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A cowboy who hangs on in a spin or who can hang on while turning the bull left and right can gain a higher score. It is in this sport where a cowboy is most likely to receive serious injuries. When the ride is over the danger remains as often, the bull comes back after the cowboy.

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# Welcome

Welcome to *The Ultimate Rodeo Tour 2013!*

As you know, this event is in support of the Canadian Diabetes Association, so on behalf of the organizing committee, thank you for coming and supporting the fight to find the cure.

The Canadian Diabetes Association's mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find the cure. We are working to achieve our mission through research, education, service and advocacy.

Currently more than 3 million Canadians have diabetes and more than 6 million have prediabetes. With your support, the Canadian Diabetes Association can continue to work to find a cure for those living with diabetes, as well as those at risk of developing diabetes.

We have included some diabetes information in this program. If you would like additional information, please call 1-800-BANTING or visit [www.diabetes.ca](http://www.diabetes.ca). You can select your local branch by looking under the Regional Office section.

Thank you for your support. Enjoy the show!







Barry Sharpe  
MAYOR

### GREETINGS FROM THE MAYOR

*On behalf of City Council and the Citizens of the City of Welland, it gives me great pleasure to welcome you to the **2013 Ultimate Rodeo Tour** in support of the **Canadian Diabetes Association**.*

*Your attendance will help the Canadian Diabetes Association raise funds to help people with diabetes live healthy lives while they work to find a cure.*

*The tremendous efforts of the Canadian Diabetes Association, dedicated and hard working volunteers make this show possible. Your time and effort is greatly appreciated by your community.*

*I offer you my sincere best wishes for a memorable evening!*



### What are the symptoms?

Signs and symptoms of diabetes include the following:

- ◆ Unusual thirst
- ◆ Frequent urination
- ◆ Weight change (gain or loss)
- ◆ Extreme fatigue or lack of energy
- ◆ Blurred vision
- ◆ Frequent or recurring infections
- ◆ Cuts and bruises that are slow to heal
- ◆ Tingling or numbness in the hands or feet
- ◆ Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

### Diagnosis of diabetes

Show your doctor this fact sheet and ask him or her to test you for diabetes using one of the following tests. The amount of glucose (sugar) in your blood is measured in mmol/L.

#### Fasting blood glucose

You must not eat or drink anything except water for at least eight hours before this test. A test result of 7.0 mmol/L or greater indicates diabetes.

OR

#### Casual blood glucose

This test may be done at any time, regardless of when you last ate. A test result of 11.0 mmol/L or greater, plus symptoms of diabetes, indicates diabetes.

OR

#### Oral glucose tolerance test

You will be given a special sweetened drink prior to this blood test. A test result of 11.1 mmol/L or greater taken two hours after having the sweet drink indicates diabetes.

A second test must be done in all cases (except if you have acute signs and symptoms). Once diabetes has been diagnosed, ask your doctor to refer you for diabetes education. The Canadian Diabetes Association also has many resources to help you understand diabetes better and live a long and healthy life.

Date: \_\_\_\_\_ 1<sup>st</sup> test: \_\_\_\_\_ mmol/L

Date: \_\_\_\_\_ 2<sup>nd</sup> test: \_\_\_\_\_ mmol/L

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We are supported in our efforts by a community-based network of volunteers, employees, healthcare professionals, researchers and partners. By providing education and services, advocating on behalf of people with diabetes, supporting research and translating research into practical applications - we are delivering on our mission.*

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# Saddle Bronc Riding



Saddle Bronc riding is called "the classic event of rodeo", originating from the task of breaking wild horses for use on the cattle ranches of the Canadian and American West. It has evolved for the rodeo arena and also become one of the most complicated events for the rodeo cowboy. It involves strength, timing and technique as the cowboy attempts to ride the bucking Bronc for eight seconds, holding onto only a thick reign attached to the horse's halter. He can only use one hand to work the reign and to help keep him on the saddle as he spurs the horse and tries to time his movements with the bronc's bucking in order to score high points. The cowboy aims for controlled fluid movements as he tries to precisely time his movements with that of the horse. Ideally, he spurs the horse with his toes pointed outward, landing them on the Bronc's shoulders as it's front feet hit the ground, dragging the spurs along its shoulders as it bucks again. The rider, then in sync with the horses bucking action swings his feet back to the point above the Bronc's shoulders for the next jump. The Saddle Bronc rider faces a "mark out" rule, meaning both spurs must be above the Bronc's shoulders until its feet hit the ground on the first jump from the chute. Failure in this means disqualification. Also, his free hand cannot make contact with the Bronc, his equipment or his body during his eight second ride.

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# Diabetes

facts

More than **three million** Canadians have diabetes

There are three main types of diabetes. **Type 1 diabetes**, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

The remaining 90 per cent have **type 2 diabetes**, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.

A third type of diabetes, **gestational diabetes**, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

## Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- ◆ Heart disease
- ◆ Kidney disease
- ◆ Eye disease
- ◆ Problems with erection (impotence)
- ◆ Nerve damage

The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms of diabetes.

## What are the risk factors for diabetes?

If you are aged 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often.

- Being:**
- ◆ a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
  - ◆ overweight (especially if you carry most of your weight around your middle)
- Having:**
- ◆ a parent, brother or sister with diabetes
  - ◆ health complications that are associated with diabetes
  - ◆ given birth to a baby that weighed more than 4 kg (9 lb)
  - ◆ had gestational diabetes (diabetes during pregnancy)
  - ◆ impaired glucose tolerance or impaired fasting glucose
  - ◆ high blood pressure
  - ◆ high cholesterol or other fats in the blood
  - ◆ been diagnosed with any of the following conditions:
    - polycystic ovary syndrome
    - acanthosis nigricans (darkened patches of skin)
    - schizophrenia

diabetes.ca  
1-800-BANTING (226-8464)

 Canadian  
Diabetes  
Association



## What are the symptoms?

Signs and symptoms of diabetes include the following:

- ◆ Unusual thirst
- ◆ Frequent urination
- ◆ Weight change (gain or loss)
- ◆ Extreme fatigue or lack of energy
- ◆ Blurred vision
- ◆ Frequent or recurring infections
- ◆ Cuts and bruises that are slow to heal
- ◆ Tingling or numbness in the hands or feet
- ◆ Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

## Can you prevent diabetes?

Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps.

## How is diabetes treated?

People with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful diabetes management, which includes the following:

**Education:** Diabetes education is an important first step. All people with diabetes need to be informed about their condition.

**Physical Activity:** Regular physical activity helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances overall fitness.

**Nutrition:** What, when and how much you eat all play an important role in regulating blood glucose levels.

**Weight Management:** Maintaining a healthy weight is especially important in the management of type 2 diabetes.

**Medication:** Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.

**Lifestyle Management:** Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.

**Blood Pressure:** High blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so people with diabetes should try to maintain a blood pressure level below 130/80. To do this, you may need to change your eating and physical activity habits and/or take medication.

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*



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# Junior Bull Riding



Junior Bull Riding is almost identical to Bull Riding except for the age of the competitor and the animal is a steer instead of a bull. The young cowboy is between the ages of eight and 15 and the same skills are needed to successfully earn a high score in the event. There are a few subtle differences with a Junior Bull Rider requiring a helmet for protection.

Most riders will go on to be Bull Riders when they reach the minimum age of 16

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# Bareback Riding

Bareback riding, originating in the rodeo arena, is one of the most bone-jarring events of the rodeo and is often the toughest on the cowboy's body with immense stress placed on the arm and back...but to score high points the cowboy has to look good while he's punishing his body! The cowboy holds onto the bucking Bronc with one hand in a rigging that resembles a suitcase handle on a strap. He has to hold on for eight seconds while spurring the horse. As with saddle Bronc riding, as the Bronc bucks the rider pulls his knees up dragging his spurs along the Bronc's shoulders and as the horse's front feet come back to the ground, he straightens his legs so the spurs connect above the horse's shoulders, ready to do it again for the next jump. As is the case with saddle Bronc, the rider must mark out his horse and his free hand must not touch his horse equipment or body for the eight seconds. Bareback Bronc riders tend to receive more violent and less fluid and controlled rides than Saddle Bronc riders, and as a result they tend to do more long-term damage to their bodies than most other rodeo cowboys.

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# Are you at risk?

prevention

**You could be one of many Canadians who have type 2 diabetes and don't know it.**

If you are age 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. **If you check any of the boxes to the right, you should be tested for diabetes earlier and/or more often.**

Today, more than ever before, people with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful management of the disease.

It is important to be tested for type 2 diabetes if you are at risk. Left untreated or improperly managed, diabetes can result in a variety of complications, including:

- ◆ Heart disease
- ◆ Kidney disease
- ◆ Eye disease
- ◆ Problems with erection (impotence)
- ◆ Nerve damage

## My risk assessment

- I have a parent, brother or sister with diabetes.
- I am a member of a high-risk group (Aboriginal, Hispanic, South Asian, Asian or African descent).
- I have health complications that are associated with diabetes.
- I gave birth to a baby that weighed over 4 kg (9 lb) at birth.
- I had gestational diabetes (diabetes during pregnancy).
- I have been told I have impaired glucose tolerance or impaired fasting glucose.
- I have high blood pressure.
- I have high cholesterol or other fats in my blood.
- I am overweight (especially if I carry most of my weight around my middle).
- I have been diagnosed with any of the following conditions:
  - Polycystic ovary syndrome
  - Acanthosis nigricans (darkened patches of skin)
  - Schizophrenia

**DON'T IGNORE THESE RISK FACTORS. The earlier you are diagnosed, the sooner you can take action to stay well – now and in the future. If you already have type 2 diabetes, your children, brothers and sisters are at risk. Urge them to be tested for diabetes.**





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# Pole Bending



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