STRIDE June E-News!

Big Thanks to All Who Supported our 1st Successful Virtual Event

Thank you to over 200 registrants who participated in our first ever virtual event! TOGETHER we raised $24,000 which surpassed our revenues from last year, largely due to the support from our base of longstanding sponsor supporters who continued to stick it out with us for this event. Additionally, our expenses were so much lower, leading to a successful event all-around. If you participated, please send us feedback, so we can learn and grow from conducting this new type of virtual event.

Click here for Final Results

Virtual Yoga Class

Chair Yoga for All

Thursdays @9am
July 9th- 30th

- FREE—donations accepted! All ages and abilities are welcome
- Zoom invitations will be sent weekly
- Instructed by Chris Darby-King
- Email meaws@stride.org to sign up

This class is appropriate for anyone. The beauty of a virtual class is that you can modify it to your surroundings. No matter if you are wheelchair bound or in your office chair at work, you can participate in this class. Chris will provide verbal instructions and cues to follow along at your own pace. Chris will allow for socialization with the other participants 10 minutes before and after the class.

If you have any health concerns that you wish to share with the instructor, you can privately let her know by emailing her - cdarbyking@aol.com
Help US Help YOU! Click Here for Quick Survey

We are Slowly and Optimistically Making a Safe Return to In-Person Programs in a Mindful Way

Please click the button above to complete a quick 4 question survey to help us prepare for serving our participants in the best way possible.

**Return to Play: STRIDE Golf**

**Route Fore Golf Center**
395 N Greenbush Rd, Troy, NY 12180
Sunday’s 9:30am (Ages 8-21)
7/12-8/16
Program Leaders:
Tony & Kelly Cerri

All participants must have a current STRIDE registration and new liability waiver on file. There will be a $25 admin fee to participate. Donations are accepted!

Come enjoy the great outdoors with your family and get a breath of fresh air!

While we await the reopening of our youth sleepover camp, we are opening our camp for families to enjoy.

Reserve your families space to camp on our 85 acre campgrounds.

Email mevans@stride.org today to reserve weekends open starting 6/12.

**Suggested donation: $20/night (Weekends only, at this time)**

**Resources that would be available:**
- Tent & Cots (only 1 family will be allowed to camp at a time)
- Storage bin including paper products, disposable utensils
- Grill with propane tank
- Camping chairs and propane lanterns
- Campfire wood

For more information: email mevans@stride.org

**STRIDE “RETURN TO PLAY” INITIATIVE INCLUDES PARTNERING WITH USA ARCHERY; INDUCTING WOUNDED WARRIOR AS DIRECTOR AND COACH**

Archery is one of the truest forms of an individual lifetime sport that everyone can participate in. STRIDE has been introducing the sport to youth and veterans with disabilities since 2014 when they built a competition range in the woodlands at their camp in Chatham NY. STRIDE’s professionally-designed outdoor competition archery range is constructed in a pine grove on our 85 acre tent-camping retreat known as the STRIDE Center for Outdoor Recreation and Education (SCORE).

The archery range has distance markers for four stations with permanent line marks from 10 meter, 20 meter and 30 meter distances, or movable markers for less or more-skilled archers.

The range was designed to be inclusive for people of all skill levels regardless of disability. STRIDE has purchased special adaptive equipment to accommodate all archers, including "Camping this weekend was Great!! My son had a blast, we want to come back. The camp is so Beautiful. I work at a Sign Shop, I would like to donate a few signs for trail markers or something if you want some, just let me know. My son slept all night and for autism, that is amazing!" - The Manley Family
adaptive equipment to accommodate all archers, including seated archers and beepers and stands for visually-impaired archers. And now they will take the opportunity to grow the sport further by joining forces with USA Archery as a Junior Olympic Archery Development club. **Click here to read more**

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**Board Member News**

Welcome to newest, youngest Board Member, and Medical Advisor Steve Ferro.

Steve grew up in Cheshire, MA as a typical active kid of the 90’s, He enjoyed riding mountain bikes, swimming and basketball. In 2012 he suffered a T-4 spinal cord injury from a motorcycle accident leaving him paralyzed from the chest down. Since then he has chosen a daily path of continual growth. One of his early supporters was STRIDE. Through skiing, sled hockey and hand-cycling, Steve was involved in activities that provided reintegration to sport. In 2017 he started medical school at University of New England College of Osteopathic Medicine pursuing his desire to fight disease and improve the health of others. Now in his fourth year of residency, he resides in Saco, ME with his girlfriend Kelsey.

*A big thank you to Diane Albano for her 15 years on our board of directors as VP, as she moves into new role and author in her career. Welcome Dick Miller to the role of VP.*

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**Outdoor Family/ Individual Volunteer Opportunities:**

**SCORE Camp**
- Weekly Mowing (John Deere rider)
- Trail clearing and maintenance
- Lodge cleaning
- Gardening

**SHARE Center**
- Mowing & lawn care
- Gardening
- Craft projects

**Contact mwhitney@stride.org if interested**

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**Our SHARE Center is almost complete and we are ready for your input** for moving forward once NYS provides Guidelines for the use of fitness equipment. Lucky for us, we are a private facility, and can offer individual work-out opportunities on brand new donated equipment that includes:
- Alter G Anti Gravity Treadmill (Reeves Foundation)
- Cybex Multi-function Weight lifting and strength building unit (GE Healthcare)
- Cybex Lat Pull down machine; Rower; Prone leg curl and chest press (Empire Health Wellness Center)

A big thank you to Brendan Sullivan at Empire Health and Wellness Center in Latham, who donated their equipment (seen above) to STRIDE during their merger and move. Our facility is complete! Fitness programs coming soon!

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**HEARTFELT THANK YOU TO OUR DONORS**

We would like to take this opportunity to thank our June contributors and following groups, clubs and individuals for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

**Donors:**
- Casey Bloom
- Steve Bravo
- David Burt
- Jean Butensky
- Dorcas Caraballo
- Marcel Chaine
- Karen Chave
- Bronwen Childs
- Peri Color
- Catie Connolly
- Karen Cook
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- Bianca Gordon
- Grammy and Grandpa Gross
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- Hank Hummil
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- Barbara Hrachian
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- Terri Jacobson
- Alan Jacobson
- Michael Jacobson
- Elizabeth Jacobson
- Robert Jacobson
- Joan Jacobson
- Steven Jacobson
- Howard Jacobson
- Rebecca Jacobson
- David Jacobson
We have a very active "SOCIAL" life at STRIDE! Join us at Facebook, for all the latest and greatest activities and resources.

https://www.facebook.com/strideadaptivesports

https://www.facebook.com/stridewoundedwarriors


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

- Congratulations to Steve & Amy Bravo who are expecting a baby girl
- Get Well wishes to Doug Peddie after surgery
- Get well wishes to Kim Seevers after back surgery
- Get well wishes to Laurie Walsh after knee injury
- Get Well wishes to athlete Bridget Hotaling after surgery
- Congratulations to ski volunteer Kaleigh (and Pat) expecting their first child in December
- A huge thank you to Rob Jahn for installing and donating materials to our SCORE lodge to mouse-proof our kitchen pantry!!

Corporations
AllSquare Wealth Management
American National Insurance
The Cheesecake Factory
DeCrescente Distribution
Empire Health & Wellness Center
GE
Golden Krust Bagels
Hannaford
Heim's Auto Care
Hoffman Car Wash
Lavelle & Finn
Mohawk Mountain
NPA Financial
Popeye's Chicken
Regeneron
Rust-Oleum
Shoprite North Greenbush
Stewart's Shops
Titcomb Mountain
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Lynne Boone
Eileen Cecilione
Carol Gardner
Annette Gold
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