



October E-News from STRIDE!

Message from the CEO:

Our Evolving Wounded Warrior Program

Back in 2006 when we were asked by our national partner Disabled Sports USA to take part in national efforts of rehabilitation for combat injured veterans who were returning from Iraq and later Afghanistan, our Board of Directors struggled with the concept of expansion from kids programs to working with adults. As an organization that focused on school aged (5-21) kids, taking on a new role for men and women with acquired disabilities from combat seemed outside our mission. Yet, the realization that many of these service members were under 21 helped us decide it was right, so we began to build a gateway program, the 'Snowfest' weekend, teaching adaptive skiing/riding. This allowed a door to open for regional veterans to be involved as volunteers in our programs. Our intent to quantify our value *'healing comes from giving not receiving'* pushed these medically retired veterans to be involved in helping our organization by mentoring kids with special needs in the sports they choose. Many did and still do. We promoted activities such as camping, sled hockey, hand-cycling, skiing /riding, archery, whitewater rafting, and veteran specific activities.

Within a decade, the Wounded Warrior program market was saturated nationally with programs offered everywhere that gave free adaptive sport 'vacations', with offers to do almost any sport anywhere for free. Vacation hopping became a norm. STRIDE solidified its purpose and felt strongly that we would only offer the Snowfest weekend once to new Warriors we recruited each year, guiding them to become volunteers and work for the good of STRIDE and the kids we serve.

Now, our country is no longer at war, and nearly every Warrior who's returned home has been to adaptive sport programs around the US. Each year becomes more difficult to find "new" veterans with medical disabilities, so we are evolving the program to fit what is needed most. We are focused on veteran families getting active together, and providing resources to the community. We partner with other veteran organizations to jointly help. Pre-Covid, we held a large Welcome Home Ceremony to honor our service members, but have now evolved that event to an enjoyable Warrior family / community dinner at our SHARE Center. It's inspiring to see Warriors integrated throughout our organization, whether it is playing sled hockey, in a yoga class, coaching a sport, camping or rafting with kids. Organizations use the SHARE Center for meetings and we guide veterans to community resources they may need. We still meet the mission each year

to provide a healing path for veterans.



Volunteer Profile Stephen Onley Wounded Warrior Liaison

Stephen enlisted in the US Army in 2008 and served as a paratrooper in the 82nd Airborne Division. He deployed to Afghanistan in 2009. Upon returning from deployment, he attended various military schools and spent time in South Korea. After being injured in an airborne training operation, Stephen was medically retired and returned home to the Capital Region. He attended Hudson Valley Community College (HVCC) when he first returned and found STRIDE programs. He attended the STRIDE Snowfest as a snowboarder, and worked at the office through an organization called 'The Mission Continues' until transferring to Rensselaer Polytechnic Institute, where he is finishing a degree in Mathematics. He currently works as Rensselaer County Veteran Peer Mentor at HVCC. Stephen lives in Halfmoon with his daughter Scarlet, and his service dog, Lou. He has been involved with STRIDE for 8 years and is passionate about improving the lives of others through fitness and education.



Inaugural Upstate STRIDE Sled Hockey Invitational by [Dralla Foundation](#)

Albany's first-ever Upstate Sled Hockey Invitational sponsored by

[Dralla Foundation](#) and hosted by STRIDE Adaptive Sports welcomed 4 teams from the surrounding North-East area to compete for the title in this single-elimination style sled hockey tournament this past weekend.



Competition kicked-off at the Albany County Hockey Facility on Friday 10/21 at 5:30 PM with games culminating in a championship on Saturday evening. STRIDE Capital District Sled

Warriors won game #1 against the Springfield Thunderbirds, and were ultimately defeated by the Central New York Syracuse

Camp is Closed! Thanks to Regeneron Days 4 Doing Good... #RegeneronD4DG

Another successful camping season has come to an end! Special thanks to the [employees of Regeneron](#) who for the third year consecutively come together in



October to spend a day in the wood at our SCORE Camp, cutting and splitting wood for our fire pits; clearing trails and general camp-closing maintenance. We could not do this without the help of this village! Special thanks to **Dan Rhatigan** for his leadership!

We would also like to thank the Seymour Fox Foundation and Move United Sports for their support to our camp programs in 2022!



We Keep Improving!

With thanks to [Mother Cabrini Foundation](#), we are putting the final touches on our amazing **SHARE Community Center**, adding astro-turf to our bocce court to make a multi-sport area for next season, to include corn-hole competitions! And the storage shed to keep our large equipment such as sit-skis and hand-bikes safe and organized!



Flyers in the final game.

On Sunday, October 23 interested athletes and members of the community were able to get in a sled and try out sled hockey in a unique "learn to play" opportunity alongside the team.

STRIDE also hosted a team building luncheon at their SHARE Community Center in West Sand Lake with an educational clinic on fitness and nutrition for optimal performance in athletes with different abilities; followed by a nutritious luncheon.

The team competes in several tournaments each season including Empire State Games in Lake Placid. There is a great need for travel expense funding for these competitions, which is completely covered by the team's fundraising efforts. Please consider becoming a sponsor to support the team by donating here: [Sled Hockey – Stride Adaptive Sports](#)

Yoga, Pilates, Step, Zumba, Weight training, Tabata & HIIT... something for ALL SHARE Center Fall Fitness



Offering *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 on the web calendar. 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 CommunityWellnes@stride.org

November & December ..
Respite sign up

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 5-21

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



Program Dates:

November - 11/4, 11/18

December - 12/2, 12/16

Contact STRIDE Program
Director Carly Ronan for
more information
cronan@stride.org

With generous
support from:



PICKLEBALL

COURT

NOW OPEN!

LET US KNOW WHEN YOU WANT TO COME
PLAY AND WE WILL GIVE YOU A CODE TO
ACCESS EQUIPMENT AND INFORMATION ON
WHERE TO LEAVE A DONATION

SHARE CENTER

4482 NY HIGHWAY 150, WEST SAND LAKE, NY 12196

SCAN QR CODE BELOW
TO FILL OUT
MANDATORY UPDATED
LIABILITY WAIVER

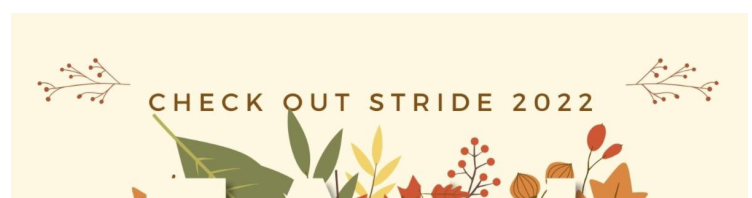


\$15 SUGGESTED DONATION

TO PLAY CONTACT
CARLY RONAN

PROGRAM DIRECTOR
CRONAN@STRIDE.ORG

Underway Now! Here we go....
Fall Programs



halloween
TEEN DANCE

FRIDAY
28TH OCTOBER
6:30 PM TO 8:30 PM

THE DJ WILL BE SPINNIN' SPOOKY DANCE PARTY MUSIC
ALLERGEN-FRIENDLY SNACKS AND BEVERAGES WILL BE PROVIDED
TEENS ARE INVITED TO DRESS TO IMPRESS FOR OUR COSTUME CONTEST
AND **BEWARE**, THE WITCHES OF WEST SAND LAKE WILL BE IN ATTENDANCE

4482 NY HIGHWAY 150, BUILDING 2
WEST SAND LAKE, NY 12196

To register: email Program Director Carly Ronan at
cronan@stride.org

FALL PROGRAMS

BOWLING - EAST GREENBUSH SATURDAYS @ 10:30 AM	BEGINNER BOWLING - ROTTERDAM SATURDAYS @ 1:45 PM PROGRAM FULL
BOWLING - LATHAM SATURDAYS @ 10 AM	SWIM TEAM - ROTTERDAM TUESDAYS @ 7:15 PM
22+ COMPETITIVE BOWLING - LATHAM MONDAYS @ 6:30 PM	SLED HOCKEY - ALBANY SUNDAYS @ 11:10 AM
GOLF - EAST GREENBUSH SUNDAYS @ 10 AM PROGRAM FULL	RESPITE PROGRAM - WEST SAND LAKE EVERY OTHER FRIDAY @ 6 PM
TENNIS - GLENVILLE SUNDAYS @ 3 PM	WELLNESS WEDNESDAYS WEDNESDAYS IN OCTOBER @ 6 PM

OVER 22 AND INTERESTED IN STRIDE PROGRAMS? CHECK OUT COMPETITIVE BOWLING, SKIING AND SLED HOCKEY!

VOLUTEERS NEEDED!!

FOR FALL AND WINTER PROGRAMS, INCLUDING ALL THREE OF OUR SKIING LOCATIONS; JIMINY PEAK, CATAMOUNT MOUNTAIN AND TITUS MOUNTAIN!

TO INQUIRE, REACH OUT TO CARLY RONAN,
PROGRAM DIRECTOR CRONAN@STRIDE.ORG

Coming soon...Sign up today

Snowsports Season is Coming!!!
Sign up to Be a Coach Now - Pre-Season training underway! We still need you!!

Have you ever thought about how fun it would be to ski or ride EVERY week? Consider sharing your passion for the sport and get a season's pass for you (and family) by volunteering. B Best friends you can ever make, best time you can have in the winter, Best volunteer work you'll ever do! We have 3 locations!! [Jiminy Peak in the Berkshires](#); [Catamount in Hillsdale, NY](#); and new program in the Adirondacks - [Titus Mountain](#)! Contact mwhitney@stride.org



- Get Well Wishes to Mary Sapp after hip surgery
- Congrats to the Sled hockey Raffle winners Jonathan Phillips, Alison Radliff, Dick Miller, Brenda Jensis, Frank, Ashley DeSantis, and Carla Perrone
- Thank you to Rensselaer County Corrections and Gary Favro for doing community service hours with STRIDE
- Congrats to Warrior Patrick Abrahms on his new home



WINTER VOLUNTEERS NEEDED!

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



STRIDE

TENNIS

make a difference

Doing What?

- Friday night respite program;
- Jiminy Peak, Catamount and Titus Mountain skiing/snowboarding instructors
- Tennis and sport volunteers
- Fundraising/office work



All Volunteers

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Sign liability waivers.](#)

Contact cronan@stride.org for info

**HAVE YOU SEEN
OUR NEW LOOK?**

**We launched our
brand new**



**Mother Cabrini
HEALTH FOUNDATION**

**website! Fresh and updated; with
automated efficiency. Thanks to Mother
Cabrini Foundation for funding this project!**
Check us out: www.stride.org!

We Couldn't Do It Without You!

STRIDE is so grateful for your support. A special thank you to **Leo Schechtam** and his organization **Game Changers - Byram Hills**. This amazing High School student created his own not for profit and then raised money for STRIDE.

Thank you to the **Seymour Fox Memorial Foundation** for their generous grant that supported Camp SCORE and allowed STRIDE to make needed repairs and improvements to the camp and underwrote the field trips and guest presenters.

WINTER 22-23

Session 1: NOVEMBER 6- MARCH 26

Session 2: NOVEMBER 13- APRIL 5

SUNDAYS 4PM-5PM

SPORTIME Schenectady

2699 Curry Rd, Schenectady, NY 12303

Updated STRIDE
registration forms and
waivers required to
participate. A \$25 admin
fee will secure
reservations. Financial
Assistance is Available!

CONTACT PROGRAM DIRECTOR CARLY RONAN TO ENROLL
CRONAN@STRIDE.ORG

October Donors

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

Donors

Darlene DeMott
Maithao Le
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New York Labor Health Care Alliance
Move United Boot Camp Grant

In Honor of Mary Ellen Whitney

Savell Quinn

In Honor of James Wilson

Janelle7990

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Memory of Kathryn Allen

Samantha Shipherd

In Memory of John Wyszomirski

Mark Wyszomirski

In Kind Donations:

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Ben & Jerry's

Hilton Garden Inn

M & M Tap and Tavern

Albany Country Club'

Capital City Cycle Tour

Horses Lounge

Capoccia Winery

Richard Calvo Photography

Lorraine Chasen

Jen Strazinski

Theresa Newton

NOktoberfest Auction Wrap Up!
Still Time.....Bid now!
Stay Tuned for Holiday Auction



Thank you to all of our generous auction donors. NOktoberfest Online auction ends 10/31/22. But stay tuned - the **HOLIDAY ONLINE AUCTION will start mid November** - perfect for Holiday shopping & giving - lots of great gifts to give or to keep!



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

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