



STRIDE June E-News!

35 YEARS & Counting!!



Never in 35 years did I imagine that my vision for equality in extra-curricular sports as an adaptive PE teacher would evolve into what STRIDE is today! But here we are...building a community and world where access to all activities and sport is an equal playing field for all! STRIDE has a camp; and a gym and community center; a headquarters for our employees and are serving athletes with different abilities in 3 states!

To celebrate our achievements and assure our longevity, YOU can become an Honorary Committee member for the year. These amazing supporters have already signed up !

Diane Albano
Anonymous
Phil & Carolyn Bayly
Karen Chavez
Ann Myers & Ed Hallenbeck
Kathleen Jimino
Garry Klein
Colin Liebert
Clem & Janette Marino
The Moore Family (Amanda)
Joanne Moses
John Murphy
Virginia Lynn & Steven Patterson
Don & Betsy Reutemann
William Schollenberger
Elise Stillo
Spencer Wohlers & Linda Cassidy

[Just click here to join and support the next decade!!!](#)

An Exciting Summer Ahead...

Summer 2021 is already proving to be a far cry from this time last year...thank the good Lord! There's an excitement in our staff, and our athlete families to get back into the swing of normalcy and socialization with friends without masks. Athletes are participating in the multiple programs and we have set the

pace for this summer, including

5K Crosses the finish line to \$25K

Congratulations and thank you for a hugely successful Strides 4 STRIDE 5K. We couldn't be more pleased to announce that the event was able to match the amount that we raised before the pandemic, even with fewer



participants! Those who came had a spectacular day! We would again like to thank our presenting sponsor American National Insurance; and all the other sponsors who joined in to support STRIDE athletes with different abilities: AllSquare Wealth; Regeneron Pharmaceuticals; Lavelle & Finn LLC; NPA Financials; DeCrescente Distributors; Rust-o-leum; Phillips Hardware; CapCom; Hannaford and Stewarts!

Congratulations to our winners! Click below to see results, photos and video:

[Runners](#) [Rollers](#) [Photo Gallery](#) [Video](#)

Saying Goodbye and Good Luck to Longstanding Volunteers, Mindy and Mike Fairchild!

After 23 years of service to STRIDE, this amazing couple who met and married through STRIDE volunteering, is moving from Averill Park to Tupper Lake. Mindy and Mike have been Jiminy Peak program instructors and camping counselors for all these years, among numerous other volunteer jobs over the decades. "I can't imagine my life without STRIDE", said Mindy tearfully at the farewell picnic hosted last week as a send-off. "Is it OK if I come back and stay with you every few week's in the winter to teach?"



Don't be strangers - join us every chance you can! We wish

archery, bowling, fitness classes, kayaking, golf and tent-camping schedules. Check out our [calendar](#) and email to get on the rosters; filling fast!

Our athletes have once again proven their strength in adapting and persevering these past 18 months, even with training schedules gone awry. Join us as a volunteer, supporter or athlete family - there is so much happening that we literally have something for every person to get involved with!



Mary Ellen Whitney

2021 Bike Camp Underway!

Great progress is being made by our athletes learning to ride 2-wheeled bikes in the heat of the Achilles Rink at Union College. Despite Covid restrictions and a 50% reduction of athletes - we are proud to produce independent riders! Watch for more details in July! Thank you to our funders Gundry-Broughton Foundation!



STRIDE Summer Golf



Route Fore Golf Center
391 N Greenbush Rd, Troy, NY 12180
Sunday's 9:30am (Ages 8-21)
7/11- 8/15

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

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

STRIDE Teen Kayaking



Crooked Lake
72 Holser Rd Ext.
Averill Park, NY

Tuesdays
August 10th, 17th, 24th
4:30- 6:30pm

- Ages 13 & Up
- Must be able to swim
- Must have parent/ or caregiver to assist in & out of water
- Space is Limited

To enroll contact: Megan Evans; mevans@stride.org, (518)598-1279

SHARE Center is building new programs

We are so pleased to announce all the wonderful activities happening in-person at the SHARE Center:

- Zumba
- Circuit training
- Yoga
- Wednesday Wellness Fitness
- Individual Fitness training sessions
- Alter-G Anti Gravity trainings

When the weather is nice the large doors are open; or the AC is on; classes are filling up; and we have amazing talent to coach our classes!

STRIDE athletes/volunteers are free; Guests can join in classes for a suggested donation of \$15 per class. Contact mevans@stride.org for sign-up!

More added every month!

Did you know?...these programs are for **ANYONE**, inclusive!



Attention Veterans: Contact Don Tallman to Sign up!!
dtallman@stride.org



Warrior Weekend @ SCORE



August 6- 8th
SCORE Camp Grounds
2182 State Route 203, Chatham, NY
Free Event

Enjoy a tent-camping weekend in the great outdoors with fellow veterans and their families.

Please RSVP to STRIDE Warrior Liaison, Don Tallman
dtallman@stride.org or STRIDE Office @ 518- 598- 1279

Attention Campers: Openings for Youth & Volunteers for upcoming July camp

GET WELL WISHES
GLOBALLY to all those





2021 Youth Camping



7/9- 7/11 : Eco- Arts Camping Weekend

Get your creative juices flowing! Be green and make art - learn traditional crafts and take care of the planet at the same time! Transform recyclables/ toss-ables and art materials into amazing masterpieces. For children with an "I can make that" eye to the world, who love to use their hands to create cool and useful one-of-a-kind art objects!

7/23- 7/25 : Top Shot Target

Friendly competition is healthy and this weekend campers will have the chance to show off their skills with a variety of sports such as paintball, archery, disc golf, and much more! Campers will not only have the opportunity to play various sports, but explore them in all new and different ways.

8/13- 8/15 : Military Boot Kamp 4 Kids

* Invitation only, for 1st time participants only* Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, etc. Campers will go to Jiminy Peak Adventure course with their vet as their guide.

8/27- 8/29 : Music & Movement

A variety of activities with a music and movement focus. Campers will enjoy making their own instruments; have guest musicians to play along with.

9/17- 9/19 : Nature Camp

Campers will have the opportunity to make birdhouses with woodworking experts, nature walks and activities, and birds of prey presentation by guest bird rehabilitator and falconer.



New campers must be accompanied by a responsible family member/caregiver. Experienced campers may attend with volunteers.

To sign up call or email STRIDE Program Director:
mevans@stride.org / 518-598- 1279



- Sympathy to Beverly (and Tom) Gilbert on the passing of her father
- Best wishes to Mindy and Mike as they move to Tupper Lake
- Congrats to athlete Briged Hotaling on passing her GED!
- Congrats to volunteer Chelsea Belmonte and partner Carly on the birth of their baby girl!
- Congratulations to Sean & Daryann Manchuck on fostering 2 adorable babies!
- Congratulations and thanks to Kevin Woodbury for stepping into Supervisory role at Jiminy Peak ski program 2022.
- Congratulation Board member Curtis Butler on landing his "DREAM JOB"
- Congrats to Board member Mark Moran on the sale of his home.

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

Donors

Jeff Bacon
Mike Brown
Frank Buonocore
Curtis Butler
Anna Curran
Theresa DeLorenzo
Darlene DeMott
Kim Enzien
Beverly Folderman
Maithao Le
Jennifer Newman
Argi & Terence O'Leary
Lisa Sofia
Robert & Patrice Tomaso
Denise Tune
Susan Yonkers

Foundations / Organizations

Andrew Sabin Family Foundation
Community Foundation for the Greater Capital Region
Special Olympics of NY

In Memory of Mrs. Elizabeth Bulger

Amy de Soya

In Honor of Curtis Butler

Ms. Charlotte Butler

In Memory of Kathleen Callinan

Regina Frederick

In Memory of Mrs. Naomi Cross

Tanya Cato

In Honor of Grace Gill

Camille Tomao

In Memory of Frances Hughes

Kiernon Hills

In Honor Of Mary Ellen Whitney

Savell Quinn

[Donors to Stride's 4 STRIDE 5K event can be found here!](#)



STRIDE 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

★ Moments in STRIDE

STRIDE Camp Program Leader: Stefon Stillwell

When I was younger, I went

to Double H Ranch which had a profound impact on me. As a child growing up with Spina Bifida, I spent 9



summers at Double H Ranch, and it was one of the highlights of my childhood. I got involved with STRIDE back in 2010 when I found out about the Sled Hockey program. In 2014, I found out about the Camping Program when I attended the STRIDES 4

STRIDE 5K for my first time. I signed up shortly thereafter to volunteer for the camp and quickly felt the rewarding and fulfilling experience of volunteering at SCORE. I have been able to see my camp kiddos grow into great young adults. I have also been able to volunteer with a fantastic group of people and become more and more involved with STRIDE. It has allowed me to provide the experiences I had as a child to other children, which gives me great joy and contentment. I have been the camp director of the STRIDE camping program since 2015, and it is something I talk about passionately and often to anyone who will listen. My main goal every summer is to help my campers become more independent and try new experiences!



Family/ Individual Volunteer Opportunities:

- Video editing
- Social media / graphic design
- Outdoor lawn care/ gardening work at our sites
- Sport program volunteering is back!
- Cleaning for SHARE and office



Contact 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 Track & Field Week

taught by:

Niskayuna Varsity Track & Field Team



When: 7/26- 7/30

9- 10:30am

Ages: 10 & up

**Where: Zenner Fields
One Niskayuna Circle
Niskayuna, NY 12309**

This park is located behind Craig Elementary School on Balltown Road. Parking lot entrances on both Balltown and Zenner Roads

Participants will learn some running strategies while playing fun games with their peers. Basic field games such as discus, long jump and shot put will be taught as well. All abilities are welcome!

Participants must register with STRIDE.

Please email STRIDE Program Director to enroll: mevans@stride.org / 518-598-1279

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