



May E-News from STRIDE!

Message from the CEO: What's In Your Cup?

Whatever is in your cup...that's what spills out! Some years ago, I had a conversation with one of our teenage athletes, Bridget, who was struggling with issues in her life and I taught her the expression: "Is your glass half empty or half full?" A decade later, she still reminds me how she tries to see her glass half full when struggles arise in her life, and how it works for her!

This proverbial phrase, used rhetorically indicates how a situation can prompt pessimism (half-empty) or optimism (half full), and often can be a litmus test to determine your worldview. Your choice between full and empty is thought to reflect your outlook on the world. No doubt for many, times are tough right now and people are struggling to stay optimistic given the aftermath of the pandemic and state of economy. But just because you envision there are lots of reasons for people to feel pessimistic, doesn't mean you should. In fact, **optimism creates opportunity and pessimism kills it.**

To take it a step further, now imagine what the contents of your half full/empty cup are when spilled. Those of us who claim to be optimists should have kindness and love spilling out; but is anger, anxiety and fear spilling out more often than usual? While some people are naturally more optimistic than others, ultimately we all wake up every day and choose whether we are a glass half-full, or a glass half-empty people. Research has proven that seeing the glass half full not only makes you happier, it makes you healthier! **Expecting** good things to happen will lead to taking actions that produce positive results.

Strategy: RE-FRAME A PROBLEM INTO AN OPPORTUNITY

You can't solve problems by complaining, but you can re-frame them to approach from a new angle. *Where pessimists see problems, optimists find opportunities.* If you change the way you look at your problems, your problems transform into opportunities to grow, learn and discover inner resources you never knew you had!

An overlooked Strategy: EXERCISE

Not only is it great for you physically, but as your heart starts pumping, your body releases endorphins into your system which burns off stress, to allow you to view life and challenges through an optimistic lens.

You can become a STRIDE Optimist simply by making an optimistic commitment: Join a program, **VOLUNTEER**, and exercise with us! **Fill your cup with positive energies.**



Volunteer Spotlight: Linda Finkle - STRIDE Kayak Program Director

Linda's kayaking program with STRIDE was born from COVID-19, to create outdoor activities to safely get athletes engaged, and Linda was the perfect partner! The dedication and care she puts into STRIDE is amazing; from teaching kids water safety to applying for accessibility grants, her efforts are above and beyond! Through

Linda's outreach and grant writing efforts, [LLBean donated adaptive hand and wrist adaptations, and paddle pivots](#) to help our kayaking program flourish!

Linda Finkle is an ACA Level 2 Certified Coastal Kayaking Instructor, and holds two adaptive endorsements. She works for L.L. Bean teaching kayaking and snowshoeing, works on events for Farm to Fork Fitness Adventures, and writes for **Adirondack Sports** and **LOCAL ADK**. Linda received her MBA from SUNY Albany, and is currently working on an MS in Therapeutic Recreation at SUNY Cortland. She is a Wilderness First Responder, and also volunteers with DKMS-Delete Blood Cancer and Hudson-Mohawk Search and Rescue. Linda loves kayaking and knows that everyone who tries it once, can't wait to get on the water again. She began the kayak program for STRIDE athletes last year at Crooked Lake, during Covid, and is thrilled to be able to share her skills with new kayakers from STRIDE this year.

Interested in kayaking with Linda?

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

A \$25 admin fee is collected, with STRIDE registration and liability waivers required to participate.

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

Strides 4 STRIDE 5K is Back with new fun twists!! Register Now!!

Camp SCORE is Back for Summer!

The wait is over - 2022 camp dates and themes are finally here! Old favorites & new refreshed themes are awaiting your camper!



STRIDE CENTER FOR OUTDOOR RECREATION & EDUCATION

6/24 - 6/26 Sportastic Camp

Archery, horseshoe, kickball, and more! Friendly competition is healthy; Campers engage their skills from backyard games to mainstream sports.

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 your camper?

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:



#WhySTRIDE

Back in Person!

At Your Pace -
Competitive or
Casual!

Strides 4 STRIDE 5k/2k Run, Walk 'n Roll

Saturday, June 11th, 9 AM
Jennings Landing, Albany NY

Open to ALL—Set a personal record or have fun with friends!

- Early Bird Registration \$25 Until 6/1/22 \$30 after 6/1/22
- Create a fundraising page to support STRIDE Adaptive Sports
- Great & unique Prizes for the top competitive runners and fundraisers in every age category
- Youth Obstacle Course!
- Music provided by AREEP
- Free Stewart's Ice cream Cones!
- Face Painting & T-shirts!
- Food provided by Hannaford!

Sponsorship Opportunities Available
Contact egolden@stride.org



In Memory of Fred Liebel Founding Board member

It's with a heavy heart that we report that we lost one of the great ones. Fred was instrumental in the early years of STRIDE to help shape the direction and vision of STRIDE, particularly for people in chairs.



Fred, who lived in San Diego the last 2.5 decades, was an avid mono-skier (PSIA Level 2 certified teacher), road and mountain cyclist, sled hockey player, and dabbled in all kinds of adaptive sport and activities. He even sky-dove! Fred led a full life, and will be remembered for his huge smile that lit up every room he entered. He was a successful insurance businessman, and leaves behind a loving family and many, many friends.

Fred suffered a fall last year that seriously damaged his shoulder, and led to multiple health complications that became insurmountable over the year. He passed on May 18 in his home in San Diego. Fred was a close personal friend to the Whitney's and had many friends at STRIDE. Condolences to all who loved him.

SUMMER VOLUNTEERS NEEDED!

Summer programming is HERE
and we need YOU!



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

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
- Bike camp

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

All Volunteers

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Fill out liability waivers.](#)
- 3.) Submit proof of vaccination against COVID-19.

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!



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



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

SPACE IS LIMITED!

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

With generous support from:



SHARE Center Sweat!

We offer *many* 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



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 May contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

Donors

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Starbucks - East Greenbush
Hanzo's
Kathy Jimino
Stars for our Troops
Veterans Miracle Center

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

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

Keep an eye out for more spring program announcements. Coming Soon: Dance, Tennis, Sailing, Kayaking, Bocce, Pickle Ball, & White Water Rafting Trip!

THANK YOU KAYLA & ZOEY!

Two amazing 11 year old young ladies have raised nearly \$4,000 for STRIDE for their B'nei Mitzvah Project. The girls

hosted an event and set up a Go Fund Me because in their words, "We have been fortunate enough to participate in different sports since we were 2 years old, including soccer,



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

- Get Well wishes to Phil Bayly after knee replacement surgery
- Congratulations to Camille Pawlowski on the purchase of her new home!
- Congratulations to ALL the graduates of High School and Colleges. Too many to mention - but we are proud of them all!
- Deepest sympathy to the family of former Board member and athlete Fred Liebel
- Happy 60th Birthday to Volunteer extraordinaire, LJ Whitney!





tennis, dance, gymnastics, basketball, ninja, horseback riding and lacrosse. Through these experiences, we learned the importance of teamwork, resilience, leadership, accountability, respect and patience. Now we want to help others find those same qualities within themselves!" *Talk about OPTIMISM!!*

Fore! Golfers making strides!

Two weeks into our golfing program and STRIDE athletes are making huge strides! Though our spring session is currently full, keep an eye out for our summer session announcement coming soon!



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



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