



## STRIDE April E-News! We are Back!

### From the Desk of Mare...

Well, it's been a full year since the COVID-19 pandemic forced our youth athletes, coaches, parents, and volunteers to take a long break from the structured active lifestyle that STRIDE provides in sports, recreational activities and events. Entire seasons, including practices and competitions were reinvented. For many of our athletes, the social structure developed over many years to assist youth with ADL's, socialization and communication, was stripped. The pandemic forced STRIDE staff and volunteer leaders to quickly figure out new ways to connect with our constituents. Great thanks goes to Megan, STRIDE's Program Director, whose creative genius jumped us to action to develop ways to stay connected in our STRIDE Community. Team Zooms, outdoor distanced hikes and virtual exercise programs were devised. Family members replaced volunteers for touchless distanced outdoor programs. The [SHARE Center](#) and [SCORE Camp](#) were opened for family or individual use. As much was lost, complementary gains also emerged.



As we surpass the one-year mark of the pandemic, we appreciate that many of our in-person sport training opportunities are returning, perhaps with new formats and protocols, but the importance is to **get people connected again**. It is important to note the impact of the mental side of sport and recreation that provides an environment where people can thrive, particularly for the majority of the youth we serve with intellectual diagnosis. The opportunity to return to sporting environments and activities, we hope will begin to patch the holes that emerged through the isolation of the pandemic in the fabric of the lives of these kids and adults who suffered the most.

As STRIDE returns to play in many of our programs that were shut down, it will be of utmost importance to foster positive experiences and implement methodology of appreciation and recognition with focus on opportunity to people-connect in shared movement experiences. Skill will return, but fostering the social side of programmatic activity will be crucial.

Mary Ellen Whitney

## \$4\$ 5K Run, Walk, Roll is Back!! Sign up now!



#WhySTRIDE

In-Person or  
Virtual 5K  
Options:  
At Your Pace -  
Competitive or  
Casual!

**Saturday, June 19th, 2021**  
**Jennings Landing Albany NY**  
**Register Now:**  
**[www.stride.org/5ksignup](http://www.stride.org/5ksignup)**

- Early Bird Registration Until June 1st) - \$25; \$30 after June 1
- In-Person & Virtual Participation Options
- Open to all - inclusive event!!!
- Create your fundraising page to support STRIDE Adaptive Sports
- Participate in our 8-Week Couch to 5K Program
- Prizes for the top competitive runners and fundraisers
- Participation & inclusion for casual but health-conscious
- LOTS OF FUN & FRIENDS Back in-person!

**\*Covid-19 Practices will be in place through-out the event**

Thank you to our sponsors!!!



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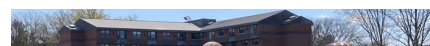
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**REGISTER NOW! Click Here**

**American National Insurance Donates \$4000 to STRIDE!**





# STRIDE Spring Golf



## Route Fore Golf Center

391 N Greenbush Rd, Troy, NY 12180

Sunday's 9:30am (Ages 8-21)

5/2, 5/16, 5/23, 6/6, 6/13

Program Leaders:

Tony & Kelly Curro

All participants must have a current STRIDE registration and new liability waiver on file. There will not be a \$25 admin fee to participate. Donations are accepted!

All participants must wear a mask and maintain social distancing throughout the length of the class. For more STRIDE Return to Play information, visit our website: [www.stride.org](http://www.stride.org)

In order to sign up for the class, you must call or email STRIDE Program Director, Megan Evans: 518-598-1279; [mevans@stride.org](mailto:mevans@stride.org)

A big thanks to [American National Insurance](#) for their ongoing support to STRIDE's recreation and sport programs for 2021.



## SPREAD THE WORD!!!

### We need volunteers for our 2021 Bike Camp

Do you know someone athletic who would like to make a difference in the life of a child?

Camp is scheduled to take place 6/28- 7/2/21. If you are interested and have questions- contact Megan [mevans@stride.org](mailto:mevans@stride.org)



## SCORE Camping... Here We Go!!

Empire BlueCross Foundation

On Friday, April 30, SCORE will officially open up with an annual season opener and the help of 30 [Empire Blue Cross](#) employees who will spend the day setting tents, cleaning, clearing trails, staining decks, stacking wood and multiple tasks to get the camp ready for a near normal season. We are working on a schedule for the summer



SCORE CENTER FOR OUTDOOR RECREATION & EDUCATION

## Family Camping @ SCORE

Come enjoy the great outdoors with your family and get a breath of fresh air!



Reserve your families space to camp on our 85 acre campgrounds  
Weekends available starting in May!

Suggested donation: \$20/night

Resources that would be available:

- Tent & Cots
- Grill with propane tank
- Camping chairs
- Campfire wood

For more information& to reserve a weekend:  
call or email Megan-518-598-1279/ [mevans@stride.org](mailto:mevans@stride.org)

Click Here to Register as Bike Camp Volunteer!

## Wellness Wednesday's Underway! Coming soon... more fitness group classes

This new program is off to a great start. In our very own SHARE Center, a small group of athletes are able to safely exercise together at their own pace. The benefits of being together in this environment are not only physical, but can already be seen mentally and emotionally from all involved.



If you are interested in joining, contact [Megan](#).





## Volunteer Spotlight: Emelia Carlino

Since joining the STRIDE family three years ago, Emelia has greatly enjoyed building relationships with youth and their families in our community. When she was approached by STRIDE take her volunteering to a new level and serve as the lead coordinator for the swim program, she was honored and had no idea the impact STRIDE would have on her life.



"I've encountered endless moments that I hold near and dear to my heart since joining, but I will share the successes of 13 year old Julia, non-verbal, who joined our program with low confidence in the water with a family who was willing to cheer her on every step of the way" says Emelia. "Since our first interaction 3 years ago not leaving the shallow end, Julia has progressed into an incredible swimmer who is capable of swimming the length of the pool, diving underwater, floating on her back and other crucial survival skills. It's been a beautiful journey to connect directly with Julia and her family, as she continues to learn and grow."

While the swim team and volunteers and parents/caregivers who support the team have been forced into isolation because of the pandemic, Emelia is proud of the many ways the team has continued to remain socially connected. Efforts include virtual workouts, weekend hikes throughout the Capital Region, and our newest addition - **Wellness Wednesdays**, which is a great opportunity for athletes and families to workout together in an adaptive and safe environment and learn strength and conditioning skills. Emelia took on leadership for this new program too!

## Spring 2021 Tennis



Indian Meadows Park  
Jason Morris Way, Glenville, NY  
(off of Droms Road)

Sunday's 3-4PM (Ages 8-21)  
5/16, 5/23, 5/30, 6/6, 6/13, 6/20

Program Leader :  
Dave Graham

All participants must have a current STRIDE registration and new liability waiver on file. The \$25 administrative fee has been waived at this time. Donations are welcome!

All participants must wear a mask and maintain social distancing throughout the length of the class. A parent or caregiver must remain with the athlete to help with hand over hand instruction.

### SPACE IS LIMITED!

In order to sign up for the class, you must call or email  
STRIDE Program Director, Megan Evans : 518-598-1279 ; [mevans@stride.org](mailto:mevans@stride.org)



With as little equipment as possible, your child will learn how to have fun with fitness.  
Play along with your peers and have fun exercising in our new adaptive facility.  
Bring the fun and games home to your family to continue your wellness goals with everyone!

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## GET WELL WISHES GLOBALLY to all those suffering or affected by COVID-19



- Deepest sympathy to Warrior Tracy Evans on the loss of his mother
- Get Well wishes to athlete Nora McIntosh
- Healing wishes and thanks to donor David Cote - who donated a kidney to a co-worker
- Congratulations to volunteer Chris Muehler on his upcoming marriage!

# Zumba

Thursdays @9:30am  
May 13th, 20th & 27th

Where: SHARE Center  
4482 NY- 150, West Sand Lake, NY

*\*Open to all ages and abilities*  
*\*Space is Limited!*

To Register: call or email STRIDE Program Director,  
Megan Evans : 518-598-1279 ; [mevans@stride.org](mailto:mevans@stride.org)

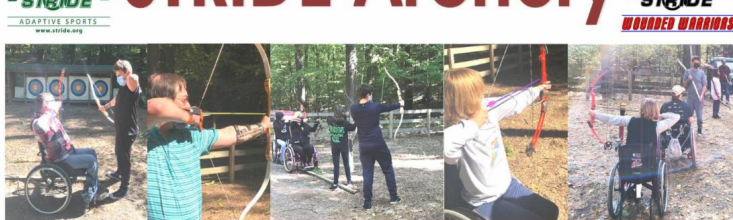
**HEARTFELT THANK YOU TO OUR DONORS** We would like to take this opportunity to thank April contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

### Major Donors

Jeffrey & Kim Sutton

### Donors

Jeanne Carras  
Jay Epstein  
Maithao Le  
Gerard McGarvey



**SCORE Campground**  
2182 State Route 203,  
Chatham, NY

**Saturday's 10- 12 pm**

**June 5th- July 17th**

no class on 7/3

Ages 10 & up

wounded warriors welcome

**Program Leader:**

Tim McDonough

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Peter Paleschi  
Donald Reutemann

### Corporations / Stores

Anthem Foundation  
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Worthington Flowers

### Organizations

Bethlehem Memorial Veterans Association  
De Crescente Distributing Co., Inc.  
Delmar Fire Department

### Third Party Fundraisers

Society of the Friends of St. Patrick

### In Honor of Matt, David, Karen, and Michele

Jeffrey & Jennifer Putman

### In Honor of Donald Streed

Albany Ski Club

### In Memory of Elizabeth Bulger

Amy de Soyza

### In Honor of Mary Ellen Whitney

Saville Quinn

### In Memory of Caitlin Donahue

Mary Ellen Whitney

Would you be interested in an inclusive Pickleball program?

Yes

Select

No

Select

### Family/ Individual

### Volunteer Opportunities:

- Bike camp volunteers!!
- Video editing
- Social media and graphic design
- Outdoor lawn care/ gardening work at our sites



Contact [mwhitney@stride.org](mailto:mwhitney@stride.org) if interested



We have a very active "SOCIAL" life at STRIDE! Join us on Facebook, for all the latest and greatest activities and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279