Dear Friends and Supporters of STRIDE Adaptive Sports,

Every day since 1985, STRIDE has worked with people, showing them how they can participate in sport, no matter the physical or intellectual challenge. We reach out to groups and individuals across our region to provide opportunities for everyone to participate, no matter their disability. The rewards of seeing lives changed permanently is beyond words.

At STRIDE, the seemingly impossible is made possible as youth and veterans discover and even excel at sports such as archery, swimming, skiing, tennis, and biking.

I am very excited to announce the development of STRIDE’s SHARE Center in West Sand Lake, NY. With the planned facility, STRIDE will increase our programs for local, regional and statewide disabled community through the creation of spaces that will allow us to directly provide services to an underserved community, and partner with other organizations who are recognized as experts in their areas.

We now look to the future and have made a commitment to build a facility that will further enhance our mission and improve the lives of our special members. STRIDE’s SHARE Center will be unique to upstate New York, offering fitness classes, dance, weight training, tumbling for Tots, yoga, and an array of movement and wellness oriented programs that have yet to be offered in our region specifically for individuals who have disabilities.

Veteran-designed classes for families to participate together will also be an important avenue to explore. Sharing the space with volunteers and educators will be imperative to allow maximum use of the created spaces for meetings and collaboration with other organizations.

I want to take a moment and say “thank you” for choosing to support STRIDE’s legacy! This is certainly not an endeavor that we undertake alone. Through your support, you contribute to the enrichment of many lives, visible by the growth, smiles and gratitude. STRIDE programs are invaluable to the lives of these individuals, and your support is invaluable to STRIDE.

Regards,

Mary Ellen Whitney,
CEO & Founder

A message from the Board of Directors

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table of contents

Letter from the Board of Directors............................................................ pg. 1
Board of Directors ..................................................................................... pg. 4
Mission and Vision .................................................................................... pg. 5
Who We Are & What We Do................................................................. pg. 7
Program Highlights.................................................................................. pg. 9-10
Number of Lessons Provided ............................................................... pg. 12
Disabilities Served..................................................................................... pg. 12
Highlights................................................................................................ pg. 14
Athlete of the Year................................................................................... pg. 17
Volunteer of the Year................................................................................ pg. 18
Sponsor of the Year................................................................................... pg. 21
Honorary Board of Directors................................................................. pg. 22
STRIDE Staff............................................................................................. pg. 22
Major Funders and Donors..................................................................... pg. 23
Consolidated Financial Statements....................................................... pg. 24
Board of Directors

President
Mary Ellen Whitney
Founder and CEO
STRIDE Adaptive Sports
Wynantskill, New York

Vice President
Diane Albano
LEAD Consulting and Coaching LLC
Retired Superintendent of Ravena-Coeymans Schools
Delmar, New York

Secretary
Kathleen Slater
Parent of a STRIDE Athlete
Clifton Park, New York

Treasurer
Amy Earing, CPA
Partner
Lavelle & Finn LLP
Castleton, New York

Counsel
Patrick Fitzgerald, III
Attorney and Partner
Gavin & Felizato, P.C.
Loxahatchee, New York

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Attorney and Partner
Braverman Greenspan
New York, New York

Medical Advisor
Jamie Masson, M.D.
Pulmonary Disease Specialist
Pulmonary & Critical Care Services, P.C.
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Board Member
Richard Miller
Burke-Miller Associates
Farm Family Insurance
Glenmont, New York

Board Member
Tom Gilbert
President, Treasurer and Partner
Colamonti Ski Area
Lenox, Massachusetts

Board Member
Mark Moran
Retired STRIDE Business Manager
Nisquanauna, New York

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 participations 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.
2,000

STRIDE Athletes

Who we are and what we do

- A volunteer non-profit organization founded in 1985
- Provides over 11,600 adaptive sport and recreation lessons annually
- Has over 500 skilled volunteer sport instructors
- Serves over 2000 families
- Offers free programs in 18 different sports and 28 locations in 4 states
- Focus is on education of individual life-time sports
- Funds go directly to programs with a modest operating budget
- Operates with a staff of 4
- Is a chapter member of Disabled Sports USA
- Is an Official U.S. Paralympic Sports Club
- Is a member of Professional Ski Instructors of America and the American Association of Snowboard Instructors; New York Special Olympics and an official Red Cross Provider
- Is recognized as one of the largest adaptive sport organizations on the east coast and is among the leading programs in the country;
- Has partnerships with school districts and other non-profits
- Has a successful partnership with Warfighter Sports, a division of Disabled Sports, USA allowing us to provide rehabilitative sports and recreation programs to regional Wounded Warriors, and the veteran communities
- Programs are cost-free for participant, and scholarships are available
- Operates a tent camping facility in Chatham NY, on 86 environmentally protected wooded acres with miles of trails and ponds, streams, 3 different camping areas, a large pavilion/main lodge that is used year round for programs.
- Funding is diversified and comes from private donations, fund raisers, grants and corporate sponsorships. NO government funds are used.
- Building a 5,000 sq. ft. adaptive fitness and conference center called SHARE Center (STRIDE Health and Recreation Education Center)
2017-2018 Highlights

• Teens from across the region attended a spring “You Are a Star” themed social dance hosted by RPI Men’s Hockey Team.

• The STRIDE Sled Warriors hosted their first home game against the Central Vermont Pioneers at their new location, the Albany County Hockey Facility.

• Added a new kick-boxing program at Focusmaster Fitness in Troy. Participants had 3 one-day classes that taught them proper form & technique while enjoying cardio activity with peers.

• Held six themed camping weekends at the SCORE Center and two new Wounded Warrior weekends. Warriors & veteran families spent their weekends horseback riding, yoga, and visiting local establishments together.

• Hosted the Berkshire Spinal Cord injury group at our SCORE Center for an archery camp. Two certified archery coaches instructed the group and then enjoyed a BBQ at the lodge.

• Partnered with Siena College who hosted a Harvest Festival. They provided games, crafts and refreshments to 17 families.

• Completed two Eagle Scout projects for STRIDE

• Hosted our very first class in the SHARE Center. A group of 10 local athletes were cozy in our pre-demolition facility to participate in a six week yoga session.

• Hosted a Santa’s Workshop Open House in the SHARE Center (under construction) for 30 families.

• Attended nine New York Special Olympics events for four sport teams.

99 veterans participated in STRIDE Wounded Warrior Programs

9
The nucleus of our winter programs continues to be alpine skiing and snowboarding, now with the addition of a fourth mountain in Rhode Island, we taught 1,085 lessons. Our sled hockey team has the longest season with 20 members practicing from October to April weekly and competing around the Northeast in games and tournaments and demonstration events, totaling 5,447 lessons!

Summer nucleus is our SCORE Camp in Chatham, NY, yielding 1,245 lessons during 9 weekends and day events.

We have a much more accurate tracking system now, counting ‘lessons’ that last between 1 to 2.5 hours in each sport or activity annually.

Division of Lessons Between Programs:

**SPORT LESSONS GIVEN IN 2017-2018**

**WE PROVIDED OVER 11,000 ADAPTIVE SPORTS LESSONS!**
Volunteer hours = $1,158,503

**Volunteer Values**

Volunteer values expressed in dollar amounts per program at national average of $24.69 per hour

<table>
<thead>
<tr>
<th>Activity</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skiing</td>
<td>$1,243,545</td>
</tr>
<tr>
<td>SCORE Facility</td>
<td>$522,456</td>
</tr>
<tr>
<td>SCORT Canoeing</td>
<td>$136,894</td>
</tr>
<tr>
<td>Tennis</td>
<td>$8,981</td>
</tr>
<tr>
<td>Selling</td>
<td>$5,861</td>
</tr>
<tr>
<td>Swimming</td>
<td>$4,597</td>
</tr>
<tr>
<td>Skilled Hockey</td>
<td>$20,048</td>
</tr>
<tr>
<td>Learn to Dance</td>
<td>$4,145</td>
</tr>
<tr>
<td>Bowling</td>
<td>$23,683</td>
</tr>
<tr>
<td>Adaptive Shooting</td>
<td>$7,899</td>
</tr>
<tr>
<td>Tennis</td>
<td>$3,461</td>
</tr>
<tr>
<td>Wounded Warrior</td>
<td>$3,504</td>
</tr>
<tr>
<td>White Water Rafting</td>
<td>$2,940</td>
</tr>
<tr>
<td>Education/Professional</td>
<td>$4,934</td>
</tr>
<tr>
<td>Bike Racing</td>
<td>$3,941</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$40,029</td>
</tr>
</tbody>
</table>

disabilities served

- Agenesis of Corpus Callosum
- Angelman Syndrome
- Attention Deficit Disorder
- Attention Deficit w/ Hyperactivity
- Arthrogryposis
- Asperger’s Syndrome
- Autism Spectrum Disorders
- Amputation
- Ataxia
- Blood Disorders
- Cancer
- Cerebral Palsy
- Depression
- Developmental Delays
- Down Syndrome
- Dwarfism
- Emotional Disabilities
- Epilepsy
- Fragile X Syndrome
- Friedreich’s Ataxia
- Generic Brain Abnormalities
- Global Delays
- Hearing Impairments
- Heart Transplant
- Hemipals
- Hypotonia
- Hydrocephaly
- Intellectual Disability
- Learning Disabled
- Microcephaly
- Multiple Sclerosis
- Muscular Dystrophy
- Neurological Impairments
- OCD
- Oral Apraxia
- Other Health Impaired
- Paraplegia
- Paralysis
- Paediatric Developmental Disorder
- Past Polio
- Past-Traumatic Stress
- Quadriplegia
- Reti 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

**11,632 adaptive sport lessons**
2017-2018 Highlights

**STRIDE Adaptive Sports**

**Staff**
- 2017 saw some staff changes as Mark Moran retired after 9 years, being replaced by Joe Russo, who now works part time as the Office manager. Mark Moran now has joined the Board of Directors.
- Patrick Hayslett was hired mid-year replacing Jenifer Whiston as Development Director.
- Four college interns were utilized as office staff.
- Part-time Assistant Development /Marketing Suzanne Mangaroo was hired after interning; left us for FTE and the position remains open.

**Development:**
- With a stronger focus on grants & contributions, and a no-frills approach to fundraising expenditures, revenues increased in 2017-18.
- Research for new funding opportunities is opening new doors.
- United Way funding from workplace giving campaigns continues to provide 10% of our revenue.
- Program revenue from administration fees now is efficiently being collected yielding 8% of revenues.
- A separate fund for Capital costs of building the SHARE Center raised our revenues significantly by over $60,000.
- Fundraising Events such as Gala and 5K race have been flat in net gain causing us to re-evaluate the way they were being administered. The new event 100K Vertical Challenge had significant gains yielding over $60K net! In-kind / Non-cash donations still continue to be a powerful source of revenue gain and allow us to keep expenses very low.

**Communications/Marketing:**
- Our social media presence is still growing, and have an active audience of virtual happenings daily.
- We updated our logo; made some upgrades in our collateral materials.
- STRIDE presence in the community continues to grow in awareness through many avenues including media and press and awards.

nearly 60 new applications received annually
If you don’t know Victor, you should make it a point to. On the ice with the sled hockey team, you can’t miss him. He’s the one with the sled that says “The Dancer.” He proudly lives up to the name by attending any event where he can show off his greatest moves!

For almost 10 years, Victor has cut a rug straight into our hearts. He started out in our bike camp in 2009 and from there, he branched out into the STRIDE lifestyle with a little of everything: tennis, swimming, sled hockey and teen dances just to name a few. Although shy and reserved at first, he is an intelligent, witty, and well-rounded individual that has shown the kind of growth our organization is all about. Victor has especially flourished in STRIDE’s bowling and camping programs.

Victor stands out for his willingness to try new things and his innate capacity to make friends with everyone. This winning combination has taken him from a bowling participant to Assistant Program Leader with our program in Latham. He does a wonderful job of modeling what he has learned and teaches younger participants and peers through firsthand experiences. Victor has done the same in our camping program, growing from camper to mentor. He attends every camping trip to be a role model and show others that breaking away from technology and enjoying the beauty of nature is fun. He goes out of his way to create great conversation and social experiences for campers around the fire – he knows every word to “Puff the Magic Dragon” and there is even photo evidence of some crazy hairstyles he subjected himself to for a laugh from his fellow campers.

Victor is off to Landmark College in VT to study liberal arts, where we know he will be a success. He has intentions of staying involved with our organization and sled hockey, and we hope he does because Victor embodies the STRIDE philosophy of giving back to others. His presence and leadership help make us what we are today.

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

Congratulations Victor!
Volunteers of the Year

Robert Jahn

Meet Rob Jahn - a Marine veteran and one of STRIDE’s most valuable volunteers during the summer months, and year round! As a STRIDE Committee member for Wounded Warrior events; a camping counselour, fund-raiser, and general go-getter, Rob is a loyal and dedicated volunteer who has been with STRIDE for just 5 years. Rob lives in Cohoes NY with his wife Mary and daughter Emily. They discovered STRIDE for Emily. As a family, they exemplify what our STRIDE family is all about. They will be seen at every event and participate to the fullest, motivating friends and families to get involved.

Congratulations Rob!

STRIDE honors our over 750 volunteers for making a huge difference in the community. Whether they run a lap with a biker, paint walls, clean up the camp, 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 so many big-hearted people. Calculated volunteer hours given for the year were 50,912 volunteer hours at a National average value of $24.67equalling $ 1,255,999 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.
STRIDE was Awarded $25K from Empire Blue/Anthem Foundation for a Community Partnership to Support Sport Programs

As we head into 2019, STRIDE can breathe a little easier knowing that a community partnership has been again achieved, allowing us to fulfill the needs and dreams of all our athletes. A long-standing relationship between Empire Blue Cross has been established since 2009. For the second year, STRIDE received a corporate grant facilitated through Anthem Foundation from Empire Blue in the amount of $25,000. This represents one of our larger grants, with money earmarked for purchasing new equipment and operations at our SCORE facility and general operations of all sport programs. In addition, Empire Blue employees join STRIDE staff at the SCORE Camp multiple times during the year to assist in prep and clean-up days.

“We are elated to be supported by Empire Blue/Anthem Foundation. In these economic times, non-profit service organizations can be hit the hardest for budgetary needs. Empire Blue clearly recognizes the importance for all to lead healthy active lives, especially for those who may struggle with special needs and challenges in their lives. We can’t thank them enough for aligning themselves with us to meet that mission”
<table>
<thead>
<tr>
<th>Revenues</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants/Gifts/Contributions</td>
<td>$330,556</td>
</tr>
<tr>
<td>Program Service Revenue</td>
<td>$87,362</td>
</tr>
<tr>
<td>Investment Income (Gain/Loss)</td>
<td>$9,704</td>
</tr>
<tr>
<td>Capital Gain or loss</td>
<td>$10,640</td>
</tr>
<tr>
<td>Fundraising/Other Revenues</td>
<td>$93,031</td>
</tr>
<tr>
<td>In-Kind Donations</td>
<td>($167,320)</td>
</tr>
<tr>
<td><strong>Total Revenues</strong></td>
<td><strong>$531,293</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Programs</td>
<td>$240,491</td>
</tr>
<tr>
<td>Development</td>
<td>$45,715</td>
</tr>
<tr>
<td>General and Administrative</td>
<td>$145,748</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$431,954</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Assets</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in Net Assets</td>
<td>$100,655</td>
</tr>
<tr>
<td>Net Assets – Beginning of the Year</td>
<td>$1,031,723</td>
</tr>
<tr>
<td><strong>Net Assets – End of the Year</strong></td>
<td><strong>$1,132,378</strong></td>
</tr>
</tbody>
</table>

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

Over 70% of our budget is a direct expense to our programs that provide life-changing experiences for individuals with disabilities through participation in adaptive sports and recreation. We are masterful at keeping costs low with our leverage of in-kind donations! Thank you to every donor, large and small!