



January E-News from STRIDE!

Message from the CEO

[Jiminy Peak](#) and all their employees have been part of the STRIDE family for over 30 years. We've grown together, and forged deep relationships. There are many departments for year-round activities. The [Jiminy Peak Mountain Resort](#) is much more than just a venue for STRIDE, it's a family connection, and has been a cornerstone of our largest and most popular winter programs for 3 decades.

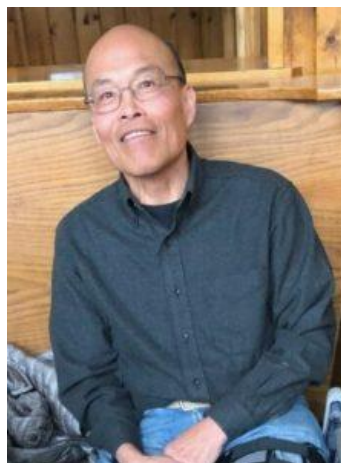


For those who are unaware of how much Jiminy Peak does for STRIDE: they financially support all three of our largest fundraisers with in-kind donations of lodging for Warriors, hundreds of free lift tickets, discounted meals, repair service to all our equipment, exclusive venue space and so much support year round. We literally couldn't support all our other programs without Jiminy Peak's support. Tens of thousands of dollars annually!

When something tragic happens within your family, it has a deep impact and ripple effect for everyone. We suffered a great loss with the tragic death of Snowmaker Kimber Francoeur this month. Her celebration of life brought great lessons to her family community at Jiminy Peak. "Life is short; love hard; say what you mean; live fully; laugh regularly; try everything at least once; and be a good friend". STRIDE offers our deepest sympathy for this loss.

As we enter into 2022, there are still many who are suffering from the pandemic effects. Let's take these thoughts from Kimber into daily life, without judgement, to help de-polarize our nation. Breathe. We will find the silver linings in all of this, very soon.

Calling All Athletes - Join the Event with your own Virtual Athletic En-devour... create your P2P page for Prizes to Support STRIDE Programs you Love!



Volunteer Spotlight: Clif Mark

Clif Mark is the head coach for STRIDE's ski racing program at Jiminy Peak. Not only is he a phenomenal coach with an amazing background, but he is one of the most influential coaches we have ever had! The program has grown every year.

Before helping out with STRIDE, Clif was a ski racer himself, and coached skiing while owning a business revolving around golf. When Clif joined STRIDE, he immediately loved it. Now, after 11 years with the program, he is still ecstatic about coaching adaptive athletes for competitions including Special Olympics and has definitely made an impact on his athletes.

Clif describes his philosophy: "I can only guide an athlete, but at the end of the day, it's the athlete that is able to perform and they put in so much effort to accomplish their goals!"

After college, Clif started alpine ski racing. He joined a racing club which eventually got him into coaching. As he describes, one of his favorite parts of coaching is "watching kids accomplish their goals." Just watching athletes finish their races brings him joy, and lots of it. When coaching, Clif looks for two things: identifying what would work with each athlete; and what would give them long term success.

Clif has mentioned he would be long retired if it weren't for STRIDE. The program has given Clif strong gratification; he loves the program, and we all love Clif! We would be remiss if we didn't mention that Clif's wife Barb comes as a package deal to support the racing program. They live in Averill Park and spend every weekend at Jiminy Peak!

**STRIDE is Awarded \$125K Grant
for SHARE Center Programs**



Special thanks to the [Mother Cabrini Health Foundation](#), which has awarded STRIDE our largest grant ever (\$125,000) to enhance the SHARE Center

and develop programs to full capacity in 2022!



1 Day 4 People 87 Runs

Are **YOU** Up For The Challenge??!!



Ski or snowboard 100K vertical feet in a day for a great cause!

Monday, February 28th, 2022 at Jiminy Peak in Hancock, MA!!!

Virtual participation - commit to *your* athletic challenge & peer to peer fundraise with your own page!!!

Fundraising Team commitment: \$1,000

Virtual Registration is FREE!

Tons of cool prizes/t-shirts etc.!!

STRIDE Adaptive Sports is a volunteer non-profit organization that provides over 11,000 adaptive sport lessons annually to individuals with disabilities.

With a focus on individual life-time sports, our programs use specialized equipment to "level the playing field" for all.

1. **Bragging Rights!** Compete against the efforts of other groups across the northeast.
2. **Free Tickets and cool prizes!** Get an additional lift ticket for Jiminy Peak, good any day in 2022.
3. A great way to support STRIDE adaptive athletes.
4. **A day on the slopes always beats a day in the office.**

Registration coming soon at www.stride.org

The grant will provide lots of new equipment, a storage unit for large equipment, support staffing costs to increase our instructor base to offer more classes, adaptive certification for our coaches, development of new programming such as bocce and pickle ball, and provide support for building costs and enhancements!

SHARE Center inclusive fitness classes are being developed for workouts in strength, flexibility, aerobics, and dance as great stand-alone experience or supplement to your current STRIDE program.

Personal fitness trainers will be available to assist you in your fitness program, and we will be introducing amazing new feature equipment such as virtual reality sports experiences, spin cycling bike, hand-cycles, and a recumbent exercise bike!!!

Be sure to check out the STRIDE calendar to find schedules for programs. To arrange for a session or get more information, please contact Program Director, Camille Pawlowski, at cpawlowski@stride.org or by calling (518) 598-1279.

Starting 2022 with a sweat!



Program leaders Emelia Carlino and Stacie Hebert help our athletes kick off 2022 with squats, lunges, and push up's galore! Emelia and Stacie challenge athletes to be their best selves!



Ski & Snowboard Underway... lessons galore! All three resort programs are now underway, after late starts at Catamount and Sundown.

COACH 4 a DAY!

Every wondered what it would be like to be part of the STRIDE adaptive snowsport team? Join us at Jiminy Peak and Catamount February 12-13 to shadow lessons and learn about the program... you might just join the team and see what you've been missing! RSVP to Cpawlowski@stride.org

STRIDE ADAPTIVE SPORTS INVITES YOU TO

SKI INSTRUCTOR DISCOVER DAY!

Join us for a half day and see what being an adaptive ski/snow board instructor is all about!

Location: Jiminy Peak
Choose a date and time:
 February 12th OR February 13th
 Morning 9:00am - 11:30am
 OR
 Afternoon 1:00pm - 3:30pm

Interested? Contact STRIDE program director Camille Pawlowski for more information and to RSVP!
cpawlowski@stride.org

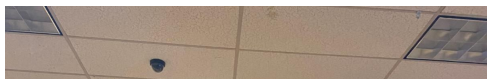
Jiminy Peak

Wounded Warrior Snowfest 2022 Dinner Tickets NOW AVAILABLE!!! Get your table early!

No Pin Left Behind!

East Greenbush bowlers suited up for their winter

session this month! Strikes were flying left





cpawlowski@stride.org

Latham bowling for winter 2022 will be announced soon!

Check out STRIDE programs currently in session:



Wellness Wednesday



January 5th - February 23rd

5pm - 6pm

Where: STRIDE SHARE Center
4482 NY Highway 150
West Sand Lake, NY, 12196
Ages: 8-21

With as little equipment as possible, instructor Emelia Carlino will help your child 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!

All participants must have a current STRIDE registration and new liability waiver on file.

A \$25 admin fee will secure your child's spot in the program.

All participants must wear a mask regardless of vaccination status 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, Camille Pawlowski : 518-598-1279 : cpawlowski@stride.org



STRIDE Winter Dance Class



Learn Jazz, Ballet, and Modern dance!

No experience necessary, just socks, shoes, and energy to burn!

Masks must be worn throughout the duration of the program.

Updated STRIDE registration/waivers required for all participants.

A \$25 donation is encouraged for those financially able.

In order to register for the class, you must contact

STRIDE Program Director,
Camille Pawlowski : cpawlowski@stride.org | 518-598-1279

Isabelle School of Dance

NEW LOCATION!

1 Springhurst Drive East Greenbush, NY 12061
Saturday's 3:30pm - 4:15pm | Ages 5-21

Winter 2022

1/22, 1/29, 2/5, 2/12, 2/19, 2/26

Program Leader : Lanie Smith



17 YEAR ANNIVERSARY!!!

Please Join us in Recognizing our Region's Heroes

STRIDE WOUNDED WARRIOR SNOWFEST

WELCOME CEREMONY

Friday, March 4, 2022 • 6:00 to 10:00 pm
Hilton Garden Inn, Troy, NY

Tickets available at www.stride.org/ww2022

Questions? Contact Patrick Hayslett
phayslett@STRIDE.org or 518-598-1279

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

Donors

Dawn Agro
Mike Alford
Sarah Alford
Anonymous
David Bartlett
Patty Bayly
Gail Belles
Jean Brennan
Lori Bruno-Taylor
Mary Bulmer
Holly Briggs
Joseph Carey
Dawn Changa
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Betsey Kuzia
Maithao Le
Linda Madsen
Suzanne Mazoff
Jessica Meigher

Mary Moore
Mark Moran
T. Nelson
Robert Nowicki



Advanced Swim

ADAPTIVE SPORTS
www.stride.org



Advanced swim is for swimmers who can: swim the full length of the pool or longer with no hesitation, side-breath, under water turn, dive, etc.

The goal of this class is for swimmers to become meet-ready.

Tuesday's 7:00pm - 8:00pm
1/4 - 3/1 (no practice 2/22)

WHERE: Mohonasen High School 2072 Curry Rd, Schenectady, NY 12303

SPACE IS LIMITED!

Masks must be worn by all athletes, volunteers, and parents at all times unless in the pool. Locker rooms provided for changing.
Updated STRIDE registration forms and waivers required to participate. A \$25 admin fee will secure reservations.
Financial assistance is available if needed!

Contact Program Coordinator to enroll
Camille Pawlowski cpawlowski@stride.org | (518) 598-1279

More programs to come - keep an eye out on your email for new programs in the coming months!



STRIDE 2022 Great Race

In front of Crane Lodge
9AM Race Start
12PM—BBQ and Awards

Sponsored by:
Brunswick Jiminy Peak

Jiminy Peak
Mountain Resort

Saturday, March 19th

Every athlete welcomed to register and race!

Cost: \$70 per racer includes: 2 runs on the course, a practice session and BBQ lunch. Extra BBQ tickets = \$20

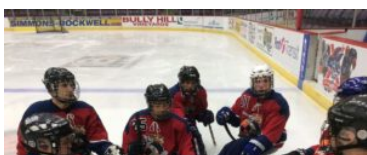
Event Registration can be found at <https://www.stride.org/greatrace2022>
or contact STRIDE Program Director, Camille Pawlowski: cpawlowski@stride.org / www.stride.org / 518-598-1279

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



- Deepest sympathy to the friends and family on the loss of our military friend RADM Martin Leukhardt
- Deepest sympathies to the friends and family on the loss of our military friend, Pastor Jim Pratt, Veteran's Miracle Center founder
- Deepest Sympathy to donor Rebecca Sellet, and family on the loss of her Mom
- Deepest sympathy to all the friends on the loss of our old ski pal Mike Baker
- Prayers for Race Coach Barb Mark, for her family
- Continued get well wishes for athlete Briged Hotaling

Good Luck to the Sled Warrior Team as they head into Empire State Winter Games Feb. 4-6



Defending their gold title

Chris Raffo
Lorann Romanski
M. Rosen
Adam Rosman
K. Senay
Michael Snyder
Stefon Stilwell
Susan Stoya
Elaine Wiczorek
Mary Ellen Whitney
Mary Lou Wood

Corporations, Stores & Resorts
Anon Optics
EG Wine Store
Hair Loss Control Clinic
Lavelle & Finn
Ziegler Chemical & Mineral Corp

Organizations & Foundations

American Legion Post 808
American Legion Post 1268
American Legion Post 1342
American Legion Post 1386
American Legion Sheffield Post Home Inc.
Mid-Hudson HVC
Phoneix Memorial Post 5540
Prince Wynn Post No. 260
The Vermont Agency Foundation
Veterans Miracle Center (VMC)
VFW Post 6338
VFW Post 7763 – Sgt. Peter F. Colleran, Jr.
VFW Post 8328

In Memory of Michael Baker

Ronda Anderson
Kailey Egbert
Maureen Fodera
Pat Hamlin
Mark Kornfein
Cheryl Ledet
David C. Shear
Pallette Stone Corp
Robert and Deborah Weisheit
Mare & LJ Whitney

In Memory of Jean Brennan

Anonymous

In Memory of Elizabeth Bulger

Lisa Graziano
Amy de Soya

In Memory of Patrick Bulger

Anonymous

In Memory of Colby Hills

J. Hills

In Memory of Robert Tucker

Kim Wilson
Luke Wilson

In Honor of Christine Lucier

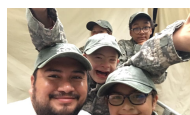
Helen Parsons

In Honor of Abigail Radliff

Jason Mouzakes

In Honor of Mary Ellen Whitney

Savell Quinn



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

Defending their gold title from the 2020 ESWG held at the Tupper Lake rink, the team will play a series of games between 8 New England teams to the finale to defend the title. They will be donning their new jerseys, with thanks and donated by [Colucci Floor Covering](#) and John Milne Onderdonk.



...faster and greater access and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 www.stride.org 518-598-1279