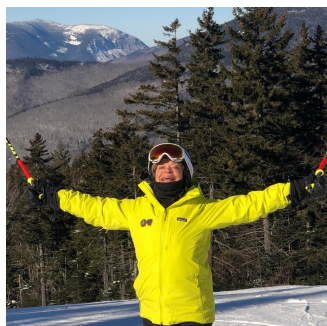




## Out like a lion...March E-News from STRIDE!

### Message from the CEO Pandemic Recovery Challenge: Volunteer Re-engagement

The COVID-19 pandemic disrupted many aspects of our lives, including the ability to volunteer. As STRIDE resumes operations and events, important trends across the country are emerging and we hope to maximize on what we know and learned:



- Overall volunteering in non-profits dropped 93% but has now rebounded 50%
- The pandemic impact on nonprofits has resulted in reduced resources and capacities. Although organized volunteering has begun to bounce back, they are now operating with fewer resources.
- 73% report that volunteering is now more important after the pandemic
- 95% report that they will maintain their level of involvement post-pandemic and feel more strongly about making a difference.
- Gen Z (ages 10 – 25) in particular have more passion for volunteerism although their tendency to donate is lower.
- People's reasons or preferences for volunteering have not changed much.
- **Reservations:** Some of the biggest factors holding people back from volunteering are government regulations, fears of exposing others to illness or being exposed to illness, and income concerns.

This last point brings me to emphasize ([Read more here...](#))

## Great Race 2022...Mother Nature Scorned Us!

We so much wished we could post the photos and list all the gold medal winners, but on the day before the race, we were notified that the Mountain would not be open. 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.

It's rare to have the Great Race cancelled. In its 28 year history, this has happened thrice, due to the pandemic and

this year due to weather; all in the last 3 consecutive years.



### Volunteer Spotlight: Richard Peters

It's not uncommon to find volunteers who dedicate many consecutive years or even decades to a mission. But there's only one rock star legend at STRIDE who has been consistently

volunteering decade after decade since inception. Rich Peters has dedicated over 35 years of his life to the mission of STRIDE and adaptive skiing!

Rich and Mary Ellen met in the 1980s at the [OC Ski Club](#) of Albany, New York and became great friends on and off the slopes. They taught skiing together for the OC Ski Club for several years, and *invented* the adaptive program called Project STRIDE on the grounds of Ichabod Crane Schools for Mare's students and then at [Maple Ski Ridge](#) where STRIDE was born. They moved the program to Jiminy Peak in the early 90's with 12 volunteers, and created steadfast growth at the helm ever since.

Rich is married and has two grown children, both successfully employed and living in Boston area. He was employed as an engineer for GE Plastics in Pittsfield which later became Sabic, and retired this year as Chief Scientist. Living in the Berkshires allowed him to continue as a supervisor for our instructor program, as well as dabbling in camping and other programs. When his children were old enough Anna and Sean too became instructors for STRIDE, a family affair.

Rich's talents make him one of the most versatile and valuable coaches, and was voted STRIDE Volunteer of the Year in 2009. He can ski anything, anywhere, on 2 feet, in a mono-ski or with outriggers, tethering or guiding. He fixes equipment, engineers adaptations, and he is beloved by all the coaches who he supervises on Sundays and Mondays every week! When historically taking a look back, Rich has been instrumental in shaping STRIDE for over 3 decades, and we hope he will for 3 more!



THANK YOU to everyone who signed up for the race and participated with STRIDE for our 2021-2022 snowsports season. [Please take our short survey](#) to help us improve for next year!



We Did it!! We exceeded our goal, and raised over \$55,000 at the 100K Vertical challenge this year, despite Covid 19 pandemic issues!

Thank you to ALL the hundreds of donors who helped us!  
[Click here to see standings!](#)

## VOLUNTEERS NEEDED!



Now more than ever we are looking for volunteers to help bring us back into a full schedule since COVID hit.

Volunteering is a great way to spend time, fill community requirements for school, or make new friends!

**Doing What?** Respite Friday nights; Fitness coaches; Camp counselors; SCORE Camp clean-up; office work, gardening; sport specific coaches; sled hockey leaders; fundraisers.

**\*Before starting the process, express interest to STRIDE Program Director.** The volunteer process takes about 2 hours to complete due to government and insurance requirements, but we promise *it's worth it!*

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Fill out liability waivers.](#)
- 3.) Submit a photo or certified virtual documentation showing vaccination against COVID-19;- a policy made by STRIDE's board of directors.

**For volunteers 18 and older:**

- 4.) Criminal Background check - you have the option to pay for it yourself as a donation to STRIDE, or you can have STRIDE pay for you.
  - 5.) Take the 90-minute SafeSport training. Again, you have the option to pay for the training yourself, or have STRIDE pay for you.
- Check out the STRIDE programs currently in session below or on our website! If you'd like to start the volunteer process, please fill out a registration form and waivers linked above, and email Camille - [cpawlowski@stride.org](mailto:cpawlowski@stride.org)

## Take a Fitness Class!! For Every *Body*

If you are in the Rensselaer County region - did you know we offer many fitness programs at our SHARE Community Center?

Monday PM - Weight training and Barre  
Tuesday PM - Various fitness shorts and Restorative Yoga  
Wednesday PM - Youth fitness and High Intensity Interval training  
Thursday AM - Weight circuit and Pilates



Rich & Allison Peters at Newport RI visit with Mare & LJ Whitney

## STRIDE is Designing Brand New Programs for Spring and Summer

**BOCCCE!!** We have partnered with the Troy Italian Community Center to begin a late spring bocce program working with volunteers from Troy ICC and under Leadership of Mary MacMahon. The program will be held both on indoor courts at ICC and at the SHARE Center outdoor accessible court.

**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.

**RESPITE** this bi-monthly program offers 3 hour programming to give parents a break is hugely popular. We are excited to share that we will be launching a full Respite Program from April through December for 2022! Our new program leader Lori Buno-Taylor, and a co-program leader will lead the program two Friday's a month. Interested in being a respite program leader or volunteer? Email Camille! Full list of respite dates in "Happening Now!"

### **Coming this Summer - Pickleball!**

SHARE Center inclusive fitness classes are being expanded for workouts in strength, flexibility, aerobics, and dance

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](mailto:cpawlowski@stride.org) or by calling (518) 598-1279.

## Snowsports Programs Success!

Being a STRIDE snowsports instructor is not an easy task, but boy is it worth it! Coaches volunteer weekly beginning as

early as October through March! With a minimum





More being added all the time! Classes are completely inclusive, anyone can join. Free for volunteers and athletes and a suggested donation of \$15 per class for guests. try it!!

## Happening Now!



# 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](mailto:cpawlowski@stride.org)



# Wellness Wednesday



**April 6th - June 1st**  
**No class 5/18**  
**5:30pm - 6:30pm**

**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!

**SPACE IS LIMITED!**  
All participants must have a current STRIDE registration form and liability waivers on file.  
A \$25 donation is encouraged for all participants.

In order to sign up for the class, you must contact  
STRIDE Program Director, Camille Pawlowski at [cpawlowski@stride.org](mailto:cpawlowski@stride.org)



a minimum requirement of 22 training hours per season r, they give their weekday nights and weekends to STRIDE's athletes. Check out Toby and his coaches Liz and Colin above, and see what mom had to say about his experience:

*"Toby had a fearless and an incredible*

*first ski lesson. Toby asked when we would come back again, haha. Toby's Dad and I were able to squeeze some time in to enjoy the slopes for ourselves during Toby's lesson (thanks to the amazing thoughtfulness of the program). The two instructors...were incredibly patient and interactive with Toby! I just wanted to commend your faculty and STRIDE on allowing everyone to have the opportunity to learn to enjoy the snow! Nothing is impossible! :)"*

**Ski Sundown:** As some of you may have heard, we are parting ways with the Ski Sundown program, as they have decided to create their own non-profit and run the program autonomously. We wish them the best. This allows STRIDE to support other programs and use our resources to expand adaptive programming in the regions. We have several mountains requesting our support for next season!

We couldn't be more thankful to all of our volunteers across all programs for the time, effort, and patience they give to our athletes - we truly have the best volunteers out there!

THANK YOU for our 2021-2022 snowsports season. **Please take our short survey** to help us improve for next year!



## Go Team!!

The Capital District Sled Warriors are on their way to their final tournament this weekend! New England Invitational Sled Hockey Tournament (NEISHT) is a one-of-a-kind event for 16 teams of physically challenged athletes from

across the United States & Canada to compete in sled hockey (junior & adult divisions) for the Amelia's Cup Championship Trophy.

We wish them the best of luck to come home as medalists!!


## Bike Camp 2022 Registration Open!

The unique five-day bike riding program is coordinated with [iCan Shine's iCan Bike program](#) (formerly known as Lose the Training Wheels) provides a fleet of adaptive bikes designed to ensure the success of all riders. The philosophy and technology of the program has impressive evidence for success in youth with intellectual disabilities.

Campers participate in one 90-minute daily sessions. 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.

ADAPTIVE SPORTS  
www.stride.org



Advanced swim is for swimmers who can: swim the two full lengths 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.

**Tuesdays 3/22 - 5/17 (no practice 4/12 or 4/19)**

March dates: 7:00pm - 8:00pm  
April and May dates: 6:00pm—7:00pm

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

**SPACE IS LIMITED!**

**NEW ATHLETE TRY OUTS 3/8 AT 7:00PM! Email Camille to enroll!**

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 donation is encouraged to all families to cover the duration of the program.

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

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 read more about volunteering!](#)

For those who have already signed up, thank you! Reminder:  
**confirmations will not be going out until mid-April.**

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

Donors for the 2022 100K Vertical Challenge - [click here](#).

### Donors

Bethlehem Hockey Boosters  
Annmarie Perechinsky  
Schenectady Youth Hockey Association  
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# 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 - 30**

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



### 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**

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







# DISCOVERY DAY: BOCCE!

**SATURDAY APRIL 16TH  
12PM - 2PM**

**Italian Community Center  
1450 Fifth Ave Troy, NY 12180**

**Come see what Bocce is all about! Learn the basics of playing and munch on pizza and pop provided by volunteers at the Italian Community Center. FREE EVENT!**

Boccia (or more commonly known as bocce) is a game of strategy and accuracy that was originally designed to be played by people with cerebral palsy. The sport is played on a flat, smooth surface where players must throw or roll colored balls as close as possible to a white target ball, known as the "jack." The player, pair, or team with the most balls near the jack is the winner.

**A current STRIDE registration and liability waivers are required for all athletes participating.**

**RSVP is required!**

**Contact STRIDE Program Director  
Camille Pawlowski | [cpawlowskiestride.org](mailto:cpawlowskiestride.org)**



**Keep an eye out for more spring program announcements ....**

**Dance, Archery, Tennis, Sailing, Kayaking, Swimming, Pickle Ball, White Water Rafting and Teen Dances!**



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

- Congratulations to Elena DelPerel on her upcoming wedding nuptials to Aibhne O'Kane, both Jiminy Peak ski coaches!
- Congrats to Camille and her boyfriend on the upcoming purchase of their first home!
- Congrats to former Program Director Megan Evans, expecting her 2nd!
- Congrats to Mare Whitney who will be a speaker for the NYS Recreation & Parks Society Conference in Saratoga this April.
- Congrats to Catamount Supervisor Tim Tagan, selected as Safety Team for Disabled American Veterans Winter Sports Clinic in Aspen.
- Congrats to Mindy & Mike Fairchild (volunteers) on their new home in Tupper Lake.

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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