



STRIDE March E-News!

Finding Our North-Star to Survive a Pandemic

A message from the CEO...

I've recently read a multitude of articles on predictions for how the pandemic will have a substantial effect on operations and sustenance, triggering financial strain putting more than 1 in 3 US nonprofits in danger of closing within the next two years. I've heard rumors about adaptive programs I know and respect who are already in financial trouble.

In the surveys: 75% of organizations experienced a drop in revenues; 80% had moved all or some of their programs and services to an online format; 80% shifted to work from home; many are expecting or already have made reductions in staff, and many are considering mergers with other non-profits. Other worrisome stats include hiring freezes, salary reductions, layoffs, and furloughs. Only the strong will survive!

The good news is that STRIDE has not hesitated to make changes in response to a multitude of unprecedented challenges...and adapting is what STRIDE does best. Throughout 2020 STRIDE has lead the way for other adaptive organizations on how to adapt programs to continue our foothold in social impact. [Read full article here....](#)

The Great Race Must Go On...and it Did!

No cancelling this year, however the race was adapted for Covid, and had only 17 racers who could navigate the race arena trails independently. It was a monumental success to have our two race teams from Jiminy Peak and Ski Sundown come together to compete after practicing all season. Congrats to all those medal winners!

Click below for Great Race Results:

[Slalom Giant Slalom](#)



We would also like to congratulate the 3 athletes who competed in NY Special Olympics at West Mountain in January, Noah Salz, Matt Duffy, and Luke McDonough..all winning medals!

16th Annual Wounded Warrior Snowfest

Covid-Adapted event successfully hits the Mark

STRIDE Wounded Warrior Snowfest invited 10 Alumni Warriors with a guest to participate including skiing and outdoor activities to maintain safety while keeping the fun and history of the 16th annual event

intact. STRIDE honored veterans from upstate NY who have previously participated and have given back as a volunteer in some capacity. The weekend included a day and night on the slopes of Jiminy Peak; followed by a Winter carnival of activities at Crooked Lake with ice fishing, sled hockey, skating, and rides around the frozen lake by sleigh. The cold temps made the event perfect for winter sports that were planned. In lieu of the typical welcome banquet held at the Troy Hilton each year for 300+ guests, alumni veterans were honored through a Virtual Zoom Ceremony on Friday, March 5th featuring a video production of actively involved veterans.

Normally STRIDE invites a group of *new* Warriors annually who have returned from deployment with permanent injuries for a weekend. The experience is meant to connect and engage them with a local support network by introducing adaptive sports. Due to Covid-1 protocols and state travel restrictions, STRIDE adapted the event for in-state travel.

Thanks to a local veteran Gary Favro and his wife Debbie who opened their home grounds on Crooked Lake. "The Lake Association and Bailey Mountain Rod & Gun Club donated supplies for this group of men and women who have served our country. Especially during the pandemic, outdoor activities such as this, are important for everyone to be healthy, both mentally and physically," Favro says. "Bon-fires and live music were provided, and good food from the 'Mess Hall' along with prizes for the ice-fishing activity under a giant heated tent. It was a fabulous day of camaraderie and we were happy to help."

***Much of the cost for the weekend was generously provided by: Move United / Warfighter Sports; Jiminy Peak; 10th Mountain Division Foundation, AllSquare Wealth Management, LLC; NYS Capital District Chapter of MOAA; Lavelle & Finn; Stars 4 Troops; and DAV Rev Francis A. Kelly Chapter 38; and many regional VFW and American Legion chapters.*



Moments in STRIDE Memory of Stride Athlete: Douglas Campbell

We lost an athlete unexpectedly this month, Douglas Campbell, who skied with us for many years, and never missed a Great Race.

Douglas' life is testimony that almost anything can be accomplished, if you work hard enough and long enough. At birth, his family was told that he would never be able to walk, talk, feed himself, or carry out any of the activities of daily living – and that he would likely require a 24/7 care setting. Douglas proved the professionals wrong. With the help of his family, talented and dedicated therapists, skilled educators, and the support of a generous and welcoming community, Douglas was able to lead a happy and fulfilling life.

He couldn't smile, but he put a smile on the faces of everyone around him. He couldn't talk, but he was quick to engage people in conversation. And as an infant who wasn't expected to be able to feed or clothe himself, he learned to ski and to swim, went tubing on lakes in Massachusetts and Michigan, loved music and dancing, enjoyed hikes, looked forward to trips, and competed in Special Olympics.



"Douglas loved skiing with STRIDE — and he looked forward to trips to Catamount, and to Jiminy for the annual Great Race. The work the STRIDE instructors did allowed us to enjoy family ski trips, and Douglas was able to ski at Steamboat and at Vail. Please let his instructors know — and tell them that Douglas was looking forward to getting back on the mountain to see all of his friends."

Richard Campbell, Doug's Dad



Save the Date! Bike Camp 2021 Registration Now Open

When: 2021 Registration opened January 25th (6/28– 7/2/21)
BIKE CAMP IS FULL! Any new inquiries will be waitlisted.

Cost: \$200 . (Scholarships are available upon request through the Dave Clark Memorial Fund.)



Where: Union College Messa Ice Rink, Schenectady, NY
****Due to COVID-19, we had to cancel our 2020 iCan Bike Camp. We will be giving first priority to families signed up for 2020 camp. [For more information: click here](#)**

Thank you to the WB Gundry Family Foundation for financially supporting this program with a grant!

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



Click Here to Register as Bike Camp Volunteer!

COMING SOON!!!

June, 2021
Date TBD



Jennings Landing
Albany, NY

In-Person &
Virtual Options!!!



STRIDE's SHARE Center and gym is now open for community use

STRIDE Spring Bowling



and is available by appointment for individual work-out sessions, meetings or programs.

Call us at 518-598-1279 for information.

Congratulations & Thanks to our new Certified Ski Coaches!

We have 8 new PSIA Adaptive Level 1 certified coaches at Ski Sundown and Catamount. With thanks for a grant made possible by Move United to pay all their expenses, the eight hit the books and Zoom classes and snow very hard to accomplish certification in a 2-day exam on snow. Great job: Greg Skinner, Caprise Shaw, Tim Andrews, Jeff St. Gelais, Cyndi Jennings, David Fresk (all from Sundown) and Richard Marmet (from Catamount).



Family/ Individual Volunteer Opportunities:

- Office & virtual work
- Sport volunteers – we are back!
- Bike camp volunteers!!
- Web development
- Video editing
- Social media and graphic design
- Outdoor lawn care/ gardening work at our sites



Contact mwhitney@stride.org if interested

New Van for STRIDE Programs!

After a few months of searching, we are excited to announce that we found the vehicle we need, being delivered just after Easter! With great thanks to [Stewarts Foundation](#), we have purchased our new wheels!!



GET WELL WISHES GLOBALLY to all those suffering and affected throughout the COVID-19 Pandemic



- Deepest sympathy to one of our great volunteers Richele Ford, on the loss of her husband [Geoff M. Ford](#).
- Deepest sympathy to the family on the loss of our athlete Douglas Campbell
- Get Well wishes to Volunteer Mike Hart after knee injury
- Healing wishes to volunteer Mike Fairchild after broken ankle
- Healing wishes to volunteer Jaime Rider
- Congratulations to Rebecca Sellet on her retirement from Tauck
- Milestone birthday wishes to volunteer and supporter



STRIDE Spring Bowling



Offered in 2 locations!

Latham Spare Time
375 Troy Schenectady Rd, Latham
Friday's 5:30pm (Ages 6-21)
4/23, 4/30, 5/21, 5/28, 6/4, 6/11 & 6/18
Program Leader: Diane Grugan

East Greenbush Bowling Center
570 Columbia Turnpike, East Greenbush
Saturday's 11 am (Ages 6-21)
4/10, 4/17, 5/8, 5/15, 5/22, 5/29, 6/5 & 6/12
Program Leader: Denise Tune

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



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

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

Donors

Phil Bayly
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Frank Szepessy

- Congrats to Board member Steve Ferro on medical residency placement in Warwick RI hospital

New....Woman's Yoga Class

Beginning this Monday evening at 6:30 pm, the class will run for 6 weeks as a pilot for women and girls to experience the benefits of yoga in-person. Led by Yoga Instructor Lois Whitman at STRIDE's SHARE Center, classes are for all levels of experience. Want to join? contact mwhitney@stride.org



Swim Team Athletes Hike Together @ Five Rivers

For the past year STRIDE swimmers have been missing the pool workouts, competitions and the friends they have made in and out of the water. Hiking has provided a safe and fun way for them to get together and exercise. Recently some athletes got together with their favorite volunteer coaches to explore Five Rivers Environmental Center in Delmar, N.Y. Even the chilly weather can't stop them from getting together. *More spring hikes coming soon!*



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



Randy Grist
Amy de Soyza
Patrick Spillman
Eileen & Frank Szepessy
Pat and Dan Testo
Ron Toupin
George Varghese
Susan Wells
Mary Yates

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In Memory of Geoff Ford

Marcel Chaine
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Denise Richardson
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Mare & LJ Whitney

In Memory of Jim Furlong

Marcel Chaine
Alison & David Hickey

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