



June E-News from STRIDE!

Message from the CEO: What's New at STRIDEhow about a shower, a shed, a stove and AC?

We have had the good fortune this year to receive a large grant from Mother Cabrini Foundation to make some building and storage modifications and improvements at our headquarters, bringing us to the completion phase of the SHARE Community Center, as an inclusive facility to host all kinds of programs and events for our adaptive community. Over the last few months we managed the construction of a 10 x 20 x 30 storage shed at the edge of our parking lot to house all of our bigger equipment which was spilling out from our storage garage. The cement flooring was donated and poured last week by Bonded Cement in West San Lake. We also were able to install a small "emergency" shower stall in the downstairs bathroom, and a laundry area which includes a slop sink. Previously we did not have a space for retrieving water in the building other than small kitchen /bathroom sinks. A all stove/range was installed in the kitchen upstairs for cooking meals for our respite program kids. And lastly, air conditioning was installed in the gym to cool off our summer fitness classes. The SHARE Center is now completed!



When I step back and take a look at how this property (and organization) has evolved from a vacant shell building into such an amazing facility, I can't help but feel pride and gratefulness. Never could I have imagined myself wearing the hat as a construction project manager. I learned so much about trades, engineering, tools, and technology. The power of networking has allowed me to stretch my vision to completion for a SHARED community space that will endure time. My gratitude is to all the companies and individuals who shared my vision to see it come to fruition... We are now developing programs at light speed, building more and more opportunities for inclusive wellness and sport and fitness!



Volunteer Spotlight: Dan Rhatigan

As the Executive Director of EHS and Security at Regeneron Pharmaceuticals, Dan's 20+ year career has always been about protecting and serving others. Dan is a US Marine veteran who holds a B.S. in Community and Human Services from SUNY ESC and A.A.S in Criminal Justice from CGCC. He started working with STRIDE as a

100k Vertical Challenge team captain for the Delmar Fire Department team raising thousands of dollars each year and has continued to get more involved ever since. Dan has served on STRIDE's Executive Board for 3 years. He has been a valued resource at the SCORE camp multiple times a year for taking down and clearing fallen trees, an undertaking and expense we would not be able to handle otherwise! A resident of North Greenbush, NY with his wife, kids and 3 dogs he is an avid skier and hiker. He is proud to have served the Delmar Fire Department as the 2nd Assistant Chief, until his recent move to North Greenbush, but remains as a volunteer firefighter. He is a member of the Albany County Local Emergency Planning Committee (LEPC). His son Aidan spent last season as a STRIDE ski instructor for Jiminy Peak program, and will attend Hartwick College in the fall and his daughter Claire attends Stonehill College in Easton, MA. Dan the Man- loved and respected, and so appreciated!!

SUMMER VOLUNTEERS NEEDED!

Summer programming is HERE and we need YOU!

Volunteering is a great way to have fun, fill community service requirements, make friends, and be optimistic!

Doing What?

- Friday night respite program
- Camp SCORE counselors
- Catamount and Titus Mountain snowsport winter volunteers

The new volunteer process takes

about 2 hours (due to government and insurance requirements) but we promise *it's worth it!*



Camp SCORE is Open for Summer! Sign up Now!

7/8 - 7/10 Music and Movement

Camp
Campers enjoy making instruments,



jam out in Drum circle, and enjoy musical guests to dance around the campfire with!

7/22 - 7/24 Furry Friends Camp

Make throw blankets to donate to local shelters, snack on "puppy chow," and visit the [Catskill Animal Sanctuary](#) to meet over 200 rescue cows, pigs, chickens, goats, and more!

8/5 - 8/7 Nature Camp

Go fishing, enjoy nature walks and activities, and experience a Birds of Prey presentation by guest bird rehabilitator and falconer.

8/19 - 8/21 Military Boot Camp 4 Kids

First time participants only

Veterans are the counselors for this special weekend. Campers will learn military practices & etiquette, and learn about military life! Campers attend [Jiminy Peak Adventure](#) Park.

9/9 - 9/11 Water Adventure Camp

All things aquatic! Make your own tie-dye t-shirts water balloon fight and a special trip to an adaptive water skiing program, [Leaps of Faith in Connecticut](#)! Wheelchair users are especially encouraged to participate this weekend.

Ready to enroll? All campers must be at least 8 years old.

1.) Update child's [STRIDE registration form by clicking here](#), and [waivers by clicking here](#). (Email [Camille](#) to check registration status before filling out new ones! Registration and waivers are good for 365 days.)


2.) [Fill out the online camper registration form - click here!](#)

(Includes medical release form and transportation permission for field trips.)



Currently In Session:

Teen Kayaking



Crooked Lake
72 Holser Road Exit
Averill Park, NY 12018


June: 14, 21 **July:** 5, 12 | 4:00pm - 5:30pm

Ages 13+ | must be able to swim | a parent or caregiver is required to assist in and out of the water

Summer 2022

A \$25 donation is encouraged to families who are financially able for the session. An up to date STRIDE registration form and liability waivers are required to participate.

To enroll you must contact STRIDE Program Director
Camille Pawlowski cpawlowski@stride.org



All Volunteers

1.) [Fill out a volunteer registration form](#).

2.) [Fill out liability waivers](#).

Volunteers 18+

4.) **Criminal background check.** You have the option to pay as a donation or have STRIDE pay for you.

5.) Take the **90-minute SafeSport training**. You have the option to pay as a donation or have STRIDE pay for you.

For links to the background check and Safe Sport training, [email Camille](#)! Check out STRIDE programs currently in session on our website for more opportunities!

SHARE Center Summer Sweat!



We offer *many integrated* fitness programs at our SHARE Community Center in West Sand Lake, as well as opportunity to reserve private sessions for gym use. Our jam-packed schedule of classes every week, are completely inclusive for all to join. Check out the schedule below:

MONDAY

5:30PM - 6:15PM Weight Circuit with Lois
6:15PM - 7:00PM Barre with Lois

TUESDAY

9:00AM - 9:45AM Zumba with Aya
5:30PM - 6:00PM 30-Minute Special
6:00PM - 7:00PM Restorative Yoga with Lois

WEDNESDAY

5:30pm - 6:30pm Youth Wellness Wednesday
6:30PM - 7:30PM HIIT with Kate / Kirstein

THURSDAY

9:00AM - 9:45AM Weight Circuit with Lois
9:45AM - 10:30AM Pilates Mat with Lois

Fitness Classes - FREE for athletes and volunteers! A suggested donation of \$15 per class, for community members.

Interested in reserving a block of time to work out, or want to join a class? Contact Program Director Camille Pawlowski today! cpawlowski@stride.org

GET WELL WISHES GLOBALLY to all those suffering or affected by

COVID-19

Congratulations to LJ Whitney who competed in the 2022 Newport to

STRIDE Adaptive Sports
Friday



Respite Program

3 hours responsibility-free! Run errands, have a date night, or take a nap!

6pm - 7pm: Fitness
Burn energy with pickle ball, hoola hoops, & more!

7pm - 8pm: Dinner
All food allergens will be accommodated!

8pm - 9pm: Wind down
Crafts or a movie!

Ages 4 - 21

SPACE IS LIMITED!

STRIDE registration & waivers required for all athletes.
TO ENROLL YOU MUST contact
STRIDE program director
Camille Pawlowski
cpawlowski@stride.org



Looking to get involved?
Contact Camille to start the
volunteer process!

Program Dates:

April - 4/1, 4/29

May - 5/6, 5/13

June - 6/10, 6/17

July - 7/8, 7/22

August - 8/5, 8/19

September - 9/2, 9/16

October - 10/7, 10/21

November - 11/4, 11/18

December - 12/2, 12/16

6:00pm - 9:00pm
4482 NY HIGHWAY 150
WEST SAND LAKE, NY
12196 BUILDING 2

With generous
support from:



- Congratulations to ALL the graduates of High School and Colleges. Too many to mention - but we are proud of them all!
- Get Well wishes to fitness volunteer Lorraine Kashoun

Strides 4 STRIDE



RUN ■ WALK ■ ROLL

Congratulations and thank you for a successful Strides 4 STRIDE 5K event. As we rebound from COVID restrictions, we are encouraged that so many of you participated!



A huge thank you to our sponsors who played a major role in making it financially successful -

[AllSquare Wealth Management](#),
[CapCom Business Services](#), [NPA Financial](#),
[Lavelle & Finn LLP](#),
[DeCrescente Distributing](#), [Nutrition for Optimal Performance](#), [Kasselman Solar](#), [Pioneer](#), [Franco Construction](#), [Rust-oleum](#), [Phillips Hardware](#), [Hannaford](#) and [Stewart's Shops](#)



Congratulations to all of our winners!

[5K Run Results](#)

[5K Roller Results](#)

[Photo Gallery](#)

Thank you for helping make a powerful statement that sports and fitness are for anyone!!! Our supporters made an impact on diverse athletes ranging from hand cyclers and walkers to swimmers, hikers and competitive runners!



STRIDE Spring Golf



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

2022
Sunday's 9:30am - 10:30am
5/15 - 6/19

Program Leaders:
Tony & Kelly Curro

Whether you're brand new to golf or looking to improve your skills,
Tony and Kelly are here to lead the way! Ages 4 - 21.

All participants must have a current STRIDE registration form and new liability waiver on file. A \$25 donation is encouraged to those financially able for the program.

To enroll you MUST contact STRIDE Program Director Camille Pawlowski
cpawlowski@stride.org | 518-598-1279

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

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Elizabeth Tunison

Assemblyman Jake Ashby

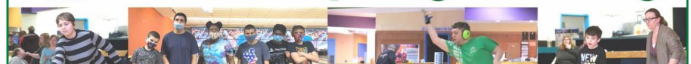
John Bove

Steve Hanagan

Paul Gavritv



STRIDE Spring 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)

4/2, 4/9, 4/16, 5/7, 5/14, 5/28, 6/4, 6/11

Program Leader: Ruth Anne 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 encouraged to those financially able.

SPACE IS LIMITED!

In order to sign up for the class, you must contact STRIDE Program Director,

Camille Pawlowski at cpawlowski@stride.org

Watch for summer program announcements. Coming Soon: Dance, Tennis, Sailing, Kayaking, Bocce, Pickle Ball, & White Water Rafting Trip!

STRIDE Kayakers making waves!

Two weeks into our kayak program on Crooked Lake and our athletes are crossing the lake! Though our spring session is currently full, keep an eye out for our fall session announcement coming soon! Thanks to Linda Finkle, Director, and Gary and Deb Favro for use of their beautiful property on Crooked Lake.



THANK YOU Sunmark FCU Foundation!

A special thank you to Sunmark FCU Foundation for a generous grant for STRIDE's Respite Program.

The STRIDE Respite program gives families/caregivers 3 hours responsibility free time to shop, relax or go out with friends. While caregivers enjoy some much needed time, participating youth have a full schedule of activities for the evening including a fitness activity, dinner, arts and crafts and a movie.

The funding from Sunmark FCU will provide support that will allow us to continue this much needed program to families.

Registration is required to attend. For more information, visit <https://www.stride.org/respite/>



An Evening to Remember – Honoring Wounded Warriors

A big thanks to our national partner, [Move United Sports](#), who hosted their Honoring America's Wounded Warfighters gala on Tuesday June 28 at the Plaza Hotel Grand

\$45 5K Donors

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Andrea Mammina

In Memory of Gretchen Duarte

Keneisha Rasheed



at the Plaza Hotel Grand Ballroom in NYC. In attendance was Mare and Christine and honored to be Move United guests. Keynote speaker for the event was Secretary of the Air Force/ Space Force, Frank Kendall. The MC for the evening presentations was CPT

William Reynolds (ret), one of STRIDE's first Warrior athletes who learned to mono-ski at Jiminy Peak 15 years ago. As MC on stage, he recognized his introduction to adaptive sports through STRIDE and gave a shout out to Mary Ellen and STRIDE to an audience of 200+ national attendees! We are proud!

In Memory of Jim Reda

Nicole Cheplowitz

In Kind Donations:

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Stewart's

We are excited to announce that STRIDE was again selected as one of Killington World Cup Foundation's (KWCF) 31 grant recipients. The grant will provide support for STRIDE's racing team.



Killington World Cup Foundation, works to increase access to winter sports for youths and individuals with disabilities in the Northeast and create more lifelong participants in winter sports.



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



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