



## STRIDE May E-News!

From the desk of Mare....

**We are 35 YEARS YOUNG!!**



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.

[Just click here for more info!!](#)

### COVID-19 Re-Opening Program Plan for STRIDE

STRIDE Inc. is committed to providing safe and healthy programs as we re-open our programs for all our athletes. To ensure this, we have developed the following COVID-19 protocols in response to the CDC announcements. Program supervisors are all responsible for implementing this plan. Our goal is to continue to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation from our volunteers, families and athletes. Only through this cooperative effort can we establish and maintain the safety and health of all persons. The STRIDE Board of Directors has our full support in enforcing the provisions of this policy, and we encourage questions regarding safety and health concerns that offer suggestions related to the plan and its implementation. Our athletes are our most important assets. Many or most are in the age-range to not yet be vaccinated or have compromised health/immune systems and must remain unvaccinated. Therefore, we advise the following policy:

1. Continue to wear masks if you are not vaccinated;
2. Implementation of 6' social distancing;
3. Continued good hygiene;
4. Vaccinated family members and adults may use their discretion on wearing a mask;
5. Stay home if you are sick;
6. STRIDE will not enforce proof of vaccination/immunity; we place good faith in the honor system.



**Strides 4 STRIDE 5K**  
**Run, Walk, Roll is Back!!**  
**Please Sign up now! Click Here!**  
**Help us with your own P2P fundraising page!**



#WhySTRIDE

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

Presented by:



**Saturday, June 19th, 9 AM**  
**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 throughout the event**



**REGISTER NOW! Click Here**

**SPREAD THE WORD!!!**

We are so excited to be back... but optimistically cautious!

Mary Ellen Whitney

## What's heating up at the SHARE Center?

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

Now that we have nice weather, the large doors are open, the classes are filling up; and we have attracted some amazing talent to coach our classes!

Guests can join in classes for a suggested donation of \$15 per class. Contact [mevans@stride.org](mailto:mevans@stride.org) for sign-up!

More added every month!

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



We need volunteers for 2021

## Bike Camp

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

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

**\*\* bike camp is full this year for campers\*\***



Click Here to Register as Bike Camp Volunteer!



## Wellness Wednesday's

May 19th- June 23rd @ 6pm

Where: STRIDE SHARE Center  
4482 NY Highway 150  
West Sand Lake, NY, 12196

Ages: 8-21



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!

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)



## 2021 Camping Dates



### 6/25-6/27 : Sporadic Weekend

Everything sports this weekend...kickball, bocce, horseshoes and more! From backyard games to more traditionally known sports, we will have blast getting them all played in one weekend.

### 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

### 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.



All campers must be accompanied by a responsible family member or caregiver for the entire weekend.  
To sign up call or email STRIDE Program Director:  
[mevans@stride.org](mailto:mevans@stride.org) / 518-598- 1279

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



- Get Well wishes to volunteer Eileen Szepessy after eye surgery.
- Best wishes to volunteer Chelsea Belmonte and Carly on the birth of their first child!
- Congratulations to volunteer Chris Muehller on his marriage to Tiffany!
- Get well wishes to volunteer Mike Fairchild after surgery
- Get well wishes to athlete, Grace Spillman after surgery
- Congratulations to Board member Dr. Steve Ferro, full-fledged physician! And congrats on the purchase of his new home.
- Congratulations volunteer Tyler Woodbury on making black belt!
- Congrats to athlete Briged Hotaling for passing her HS GED - and graduating!!
- Thank you to volunteer families of Renew Church for volunteering at STRIDE HG grounds

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





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](mailto:mevans@stride.org)

## ★ Mementos in STRIDE

### Steve Pechecek

known affectionately as  
'Paycheck' is the example  
of how a positive attitude

will take you anywhere you want to go in life. He never lets his disability get in the way of serving others in the community, using giving as a healing force. After serving multiple deployments, being injured and withstanding over 40 surgeries to restore walking and mobility, Steve found his place in the adaptive sports community for STRIDE as the goalie on a sled hockey team, and quickly became a leader for the team.

Steve who lives in Ghent NY, serves on many other committees and veteran organizations also. Steve came to STRIDE in 2016 as a Wounded Warrior hockey player, a fast-paced seated full-contact ice hockey game for mobility impaired athletes. His love of the sport drove him to excel, and as an essential team player, and goalie. His leadership skills have driven him to be the primary advocate for the Capital District Sled Warriors, and for STRIDE veterans. Steve is one of our leaders at STRIDE!

Below is Steve using the ALTER-G Anti-gravity treadmill. Steve and his wife Tracy come regularly to the SHARE Center for fitness work-outs.



### Donors

Carolyn Bayly  
Darlene DeMott  
Ginette Kirkpatrick  
Maithao Le  
Bob Septer  
Kathleen Velasco  
Lois Whitman

### Corporations / Stores

ACP Equipment  
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Dance Experience of Delmar  
Hoffman Car Wash  
Mirror Lake Inn Resort & Spa  
Ski Sundown  
Towne Tavern  
United AG & Turf

### Organizations

MoveUnited Sport  
US Tennis Association (USTA)  
35<sup>th</sup> Anniversary Honorary Committee

The Moore Family  
Joanne Moses

### In Honor of Luke McDonough

Susan Ferrara

### In Honor of Mary Ellen Whitney

Savell Quinn

### In Memory of Elizabeth Bulger

Amy de Soya

### In Memory of "Uncle" Stephen Smolley

Sandra Bandura

### In Support of Equinox Graziadei's 5k Fundraising Page

Jason Cahill  
Debra Driscoll  
Kevin Gary  
Melissa Graziadei  
Debbie Graziano  
Ethan Howe  
Laura Knussman  
Pamela Malone  
Carol Miller  
Bob Wolfgang

### VOLUNTEERS NEEDED!



### Family/ Individual

### Volunteer Opportunities:

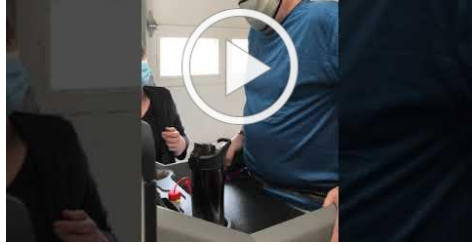
- Bike camp volunteers!!
- Video editing
- Social media and graphic design
- Outdoor lawn care/ gardening work at our sites
- Sport program volunteering is back!

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 Archery



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