A message from the Board of Directors

The year was celebrated by successes in our 30-year history, with stretching our imagination to utilize all our resources for a full-steam ahead approach to the growth of STRIDE.

In a year of reflection and re-evaluation of where we want to go in the next decade, we hired a consultant to assist with a succession plan and strategically design the steps to get us to the next decade of growth and expansion. We expanded our staff successfully and utilized at least one college intern per semester. We are 30 Years STRONG, strategically planning, making changes and aligning ourselves to be ready for sustainable transition of leadership in the next decade. Longevity is only the beginning of our success.

Children diagnosed with Autism Spectrum Disorders are still on the rise, as are increasing numbers of wounded veterans. The need for our services has never been greater. During the 2015–2016 fiscal year, our staff and devoted volunteers provided nearly 8,000 hours of adaptive sports lessons for individuals ages five through adult with disabilities ranging from autism to spina bifida and from amputation to post-traumatic stress.

As we continue to grow programatically and organizationally, we are taking actionable business decisions to secure the sustainability of STRIDE. The next decade looks extremely optimistic with a solid financial base and we made an offer to purchase a new headquarters building with space for educational events and a Warrior community room.

Sincerely,

Mary Ellen Whitney
President/CEO

Watch for BIG changes and growth in the coming years at STRIDE!
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2015-2016 STRIDE
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Our Mission
STRIDE’s mission is to educate and empower individuals with disabilities in life-changing sport and recreation programs to sustain active, healthy, and fun lifestyles.

Our Vision
Building a community with equal opportunity and access for sport and recreational activities. No one should be left behind because of a disability.

Our Core Values
CREATE opportunities and provide outlets for individuals with special needs to make friends, increase self-esteem, develop life skills, realize their potential and become productive members of society.

EDUCATE volunteers, families and communities about opportunities that exist for individuals with special needs.

PARTNER with leading professionals, educational institutions, agencies and communities in order to create top-tier recreational programs for individuals with disabilities.

LEAD in the arena of adaptive sports by providing opportunities for STRIDE participants that are safe, fun and help achieve personal goals.

ENGAGE a committed team of volunteers, parents, family, friends and community members in our services and mission.

CHALLENGE the status quo by removing boundaries and breaking down barriers of ignorance and attitude that can block the path of independence for individuals who have disabilities.
STRIDE served over 1,800 athletes and provided 7,650 adaptive sport lessons this year. We provided twelve David H. Clark scholarships to athletes who needed financial assistance for participation. We continued long-time collaborations with many organizations including Disabled Sports USA, US Paralympics, NY Special Olympics, Twin Town Boy Scout Council, PSIA/AAASI, and Albany Chapter of Autism Society. We served over 40 Wounded Warriors and their families in a number of programs and events. Our program numbers continue to grow, while maintaining our focus on personalized attention to each student. We used over 300 skilled volunteer sport instructors and another 150 organizational volunteers who assist in administration and events. There is no other organization in the Northeastern US that offers the magnitude of programs we provide.

STRIDE is recognized as one of the leading adaptive sport programs in the United States. We promote the importance of lifelong healthy and active lifestyles. STRIDE athletes of all ages represent disabilities ranging from intellectual to more severe such as paralysis, autism, amputation, cerebral palsy and traumatic brain injury. We extend our services to adults whenever we have space in programs.

In partnership with community organizations, educational institutions and other non-profits, opportunities are provided to help people achieve their potential. We continue to grow opportunities to help restore shattered lives of injured military personnel. STRIDE’s Wounded Warrior Program fully integrates these veterans as mentors and volunteers for our youth programs, providing not only the experience of adaptive sports and recreation, but also to build on their service ethos to give back.

Participation in our programs is available regardless of financial ability, most programs are cost-free for participants, requiring only a small administrative fee to guarantee space in the program. Financial assistance is provided when requested through the David H. Clark Scholarship Fund.

STRIDE is completely funded by donations, grants and special gifts, and is designated a not-for-profit corporation under section 501(c)3 of the NYS not-for-profit law. We are tax-exempt 501(c)3 charitable organization and registered with New York State Office of Charities.
2015-2016 Highlights

sport & recreation programs

• Hosted an invitational archery tournament that brought together veterans and youth to learn and/or improve their archery skills.

• Completed our 11th year of the I CAN Ride Bike Camp with a 90% success rate! Students from the Scotia-Glenville High School GIVE program volunteered as peer mentor to 40 youth with special needs teaching them to ride two-wheeled bicycles.

• Considering a THIRD venue for our bowling program. Even with two venues in East Greenbush & Latham a number of athletes were still on the wait list. Several athletes participated on our Bowling Team going to competition meets hosted through NY Special Olympics.

• Held our largest programs at the SCORE Center to date, including five themed weekends for youth, plus our annual Boot Camp, integrating youth with veteran mentors.

• Congratulations to the STRIDE Stingray Swim Team! They competed in integrated meets with the YMCA and in NY Special Olympics meets, bringing home gold at regional and State competitions.

• Added a new hiking program that headed out on some of the capital region’s most popular easy hikes. Participants were given pedometers and encouraged to log steps for fitness goals.

• The STRIDE Sled Hockey Warriors team won first place in the Central New York Tournament integrated with veterans from Ft. Drum.

• Teens from the Isabella School of Dance taught an integrated hip-hop dance class, culminating in a performance at the Palace Theater in Albany, NY.

• Dozens of teens from across the region attended a Hollywood themed social dance in the spring hosted by the Union College Women’s Hockey Team.

• The skills continue to grow in our tennis program, and a more competitive group is looking to compete in NY Special Olympics starting next year.
2015-2016 Highlights

sport & recreation programs

Our nucleus program continues to be alpine skiing and snowboarding located at three mountain resorts - Jiminy Peak Mountain Resort, Hancock, MA; Catamount Mountain in Hillsdale, NY; and Ski Sundown in New Hartford, CT. The snowfall was terrible this year, producing a very short ski season, which affected our overall lesson numbers.

Our training protocol is second to none for our staff of over 100 skilled volunteer instructors trained under the guidelines of Professional Ski Instructors of America (PSIA), and American Association of Snowboard Instructors (AASI). A full array of equipment to match every type of disability is available at each of the three resorts.

The 11th Annual Wounded Warrior Snowfest was held on March 3-6, 2016 with 15 warriors and their families joining over 22 volunteer instructors for two days on the snow at Jiminy Peak Mountain Resort.

Unfortunately, snow conditions forced the early closure of Jiminy Peak and cancellation of the 2016 Great Race for the first time ever.

Division of Lessons Between Programs:

- Jiminy Peak
- Catamount
- Ski Sundown
- Special Requests & Holiday
- Wounded Warriors
- Race Team
- Great Race

867 adaptive ski and snowboard lessons provided
2015-2016 Lessons

**STRIDE programs**

- SCORE Camping - 1850
- Swimming - 974
- Bowling - 944
- Sled Hockey - 904
- Skiing/Snowboarding - 867
- Tennis - 356
- Air Rifle Target Shooting - 260
- Dance - 248
- 5K Run, Walk & Roll - 210
- Bike Camp - 204
- Special Events - 182
- Family Yoga - 160
- White Water Rafting - 114
- Golf - 100
- Teen Dances - 94
- Sailing - 84
- Hiking - 65
- Warrior Programs - 34

2015-2016 Programs

**disabilities served**

- Agenesis of Corpus Callosum
- Angelman Syndrome
- Attention Deficit Disorder
- Attention Deficit with Hyperactivity
- Arthrogryposis
- Asperger's Syndrome
- Autism Spectrum Disorders
- Amputation
- Aplasia
- Blood Disorders
- Cancer
- Cerebral Palsy
- Depression
- Developmental Delays
- Down Syndrome
- Dwarfism
- Emotional Disabilities
- Epilepsy
- Fragile X Syndrome
- Friedreich's Ataxia
- Genetic Brain Abnormalities
- Global Delays
- Hearing Impairments
- Heart Transplant
- Hemiparesis
- Hypotonia
- Hydrocephaly
- Intellectual Disability
- Learning Disabled
- Microcephaly
- Multiple Sclerosis
- Muscular Dystrophy
- Neurological Impairments
- OCD
- Oral Apraxia
- Other Health Impaired
- Paraplegia
- Paralysis
- Persuasive Developmental Disorder
- Past Polio
- Past Traumatic Stress
- Quadriplegia
- Retin Syndrome
- Seizure Disorders
- Spastic Diplegia
- Spina Bifida
- Spinal Cord Injury
- Spinal Muscular Atrophy
- Stroke
- Sturge Weber Syndrome
- Transverse Myelitis
- Traumatic Brain Injury
- Trisomy 8
- Trisomy 21
- Verbal Apraxia
- Visually Impaired
- Williams Syndrome
2015-2016 Highlights

STRIDE Adaptive Sports

Staff:
• We added a full-time Recreation Program Manager to our staff, providing the needed support for our continually growing roster of adaptive sport and recreation programs.
• We continue to attract amazing interns from local colleges, including Siena, SUNY Albany, and Union College.

Development:
• Grants: Over $165,000 was received from grant makers in 2015-16. Disabled Sports USA continues to be one of our largest grant funders. Research for new grant opportunities, both small and large, is ongoing. We do not solicit federal or state funding at this time, however we are considering NYS funding for the new building.
• In-Kind Donations: Individuals and businesses from across the community donated $161,940 in products, services, and venue space.
• Wounded Warriors: STRIDE was able to reach out to military based community sources to fully fund all of the veteran programs for 2015-16.
• Fundraising Events: Four events, the Fall Gala, 5K Run, Walk ‘n’ Roll, 100K Vertical Challenge, and Great Ski Race yielded approximately 20% of our funding. Our newest event, the 100K Vertical Ski Challenge raised $30,000 in it’s first year!
• United Way: Funding from workplace giving programs continues to provide approximately 10% of our income, with designations from employees of United Parcel Service, GE, NY State, and other local corporations.
• Third party Events: This year saw a number of individuals and organizations hosting fundraisers on our behalf, from 5K runs to motorcycle rides, and brewfests to pancake breakfasts.
• New! Building Fund: We are developing a coordinated campaign to raise funds for the new headquarters, which will include a warrior community room, multi-use program area, and space for educational events.

Communications/Marketing:
• Featured in Time Magazine highlighting STRIDE as a rehabilitator for wounded vets.
• Mary Ellen Whitney received the Good Scout Award from the Twin Rivers Boy Scout Council.
• Received the National Community Leadership Award from the President’s Council of Fitness, Sport, and Nutrition.
Athlete of the Year

Andy Cummings

Meet Andy Cummings, 18-year-old boy who is full of life, has a great sense of humor, and is an adrenaline junkie for motor cross racing, having participated in countless races until a tragic accident changed everything.

Ever since Andy’s first race as a 4-year-old, he lived and breathed motocross until Andy suffered a brutal crash during one of his quad races, traumatically injuring his head. Three and a half months later, Andy returned home to begin his long journey of healing from paralysis and head trauma.

Andy and his incredible determination began with little steps. He had to relearn the basics: speech, swallowing, grasp, and walking—all skills he is still progressing on. Andy and his family have made use of multiple techniques and resources to support in redeveloping his skills and abilities, particularly at STRIDE. From a recumbent bike to the idea of adaptive snowboarding as a way to get Andy back in a familiar setting in order to start rebuilding the connections.

In his first winter season, it seems that the fresh air, snow, and exhilarating activity did more than help Andy improve physically. Mentally he made as many new strides. His memory showed improvement jogged by the familiar surroundings of Jiminy Peak with the feeling of a board strapped to his feet again. He competed in the New York Special Olympics Regionals in his third season.

For Andy, the course ahead is full of obstacles, but then again, Andy is the type who is used to flying over obstacles on courses. He has recently found inspiration and mind-body connections from other STRIDE programs of swimming and yoga. He has been involved with our camping program, and gone whitewater rafting, and most recently, joined the sled hockey team, where he is assisted by a ‘pusher’ on the ice—but gaining strength every day.

Andy epitomizes the STRIDE mission to live a full, healthy, fun and active lifestyle, without obstacles.

Congratulations Andy!
Volunteers of the Year

Tim & Gail Tagan

STRIDE honors our over 350 volunteers for making a huge difference in the community. Whether they run a lap with a biker, type in data entry, teach a snowboard lesson, decorate for an event, take a child camping, or collect a raffle prize, every volunteer has a ripple effect that positively affects the lives of individuals with disabilities in our communities. Our program services wouldn’t exist without the assistance we receive from these big-hearted people. Calculated volunteer hours given for the year were 51,255.5 at a New York value rate of $28.52 per hour equals a time value of $1,461,806.30 given to STRIDE! The intrinsic rewards received from volunteering for STRIDE are valued much higher than any tangible award we can think of. We honor all those who help us throughout the year.

Meet the Tagan’s—a duo package of STRIDE’s most valuable volunteers during the winter months. As the STRIDE Catamount Supervisors, Tim and Gail are on the slopes of Catamount Ski Mountain every weekend. They are loyal and dedicated volunteers who have been with STRIDE for nearly 2 decades.

Tim & Gail live in Torrington Connecticut in Litchfield County. During the week, Tim commutes to New Haven for his job with Johnson Controls. During winter weekends Gail and Tim travel 35 miles to be with the kids who come for ski instruction. Being the Supervisor of the Catamount Ski program takes a lot of time and commitment, and Tim and Gail do it with such love and compassion for their students.

Tim and Gail are just as active during the summer months. Jointly, they run a very large local country fair in southern Litchfield county called the Bethlehem Fair, where they also compete in Lumberjack competitions.

As busy as they are, Tim and Gail’s commitment to STRIDE has been unending since they joined and now are training their grandson, Max, to be involved as an instructor.

Thank you Tim and Gail!
Lavelle & Finn, LLP earned its reputation as a leader in law services by providing uncompromising personal legal services in a confidential and caring atmosphere for over 20 years. Their clients are esteemed members of the community, and include business leaders, investors, retired individuals and successful families, providing their clients with sound and seasoned judgment to aid in protecting them, their families, and their assets from taxes, predators, and other threats to wealth.

Partner Amy L. Earring joined the STRIDE Board in June 2012 as Treasurer. She has spent countless hours on behalf of STRIDE, performing reconciliations, audit reviews, and legal services in the form of real estate acquisition, with the support of her firm. Because of her dedication to the community and STRIDE, Lavelle & Finn was selected as our most valuable sponsor in 2016.

We would not be where we are today, without Amy and her unending support to STRIDE Adaptive Sports.

Thank You Amy Earring and Lavelle & Finn LLP!
2015-2016
STRIDE Honorary Board

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SABIC Innovative Plastics

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Mrs. Laurie Furlong (retired)

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THIRD PARTY EVENTS:

Boy Scouts Troop 114 - Valerie
Veterans Day Run
Deer Run Bike Run

Halloween for Heroes
John J. Curran Council, #7606

Knights of Columbus - Annual
Pancake Breakfast & Fork Road Dinner

Marc S. Zepelin Foundation, Inc. -
Annual Picnic and Concert

Maitreya Llybott Sweet 16
Rotary Club of Southern Rensselaer

County - Veterans Day Bowling
Scotia Glenville HS GIVE - Coffee &
Donate

Shen Track Booster Club - Veterans
Day Dash

Ski Sundown Summer Brewfest

Together we change lives!
### 2016 Consolidated financial statements

**Revenues**
- Grants: $165,177
- In-Kind Contributions: $161,940
- Donations: $134,923
- Fundraising Events: $99,557
- Program Revenues: $30,597
- Investment Gain/(Loss): ($8,561)
- Other: $6,301

**TOTAL Revenue** $593,642

**Expenses**
- Program: $342,541
- Development: $117,594
- General and Administrative: $60,874

**TOTAL Expense** $521,009

**Net Assets**
- Change in Net Assets: $72,603
- Net Assets - Beginning of Year: $848,578

**Net Assets - End of Year** $921,181

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We feel a great responsibility to our donors, large and small. That is why we are proud of our efficient operations.

In 2015-2016 over 65% of our budget went directly to fund programs that provide life changing experiences for individuals with disabilities through participation in adaptive sports and recreation.

Only twelve cents of every dollar went to administrative costs, and over 50% ($59,000) of the fundraising and development expenses were covered by in-kind donations.
STRIDE Adaptive Sports

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