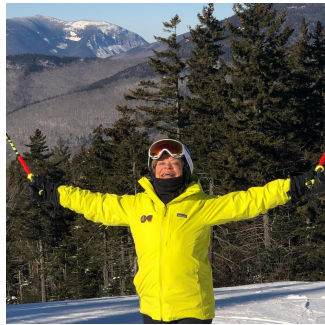




February E-News from STRIDE!

Message from the CEO Transitions.....

Transitioning is one of the most inevitable and natural parts of life and yet people resist transition and try to avoid change. Our volunteers and staff see this daily, working with youth, children and sometimes even adults, who have great difficulty with change in routine, sometimes exhibiting unwanted behaviors to communicate their dislike of the changes transpiring!



Change remains one of the only constants in life and is ingrained in routine, and promotes growth. Our organization has learned through the pandemic. When the world presented transition through Covid, we saw new possibilities STRIDE became more technical in presenting avenues for training, and reaching more staff from a larger geographic region through Zoom meetings. We learned how to work remotely and stay with the pace of changes happening worldwide. We transitioned programs from in-person to in-' pods'. We added more virtual and outdoor programs as we subtracted indoor programs; and transitioned volunteers to family members. STRIDE became more globally known through webinars and national seminars where I was a speaker teaching others how to transition safely and positively.

Organizationally, we also are going through transition of administrative staff in the past year. Seamless transition from one Program Director to another occurred six months ago allowing us to bring in Camille who was formerly an intern, creating a fresh approach to programs and technology, going paperless in necessary bureaucratic essential paperwork and registrations, filling previous gaps. New partnerships, brand new programs and Program staff have been assigned creating less risk and more growth for the organization.

Another transitioning change for STRIDE is building the SHARE Center programs with the award from Mother Cabrini Foundation, creating heaps of opportunities, and attracting many new volunteers, programs and revenue streams. This month we will approach another huge transition in staff as we introduce our Development Director, Chris, who left her former job to find one more fulfilling. I have no doubt this will also create new opportunities and movement and growth in a new direction in the area of financial growth to support STRIDE's future. Each new step forward, even when it feels like a step back, has taken STRIDE further than I could have ever dreamed.



Staff Spotlight: Christine Golden - New Development Director

Chris is thrilled to be our newest member of the team at STRIDE in the role of Development Director, and came to us with glowing references, leaving her former job to find one that is more fulfilling with STRIDE.

Previously, Chris worked for Rensselaer County, initially as Project Director for Tourism and the County's Film

Commissioner. Most recently she was with the Rensselaer County Civil Commission. Prior to Rensselaer County, Chris was the Vice President for Programs for the Rensselaer County Regional Chamber of Commerce, Public Information Officer for the New York State Tax Department and as a consultant for her own company providing event planning and communications services to a variety of organizations in Rensselaer County.

Chris is a graduate of Taylor University with a B.A. in Business Administration with an emphasis on Marketing.

Chris lives in North Greenbush with her husband Steve and their puppy, Jasper. Chris' son recently relocated to Tennessee and her daughter is a freshman at UConn.

****We wish Patrick Hayslett the best as he moves on to a new , more lucrative employment position, working remotely for a Cloud-based payment company based in the United Kingdom.**

STRIDE is Designing Brand New Programs for Spring and Summer

Again, special thanks to the [Mother Cabrini Health Foundation](#), which has awarded STRIDE our largest grant (\$125,000) to enhance the SHARE Center and develop programs to full capacity in 2022!



Mother Cabrini
HEALTH FOUNDATION

BOCCCE!! We have partnered with the Troy Italian American Club to begin a late spring bocce program working with volunteers from Troy IAC and under Leadership of Mary MacMahon. The program will be held both on indoor courts

at IAC and at the SHARE Center outdoor accessible court.

Happening Right Now! 100K Vertical Challenge

As we close out the month, we head into one of our biggest events this Monday, February 28 with a strong group of 14 teams and 49 participants. Our goal is to raise \$50,000 to support STRIDE Adaptive Ski programs, equipment and infrastructure. The fundraising will continue until April 1, and we are darn close to hitting our goal.

You can see the team and individual standings [here](#). Click on any of your favorite teams or individuals to help them meet their goals!

Huge thanks to our major sponsors: [Jiminy Peak](#); [Regeneron](#); and [Hannaford](#)



COACH 4 a DAY!

A huge THANK YOU to all of the wonderful individuals who joined us for our Ski Instructor Discovery Days in February at Jiminy Peak and Catamount! Shadowing lessons and seeing adaptive lessons up close & personal, we are very excited to have a handful of new and enthusiastic instructors join our team!

Interested in seeing if adaptive skiing or snowboarding lessons is

right for you or your child? There's still time! Though the season is coming to an end and lessons are pretty full, Camille will help find a date for you to try it out! Email her at cpawlowski@stride.org

Community Support Spotlight: Michael Riccardo

High school senior Michael Riccardo organized and held a golf

fundraising this past fall with all benefits going to

DANCE Several new initiatives - quarterly dances held at the SHARE center and staffed by fitness fanatic volunteers have become wildly popular! Spring Fling coming soon! We are also collaborating with Saratoga (SPAC) School of the Arts to offer workshops with the NYC Ballet and see performances.

RESPIRE the 3-week pilot program just before Christmas offered 3 hour programming to give parents a break, was hugely popular. ;Therefore, it will begin again this spring on Friday evenings under the leadership of Lori Buno-Taylor and hopefully one other program leader. Interested in being a respite program leader? Email Camille!

Coming this Summer - Pickleball!

SHARE Center inclusive fitness classes are being expanded for workouts in strength, flexibility, aerobics, and dance as great stand-alone experience or supplement to your current STRIDE program. Personal fitness trainers are available to assist you in your fitness program, and we will be introducing amazing new feature equipment such as virtual reality sports experiences, spin cycling bike, hand-cycles, and a recumbent exercise bike!!! New class this month: **kettlebells**

Be sure to check out the STRIDE calendar to find schedules for programs. To arrange for a session or get more information, please contact Program Director, Camille Pawlowski, at cpawlowski@stride.org or by calling (518) 598-1279.

STRIDE Capital District Sled Warriors Triumph at Empire State Games with the Bronze Medal!



The Empire State Winter Games were back with much anticipation this February - especially by Capital District Sled Warriors! After their gold medal victory in the B Bracket in 2019, the team was elevated to

A Bracket this year and ready to win a new title! After 4 tough games over the weekend, they came home victorious and fashionably accessorized with bronze medals!

Now under new leadership and supervision by Jon Phillips ([Phillips Hardware Stores](#)), the team will practice hard for their final tournament of the season, Amelia Park Sled Hockey Invitational Tournament in April! Wish them luck, for more hardware. "like" us on Facebook for updates during the tournament!

Want to help defray the team travel expenses? [Click here](#)

Wounded Warrior Welcome Ceremony - change of venue and format

The event will have a limit of 75 registrants, first come, first-served. Please carpool, and plan on parking at the Walgreens in West Sand Lake, where there will be a shuttle service to the SHARE Center.



benefits brought to STRIDE. His hard work brought in \$1,500 for our youth and wounded warriors! THANK YOU to Michael, you are awesome!

Interested in holding your own third-party fundraiser in STRIDE's name? Reach out to us and we can provide all materials needed!

Check out STRIDE programs currently in session:

STRIDE Winter Bowling

Latham Spare Time
375 Troy Schenectady Rd, Latham
Saturday's 10am - 11am (Ages 6-21)
2/19, 2/26, 3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30
Program Leader: Diane Grugan

East Greenbush Bowling Center
570 Columbia Turnpike, East Greenbush
Saturday's 11am - 12pm (Ages 6-21)
1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5
Program Leader: Ruthanne Lambert

All participants must have a current STRIDE registration and new liability waiver on file. Registrations are active for 365 days. Unsure if you need to renew? Feel free to ask Camille via email!
A \$25 admin fee is suggested to those financially able.
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

Wellness Wednesday

January 5th - February 23rd
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

I thanks to our sponsors:

17 YEAR ANNIVERSARY!!!

Please Join us in Recognizing our Region's Heroes

STRIDE WOUNDED WARRIOR SNOWFEST WELCOME CEREMONY

Join STRIDE, Elected officials, & community to Welcome new Warriors to an Adaptive Sports weekend

Friday, March 4, 2022 • 5:00 to 6:30 pm
STRIDE SHARE Center
4482 NY 150, West Sand Lake, NY

*Parking shuttles may be available at Walgreens
Keynote address: Brigadier General Denise Donnell
Commander of the New York Air National Guard

Free attendance; RSVP required to:
www.stride.org/ww2022
Suggested Donation: \$20

Questions? Contact mwhitney@STRIDE.org or
518-598-1279

Winter Tennis 21-22

SPORTIME Schenectady
2699 Curry Rd, Schenectady
11/7/21 - 3/27/22
Sunday's 4:00PM - 5:00PM

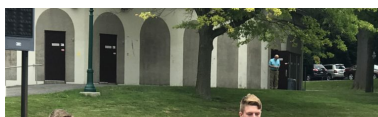
Program Leader will divide the group into 2 groups, RED/BLUE, and alternate weeks of lessons. Each group will have 10 weeks of instruction. Please see our calendar to track when your child's lesson will be taking place.
Program Leader: Dave Graham

All participants must have a current STRIDE registration and new liability waiver on file. A \$25 admin fee will secure enrollment.
****Financial assistance is available! Please specify this to Camille.****
All participants must wear a mask throughout the length of the class.
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

Bike Camp 2022 Registration is Open

The unique five-day bike riding program is coordinated with [iCan Shine's iCan Bike program](#) (formerly known as Lose the Training Wheels) providing a fleet

of adaptive bikes designed to ensure the success of all riders. The philosophy and



Advanced Swim

ADAPTIVE SPORTS
www.stride.org



Advanced swim is for swimmers who can: swim the full length of the pool or longer with no hesitation, side-breath, under water turn, dive, etc.

The goal of this class is for swimmers to become meet-ready.

Tuesday's 7:00pm - 8:00pm
1/4 - 3/1 (no practice 2/22)

WHERE: Mohonasen High School 2072 Curry Rd, Schenectady, NY 12303

SPACE IS LIMITED!

Masks must be worn by all athletes, volunteers, and parents at all times unless in the pool. Locker rooms provided for changing.
Updated STRIDE registration forms and waivers required to participate. A \$25 admin fee will secure reservations.
Financial assistance is available if needed!

Contact Program Coordinator to enroll
Camille Pawlowski cpawlowski@stride.org | (518) 598-1279

Keep an eye out for spring program announcements!

2022 GREAT RACE is here! March 19 Jiminy Peak



STRIDE's Great Race, a Level I Adaptive Race, is a competitive event for disabled ski racers from across the Northeast. An inspiring day of individual victories and monumental successes, the event is open to all adaptive skiers of any age, skill level, or disability.

The event is designed to introduce adaptive skiers to the thrill of racing in a safe and essentially low-competitive format. Each racer is timed in two runs through a giant slalom course set on beginner terrain, and special awards are given to the top three finishers in each category.



Divisions are open to Visually Impaired, Blind, 2-Track, 3-Track, 4-Track, Bi-ski, Mono Skiers and Snowboarders with special needs, and the course is set-up to accommodate different skill levels. Many of our students train all season on STRIDE's Race Team to reach the starting gate on race day.

What does the \$70 entrance fee include?

Ski pass, ski instructor(s), ski rental and adaptive equipment, two runs on the race course, outdoor barbecue, music, and awards. Medals for Every racer!!

Can I buy more barbecue tickets?

Yes!! Extra barbecue tickets are \$10 each.



philosophy and technology of the program has impressive evidence for success in youth with intellectual disabilities.

Campers participate in one 90-minute session daily for a week. Each camper is paired with trained volunteers who run alongside them to ensure safety. STRIDE will assist campers in getting their own bicycle after camp, if

needed.

When: June 27th – July 1st 2022

Cost: \$200 (Scholarships are available upon request.)

Where: Union College, Messa Ice Rink, Union Blvd., Schenectady, NY

Rider Requirements:

(Rider must meet all of below criteria):

- Minimum age – 8 years old
- Able to sidestep to both sides
- Have a disability
- Able to attend camp all 5 days
- Able to walk without assistive device
- Maximum weight 220 lbs.
- Willing and able to wear a properly fitted bike helmet
- Minimum inseam of 20" (measure from floor while rider is wearing sneakers)

[CLICK HERE for step-by-step instructions to register!](#)

Want to volunteer for bike camp? [CLICK HERE to be taken to our website and read more about volunteering!](#)

HEARTFELT THANK YOU TO OUR DONORS!!! We would like to take this opportunity to thank February contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

*Apologies - this month's donor information will be printed next month.



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



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

- Deepest sympathy to the friends and family of our Sundown Supervisor Karen Cook, on the loss of her Mom.
- Deepest sympathies to the friends and family of Spencer Wohlers and Linda Cassidy on the loss of her

Date and time: March 19th 9:00am - 1:00pm

Location: Jiminy Peak Mountain Resort 37 Corey Road
Hancock, MA 01237

Racer entrance fee: \$70

2022 Great Race Registration!

- Mom.
- Congratulations to Steve & Kelsey Ferro on their wedding 1/30/22!
- Sincere Get Well wishes to Volunteer Doug Peddie after breaking his pelvis skiing.
- Get Well wishes to Hockey Equipment Manager Don Gallo
- Huge congratulations to Brian Fairbank, of Jiminy Peak on being inducted into the NE Ski Hall of Fame
- Get well wishes to Micah Cutler, volunteer extraordinaire, injured during skiing lesson this week

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