

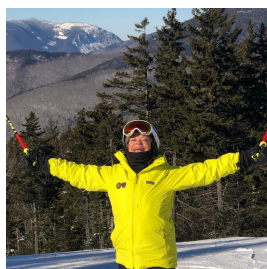


Thankful & Grateful November E-News from STRIDE!

Message from the CEO and Director of Snowsport programs:

Our Winter Snowsports Programs

STRIDE operations in the winter are different than other seasons, and my role dramatically changes from 'behind the desk' to 'on the slopes'. As most know, we operate multiple adaptive snow programs in different locations. Last year we ended a 17-year relationship with Ski Sundown because they wanted to create a separate nonprofit in Connecticut with paid positions. STRIDE created this sustainable and successful carbon-copied program to fly on its own; This created space for the start of a brand new program in the ADK's, ready-made with all the equipment. Longtime volunteers Mindy & Mike Fairchild moved to Saranac Lake and offered to start a program at Titus Mountain. We continue to operate 2 large programs at Jiminy Peak and Catamount. Snow season is here and we are off and running!



I also wear the hat of Education staff for [PSIA/AASI](#) Eastern Division for nearly 20 years, meaning that I obtained the highest level of adaptive certification, and serve as an educator for the eastern states division of this national organization that provides the standards for the sport. This role allows our program to be of highest quality for Northeast programs.

Operations The hierarchy at STRIDE begins with me, as Snowsport Director. I oversee all 3 programs and gatekeeper for setting training, standards and scheduling, attendance, and requirements for coaches applying for a staff position. I coordinate the program with each of the Mountain Admin managers, often the owners. Pre-season training generally begins in October with an orientation, virtual and indoor classes including pre-recorded videos with quizzes.

Most people do not realize that STRIDE does not take payment for lessons, the mountains do. We are volunteers. At each mountain an appointed volunteer supervisory staff works with me. They make assignments for lessons and pairing of coach to student, and keep attendance. Experienced and certified coaches become the trainers for our staff of nearly 100 coaches. Training requirement is much greater than other sports that STRIDE offers and generally equals 20+ hours. The season generally opens by Thanksgiving and closes in April. As a ski coach, you have the opportunity to join [PSIA](#) to obtain your certification beginning at Level I. This provides great credibility for STRIDE. STRIDE is a member school of PSIA/AASI and over 50% of our coaches have obtained certification. I also oversee all the equipment needs, national industry standards, purchasing and providing all programs with the

latest and greatest gear that's needed. I coordinate with equipment manufacturers and other programs across the

Intern Profile Brandon Taveras

As a college student in my senior year, it is time to start thinking about my career and what kind of work I want to do after graduation.

Being an athlete all my life I know I want to work in sports, whether that means playing or working in an environment where I'm surrounded by sports. As an intern at STRIDE

Adaptive sports, I get to be around sports that are adapted for people with physical or intellectual challenges. What makes it special is I learn more about adaptive sports and meet great people involved, while making memories. In my internship I learned about sport management such as organizing events, planning, as well as evaluating how to continue to improve business and increase participants within programs. I also implement marketing strategies preparing for the degree I am currently pursuing. I am developing skills to help STRIDE grow a social media presence to build awareness of STRIDE., having the opportunity to be hands-on with administrative duties grows my knowledge in these fields and to dig deeper in the professional business world.

Being a part of the college baseball team grew my awareness for adaptive sports. I recently learned that there are a wide variety of adaptive sports and it is fun to watch and be a part of. It brings me joy seeing athletes of all ages and abilities come together and enjoy different sports in a team setting and get to be a part of something bigger. My first event was sled hockey tryouts and a friendly shootout game at the end. Watching the athletes of all ages on the ice playing their sport with joy made me smile and reminisce about my memories I had as a young baseball player. I didn't know much about adaptive sports coming in, but I am learning daily that these sports require a lot of skill and are not easy! Some of the volunteers were able to get in sleds and skate around to interact with the athletes on the ice. They were being assisted by the athletes when kept tipping over struggling to find balance or had difficulty propelling themselves; meanwhile the athletes made it look so easy! The lessons I'm learning in this internship are important because I'm now aware that people with any kind of disability have a chance to enjoy sport. STRIDE connects people in so many ways such as building a supportive community no matter the differences. Sports are a way to connect people and their communities in a positive way.

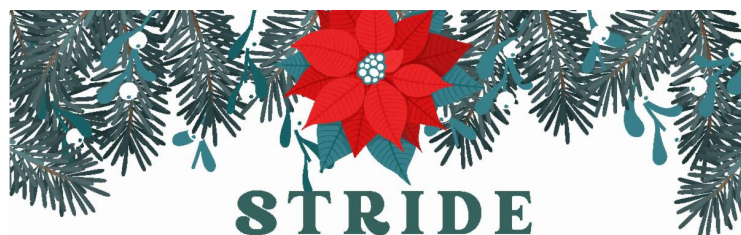


Yoga, Barre, Step, Weight training,

country to make sure we have the technological advantage.

Hiring requirements are different at each mountain but the benefits to becoming a snowsport coach is amazing if you are involved in this very expensive sport. For your volunteer time and commitment of teaching one full day every week for the entire season, you can earn a seasons pass for yourself as well as your family. Join our team or take a lesson... see you on the slopes!

Mare Whitney, CEO & Founder



STRIDE Holiday Party

Friday, December 16, 2022

Sensory Friendly
Suggested ages U13

5:00pm - 6:30pm

Photos with Santa
DIY photo frame craft
Refreshments

Dance Party
Suggested ages 14+

6:30pm - 8:30pm

Holiday dance music
Performance by STRIDE
elves
Refreshments

Location: STRIDE SHARE Center
4482 NY Route 150
West Sand Lake, NY 12196



Updated registration form and liability
waivers required to participate.
To enroll you must contact
cronan@stride.org



Snowsports Season is Here!!!

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. 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

Tabata & HIIT... something for ALL SHARE Center Winter Fitness



DECEMBER 2022 SCHEDULE

MONDAY

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

TUESDAY

5:30-6:00 PM **30-Minute Specials**

6:00-7:00 PM **Power Yoga** with Lois

- December 6 - **Tabata Step/Weights** with Kate
- December 13 - **Kickbox Sculpt** with Diana
- December 20 - **Tabata Step/Weights** with Kate
- December 27 - **Cardio, Core & Strength** with Lois

WEDNESDAY

6:30-7:30 PM **Interval Training** with Kate / Kirstein

THURSDAY

9:00-9:45 AM **Circuit** with Lois

9:45-10:30 AM **Barre** with Lois. 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

Check out our new equipment at the SHARE Center. Thank you to the Mother Cabrini Foundation for funding to purchase new equipment including the Nordic Trax stationary bike.



STRIDE

- Deepest sympathies to the family of former ski coach, Keith Pickett on his passing
- Deepest sympathy to ski coach Richele Ford and family on the passing of her father
- Congratulations to Ski coach Tyler Woodbury on scholarship and college acceptance to Springfield U.
- Huge thanks to our IT Specialist Charles Newton for all he does for us and our systems!
- Congratulations to Warrior Roman Goddeau for passing his state EMT test! He's official!
- Congrats Mare Whitney for presenting to the National ARV conference in Orlando this month



WINTER VOLUNTEERS NEEDED!

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

Doing What?

- Friday night monthly 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**

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



**Mother Cabrini
HEALTH FOUNDATION**

We Couldn't Do It Without You! Partners 4 Programs

Make a big impact in the lives of youth with special needs and

TENNIS

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

November Donors

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

Donors

Darlene DeMott
Maithao Le
Liz Tunison
Joann Moses
Paula Murphy
Jessica Lamoreaux - 3rd Party FR
Jeff Bacon
Frances Loeffler
Amy Versocki
Robert&Peggy Dixon

Organizations & Foundations

Move United Boot Camp Grant
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Vermont Agency Foundation/ NPA Financials LLC

In Honor of Mary Ellen Whitney

Savell Quinn

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Honor of Alberto Angelini

Gianclaudio Angelini

In Memory of John Wyszomirski

Theresa Johns

In Kind Donations:

M & M's Top & Tavern

Wounded Warriors by becoming a sponsor for one (or all) of STRIDE's 2023 Events. For more information contact Chris, cgolden@stride.org



SPONSORSHIP PACKAGE

STRIDE 100K Vertical Challenge - February 27, 2023
17th Annual STRIDE Wounded Warrior Snowfest - March 3-6, 2023
STRIDE Great Race - March 18, 2023
13th Annual STRIDES 4 STRIDE 5K/2K Run, Walk 'n Roll - June 2023
Fall Event TBA - Fall 2023

Presenting Sponsor	\$20K for all 5 events	Official naming rights & sponsor category as star status Speaking opportunity at every event (including podium at Snowfest) Star status in all event promo items, including invitations, e-mail blasts, advertising, PR, newsletter, & collateral materials Exclusive social media announcements Company logo on event t-shirts STRIDE provided banner at each event Logo & linkage on STRIDE website homepage
	\$10K for 4 events	Sponsor recognition at each event Sponsor name/logo in event promo items & newsletter Sponsor logo on event t-shirts STRIDE provided banner at each event Logo & link on STRIDE website sponsor page
	\$5K for 3 events	Sponsor recognition at 100K, 5K, & Fall Event Sponsor name/logo in event promotions Sponsor logo on 100K & 5K t-shirts Sponsor-provided banner at 5K Logo and link on STRIDE website sponsor page
	\$1K for 1 event of choice	Sponsor name recognition Sponsor logo on event t-shirts Sponsor-provided banner at 5K
Gold Medal Sponsor	Other Donation Sponsor recognition See page 2 STRIDE Adaptive Sports educates and empowers individuals with special needs in life-changing sport and recreation programs to sustain healthy, active and fun lifestyles. To learn more, visit www.stride.org , or contact us at (518) 598-1279 or cgolden@stride.org .	
Silver Medal Sponsor		
Bronze Medal Sponsor		

SPONSORSHIP LEVELS

M & M's Tap & Tavern
Kendra Scott Jewellery
Ben & Jerry's
Legoland
Horses Lounge
Hilton Garden Inn/Recovery
Jethro Breuer
The family of Fred Liebel

STRIDE Holiday Auction

Beat the crowds and shop local

- * Passes to Legoland * Basket of Cheer
- * Brown's Brewing Brew Basket * Kendra Scott necklace * Ben & Jerry's Swag

Bag.....and MORE! Ends 12/16

Bid Now!! Click here to view items...



Time to Get your Teams together for the 2023 100K Vertical Challenge!



Are **YOU** Up For The Challenge??!

1 Day
4 People
87 Runs

100K Challenge
Monday, February 27, 2023
Jiminy Peak, Hancock, MA



Ski or snowboard 100K vertical feet in a day for a great cause! In person or virtual participation—get your teams together!

Registration link & Peer to Peer Fundraising links coming soon!
Sponsorships available ~ contact cgolden@stride.org

SLED Hockey Awesome Promo Video completed... Thanks to the Dralla Foundation!

CLICK HERE to VIEW!!



Rolling with STRIDE Bowling

STRIDE's new competitive bowling league made up of athletes aged 16-53, practice every Monday at Spare Time in Latham.

New York Special Olympics Team: On December 10th athletes will compete in a Special Olympic Bowling

Singles Tournament in Saratoga. In 2023, the team will be holding a Bowl-at-hon fundraiser - stay tuned!



Fundraising 4 STRIDE Golf Tournament

[NPA Financials LLC](#) dropped by to present a check for \$3500, proceeds from the Charity Golf tournament this fall.



The team of Don and Charles Reutemann along with Mare Whitney placed third for big money for STRIDE!



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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