



STRIDE September E-News!

Welcome New Program Director Camille Pawlowski

We have said farewell to Megan Evans as she starts a new life in Boston, MA where her family resides. Megan had worked for STRIDE for nearly 5 years, when the opportunity came up for her family to start a new life with a new home in the Boston area where most of her family resides. We're sad to see her go, but when one door closes another opens!



Welcome into our STRIDE family and staff, Camille Pawlowski

Camille (pronounced come-ill-a) started her relationship with STRIDE as an intern in 2019. Working primarily on business and event planning, Camille largely helped with the grand opening of our SHARE Center. Her experience working in local meaningful roles like volunteer coordinator at Habitat for Humanity; a mentor and assistant in event planning with the Vegetable Project; event planning intern with the American Foundation for Suicide Prevention; and as a special education 1:1 teaching assistant in a life skills class in East Greenbush have solidified her passion to positively impact the lives of others and prepared her for her new journey as STRIDE Program Director. Originally from a small suburb of Cleveland, Ohio, she moved to New York in 2018 to finish her B.A in Communication and Leadership in May 2020 and lives in Albany with her partner, Mark. In her free time she enjoys swimming, hiking, yoga, taking care of her many house plants and searching out the best vegan soft serve ice cream in New York.

Drop by and say hello! If you want to send Camille a note her email is cpawlowski@stride.org

Sled Hockey Team Practice Starts this weekend... Sign up and hit the Ice!

Where: Albany County Hockey Facility | 830 Albany Shaker Rd, Albany, NY 12211

Third Party Fundraisers Hit an All-time High in September! Thanks to All these AMAZING Events Below:

Phillips Hardware Grand Opening Supports STRIDE

At the grand opening of the new [Phillips Hardware](#) store in Altamont on September 10th-12th, donations were collected to benefit STRIDE!!! Everyone who made a donation received a Phillips Hardware bucket, and anything in the store they could fit into the bucket was sold at 20% off! Special thanks to our good friend Jon Phillips for making this happen! He also hosted a small silent auction that raised additional funds!!! Congratulations to the entire Phillips clan for the opening of their new Altamont store, and THANK YOU for including STRIDE raising **\$3,390!!!**



A Birthday Present of Giving

STRIDE would like to congratulate Oscar Caligore for recently celebrating his 9th birthday on September 3rd! Oscar's birthday wish was to raise money for STRIDE athletes, and his party raised **\$450.00** that he generously donated to STRIDE. Please join us in thanking Oscar for his hard work and generosity. Way to go Oscar!!!



Everyday Warriors First Annual Golf Tournament Raises Over \$9,000 for STRIDE!

STRIDE was selected as one of four beneficiaries for their first annual golf outing on September 27 and Fairways of Halfmoon, highlighting

abilities of people with disabilities in an exhibition of athletes who use the Stand Up and Play for golf.

Mark Boucher, President, formed the new non-profit [Everyday Warriors](#) in collaboration and alignment of non-profits who serve the same populations. STRIDE was happy to have been represented to play in a golf foursome by Laurie and Sean Furlong (former athlete and board member, Barb Hanson and Betty Cushing, volunteers).

When: Every Sunday starting 10/3/21 - 3/21/22 from 11:25am - 12:25pm. No practice 12/26/21 and 1/2/22 due to holidays.

Interested in joining the team? Contact Program Coordinator Camille Pawlowski to set up a practice shadow!

Dralla Foundation Pond Hockey Tournament!

With the help of a grant from the [Dralla Foundation](#), STRIDE is happy to announce we will be holding an outdoor sled hockey tournament on the pond at Crooked Lake! Save the date: February 19, 2022 with a backup date of February 26th! Inspired by the NHL's Winter Classic, a popular outdoor pond hockey game played once a year, the *Dralla Sled Hockey Winter Classic* will be an unforgettable day that takes adaptive athletes back in time to experience hockey's outdoor roots. Be sure to join us and cheer on the team!!! The pond hockey tournament will be held at 72 Holser Rd Ext, Averill Park, NY 12018.



Blade Day Foundation 2021 Raises \$1,200 for STRIDE!

A group of super cool young athletes led by Owen Hilton from NYC chose STRIDE for raising funds in a unique fundraiser that Roller-bladed around Manhattan last Saturday in support of STRIDE athletes.

To see an example of their blading...[check out this video!](#)



Kayaking Program makes a SPLASH!!

With a small group-focused session this fall, Kevin, Ethan, and Ian really got their paddle on! Showing persistence and building confidence with every stroke learned, these athletes did an amazing job on the water! Volunteers taught some basic strokes and turns then put our athletes to the test, with only one minor boat tip for the season! A HUGE thank you to the Favro family for allowing us to use their lakefront property, to Linda Finkle for leading the instruction, and to all the volunteers for coming and helping out! We look forward to seeing you all on the water again soon!



Wellness Wednesday's

October 6 - November 16

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

Donors

Gail Belles
Rob Blunt
Mary Bousquet
Angela Brown
Anita Bunzey
George Caligore
Christy Center
Darlene DeMott
Kirstein Donvito
Catherine Ettori
Ann Evancoe
Kathy Gullie
Carrie Guyer
Carol Karpier
Barbara Lawrence
Maithao Le
Erin Mead
Jen Styczynski
Adam Tomlinson
Elizabeth Tunison
Lois Whitman

Corporations / Stores

American National Insurance
Honest Weight Food Co-op
Key Bank
S&S Farm & Brewery
Vanderheyden Hall

Organizations & Foundations

The American Infidels VMC
Dralla Foundation
MoveUnited Sport

STRIDE Fall Bowling



Offered in 2 locations!

Latham Spare Time

375 Troy Schenectady Rd, Latham

Saturday's 10am - 11am (Ages 6-21, 21+ inquire)

10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/20, 12/4, 12/11, 12/18

Program Leader: Diane Grugan

East Greenbush Bowling Center

570 Columbia Turnpike, East Greenbush

Saturday's 11am - 12pm (Ages 6-21)

10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

Program Leader: Denise Tune

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

A \$25 admin fee will secure your child's spot on our roster.

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,

Camille Pawlowski at 518-598-1279 : cpawlowski@stride.org

35th Anniversary Honorary Committee

Diana Albano

Fall 2021 Tennis



Fall 2021 Tennis



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

Sunday's 3-4PM & 4-5pm
(Ages 8-21)

9/12, 9/19, 9/26, 10/3, 10/10, & 10/17

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

Diane Albano
Anonymous
Terrence Arndt
Phil & Carolyn Bayly
Karen Chave
Ann Myers & Ed Hallenbeck
Barbara Hrachian
Kathleen Jimino
Garry Klein
Colin Liebert
Clem & Janette Marino
The Mandel Family (Amanda)
Joanne Moses
John Murphy
Virginia Lynn & Steven Patterson
Don & Betsy Reutemann
Frank & Wilma Schmeler
William Schollenberger
Elise Stillo
Bill Watkins
Spencer Wohlers & Linda Cassidy



STRIDE Fall Golf



Route Fore Golf Center

391 N Greenbush Rd, Troy, NY 12180
Sunday's 9:30am (Ages 8-21)

9/12- 10/17

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

In Honor of Mary Ellen Whitney
Savell Quinn

In Memory of Peter Anderson
Laurie Atkinson
Joan Crerar
Dery Funeral Home

In Memory of Elizabeth Bulger
Amy de Soya

In Memory of Nora MacIntosh
Greg Hitchcock

Third Party Fundraisers

Blade Day Foundation - Blade Day 2021
Everyday Warriors
Hannaford store - West Sand Lake
Oscar Caligure Birthday
Phillips Hardware Altamont Grand Opening

SHARE Center Full Schedule of Inclusive Fitness Classes for the Community



*Conference rooms/ party spaces available for constituents / community. All spaces have state of the art electronics and sound.

Meet a client, host a staff training/meeting by reserving one of our spaces. Available spaces include:

- 1st floor Warrior/Family lounge (seats 20) - informal seating for roundtable meeting with kitchenette.
- 2nd floor conference room (seats 40) with kitchen.
- 2nd floor Board room (seats 15-20) formal table seating.
- Outdoor large patio setting with grill and Bocce court (40-50).

*Activities happening in-person at the SHARE Center:

- Zumba on Tuesday evenings
- Circuit training and Barre classes
- Yoga Monday evenings



- Pilates Thursday mornings
- Individual Fitness training sessions
- Alter-G Anti Gravity trainings
- Wednesday Wellness for teens
- Wednesday HIIT class

When the weather is nice the large doors are open; classes are filling up; and amazing talent coaches inclusive classes! STRIDE athletes/volunteers are free; Guests can join in classes for a suggested donation of \$15 per class.

Contact cpawlowski@stride.org for sign-up! More added every month! **Did you know?**...these programs are for **ANYONE**, inclusive!

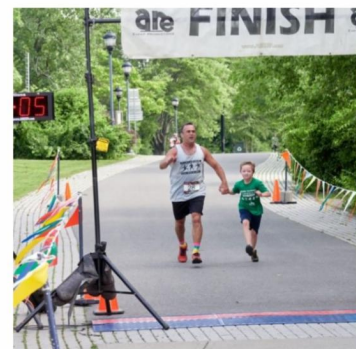


We have a very active "SOCIAL" life at STRIDE! Join us on Facebook, for all the latest and greatest activities and resources.



STRIDE Adaptive Sports Charity #50-00280

Contact your Employee Campaign Manager to Donate
for the 2021 SEFA Campaign!!!



4482 NY Highway 150 | West Sand Lake, NY 12196 | <https://www.stride.org> | 518.598.1279 | "Turning dis-ability into THIS ability!!!"

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



- Continued get well wishes and healing to Mike Hart after surgery
- Get Well wishes to volunteer Joel Glickman
- Get Well wishes to athlete Bridget Hotaling
- Congrats to Warrior Tim McDonough on his engagement to Eva and new job in culinary!
- Congrats to Warrior Roselea Cotrofeld on her upcoming wedding!
- Thanks to **Key Bank** employees for spending a day at the SHARE Center working/cleaning!
- Congrats to Sled hockey coach Chris Mancuso on his marriage!
- Big thanks to Columbia County Sherriff Dave Bartlett and the Corrections department for SCORE grounds maintenance
- Congratulations to long time volunteer Richard Peters, on his retirement! (Way too young.....)
- Big thanks to **True Value** for donation of paint/stain for our SCORE Camp decks!

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