STRIDE August E-News!

Winter Pandemic Playbook....What will Ski Season look like?
From the Desk of Mary Ellen Whitney, CEO

It’s the end of August, and in a normal year I would already be planning our winter training schedule for the instructor coaches of our STRIDE athlete avid skiers and snowboarders for the upcoming season. But this winter, snowfall and snow-making will not be the biggest concern. Instead, I wait for the direction and status from our 3 state mountain ski areas as to how we will proceed in the era of the coronavirus pandemic. What sorts of ski activities will be available and advisable? Will there be limited capacity? Will education and lesson programs operate under new guidelines with limited staff? Will our adaptive programs be part of the planning process? And so many other operational questions beg answers.

I’ve been following along with current events in the southern hemisphere, where ski resorts are in the dead of winter. I’ve read articles, talked to ski industry management professionals, listened to Ski Area Management podcasts, and am assisting PSIA in writing on-line learning opportunities for ski instructors. Coming down the mountain and even riding the chairlift are low risk. While skiing inherently involves face covering and social distancing and is itself a low-risk activity for COVID-19 transmission, a lot of things people do related to skiing pose risks. Using the lodge to be prepared for the cold, restroom use, food service, and finding a space to sit in a crowded lodge to warm up all are major concern. Most ski-related employees work together in close quarters indoors. Enough said about the negatives, as we have been reminded all summer and fall through on-going news.

STRIDE has successfully demonstrated that there are ways to adapt. In early July, we successfully opened summer season to in-person, limited activity programming amidst the pandemic. Golf, dance, individual fitness sessions, and family camping in groups was permitted. And Fall looks even more active and promising adding archery, hiking and tennis. Rules include physical distancing, masks are mandatory; and temperatures taken. All family/household members who attend play an active role in assisting the athlete with special needs in place of 1 to 1 volunteer to athlete ratio. We will approach the winter cautiously optimistic as well. It will be different...no doubt. Our winter pandemic playbook is drafted and ready for edits based on regulatory bodies directives. There will be many expectations, smaller staff, new registration process, and probably limitations with equipment and indoor use, but we WILL be on the mountain this winter!

3rd Annual BBQ Brewfest
Re-invented 4 Success!

The 3rd Annual BBQ & Brew fundraiser last Friday afternoon sold out with over 275 ribs and chicken dinner meals, made on premises by Iron Works Grill of Troy. Along with dinners, guests could sample a Nine Pin Cider beverage or bottled water and receive a free cup of Stewart’s ice cream. We adapted well, and in a year where we couldn't do much other than sell delivery dinners, it turned out to be a successful pick-up party along with an on-line auction and we made nearly $10,000!

Guests had the option of picking up their dinners in a curbside delivery line or eat on site. Live entertainment was provided by local act, “Pearl”.

“It’s the third annual, but because of COVID, we had to modify the event,” said Development Director Pat Hayslett. "Previous fundraisers were held at the micro-breweries. Due to the current pandemic, this event was held outdoors at STRIDE’s parking lot in West Sand Lake."

The event was sponsored by many businesses and organizations, including Stand Up and Play Foundation C.D. of NY Chapter. We are grateful for sponsors that continued their longstanding support: Braverman & Greenspun; Lavelle & Finn; Girvin & Ferlazzo; Stewarts shops; Pioneer Bank; State Farm Insurance and some new sponsors to the event: Jaeger & Flynn, and CJ Lawn Services

Summer Veteran Programming!
Warriors Staying Engaged...
Wounded Warrior, TSGT Timothy McDonough, STRIDE Archery Coach and Program Director

I have been a STRIDE WOUNDED WARRIOR since 2012. A lot of why I am where I am today in my healing journey started at STRIDE. I have been involved in adaptive archery since 2014, both shooting and coaching. Some accolades include Air Force trials Gold Medalist X2; Warrior Games Silver medalist; I was the assistant coach for AFW2 leading our team to 13 Medals over 3 years of national Warrior Games competition and the INVICTUS Games and both Champs, and the Warrior Games Camp Director 2019.

At the beginning of this month, a group of our Warriors gathered together with their families at our SCORE camp Chatham NY. Supported by a grant made possible by MOVE United (formerly DSUSA) attendees had the opportunity to do socially distant activities through out long weekend. They went on hikes, learned archery, shooting, went fishing, and played a few rounds of disc golf - while living in tent accommodations provided by STRIDE. Saturday night, they had live music from the band “Pearl” around the campfire, after a hearty steak dinner.

The weekend was so popular that we had to limit the attendees. A second weekend set for 9/11 - 9/14 will accommodate those who couldn’t participate in the first. We have plans to visit High n Mighty Therapeutic Horse Ranch so that our veterans can do some riding, grooming, and relaxing on their beautiful grounds. We also will be having a special guest, Sonya Ward from IBI Semper Training, to give some helpful tips and tricks to those veterans with service dogs.

For more information about our next veteran family camping weekend, see the flyer below or email dtallman@stride.org
I took State Championship in freestyle recurve men’s open for Colorado state 2017 and a regional silver medal for the NFAA northwest region 2018.

Safety is absolutely paramount and my first coaching philosophy. This is our fun time, our free time and we shouldn’t be getting hurt or allowing anyone to get hurt while we are actively watching our line. My second coaching philosophy is “have fun”; if you’re not having fun if you’re not feeling the excitement when you hear the “twang” of your bow string and watch your arrow Thwack!” Even more importantly is when you pass the knowledge of archery onto the next generation of up and coming shooters!

I will break it down into these 3 things:
1- Be safe
2- Enjoy shooting your bow
3- Love teaching others even more!

I am ecstatic to be back at STRIDE as the leader of our USAA Archery program, and have great plans to coach this program!

More Ways to Support our Cause....

Here is one more way you can support STRIDE, by sending digital greeting cards with EcoCards.org. Simply choose one of the personalized electronic greeting cards (holidays, thank you, baby announcements, wedding save-the-date, etc.).

Each digital card represents a donation amount of your choice to STRIDE with a minimum commitment of $10 to set up an account and $1 donation per card (plus 15% processing fee per card).

USAA Archery Program Off the Ground!

With thanks for a grant from USA Archery, we were able to get our formalized archery program off the ground and certify more coaches. We would like to thank USAA Coach TSGT Tim McDonough (R) for this month’s successful archery certification course event at SCORE, since USAA could not host their regular certification programs due to the pandemic.
Get well wishes to Dick Miller after his 'accident'

Condolences to Volunteer Bryce Lutkenhaus on the loss of his mother

Our summer golf session was such a hit! Be sure to join us for our upcoming fall session!

Return to Play: STRIDE Golf

Route 44 Golf Center
391 N Greenbush Rd, Troy, NY 12180

Sunday's 9:30am | Ages 8-21
9/13–10/18
Program Leaders:
Tony & Kelly Curo

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, Megan Evans: 518-518-1279; mevans@stride.org

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

HEARTFELT THANK YOU TO OUR DONORS

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

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