie Ayers, Lehman Engineers Office Manager; Joe Murgio, Celebrity Emcee and WTAJ-TV10 Chief Meteorologist; Aaron Rose, *Dreams Go On* Trail Ride and Walk Co-Ambassador on "Bug"; and Deb Kelly, DGO Program Manager. Committee Members absent from the photo: Terry Wasovich, Tiffany Bryant, Yvonne Gentry, Jill McMillan, Laura Koss, and Rhonda Burchfield.