

LANARK COUNTY

Therapeutic Riding Program

TR Heroes

December, 2019

Featuring the People and Horses Who Make a Difference

As the saying goes: “When you want to get something done, ask a busy person to do it.” That is so true when it comes to December’s TR Hero Cristina Pilon.



Cristina is one of LCTRP’s most gifted instructors but she is so much more. “We so appreciate Cristina for her seemingly endless energy, her creativity and her commitment to the program,” says Program Coordinator Amy Booth. “She is like the glue that holds the program together. In addition to putting in hours as a TR instructor, she keeps things organized; she liaises with the owners at Fox Hollow Farm; and keeps our horses safe and healthy. And she does all that as a volunteer.”

Cristina is a Registered Early Childhood Educator; a Registered Yoga Teacher; a member of the Professional Association of Therapeutic Horsemanship; and a Yoga Alliance Continuing Education Provider. She also is a horse owner and is mom to two young girls.

So why Therapeutic Riding? For Cristina, the answer is obvious: “I love teaching and I love horses. Therapeutic Riding brings both of those things together. I mean, where else could I get to interact with students and horses at the same time? There is nothing better than working with riders and horses to help them find success.”

Cristina started as a volunteer with the program 7 years ago. She has been teaching for 5 of those years; has hosted horses for the winter and; in 2019, was the program’s Herd Manager. “Our horses are our biggest asset,” says Head Instructor Maria Hofbauer. “Cristina is absolutely committed to ensuring that they are safe, healthy and happy. Her role is critical to the success of our program.”

Cristina’s commitment to TR program and its riders shows in other ways as well, including putting in many hours to raise much needed funds. One of her biggest accomplishments is the annual Hallowe’en “Spooktacular” party and dance-a-thon. Cristina’s artistic touches are everywhere at the event, and it is something that the riders, their friends and family look forward to every year.

What does Cristina say to people who are considering volunteering? “Come out to the farm, meet the riders and the horses. I’m pretty sure you will be hooked. I know I was.”



Would you like to see how horses change lives? Please consider volunteering for the program. We will make sure you have the training you need. We can be found at www.therapeuticriding.ca, on Facebook, and by calling our Program Administrator Amy at 613-257-7121 extension 3238.