

Register Now for the 28th Annual Jack Monroe Beach Ride

Riders raise donations for the American Heart Association to help fight heart disease.

September 24, 2009

If camping on the beach with your horse sounds like a dream come true, you can do it this fall for a good cause.

The 28th annual Jack Monroe Beach Ride takes place at Lakewood Camping Resort on Myrtle Beach in South Carolina and benefits the American Heart Association's (AHA) efforts to combat heart disease and stroke. Riders are invited to sign up and recruit sponsorships from family and friends. Top fundraisers are eligible for prizes, including a saddle and the grand prize, a new trailer.

The beach ride spans 20 miles of scenic Myrtle Beach, which is only open to horses in the short off-season. Hundreds of horses and riders stay at the Lakewood Camping Resort using portable roundpens as temporary housing for the horses. In addition to the ride and camping, participants enjoy other activities, including a parade, costume contest, karaoke and Halloween festivities for participating kids. A silent auction raises additional funds for the AHA.

Heart disease is the leading cause of death for both men and women in the United States. The Beach Ride helps the AHA's research and education to help Americans prevent heart disease. This year's fundraising goal is \$275,000. To sign up as a rider, or to contribute to the sponsorship of a participating rider, visit www.ahabeachride.org.