



December Holiday E-News from STRIDE!

Message from Santa....aka CEO

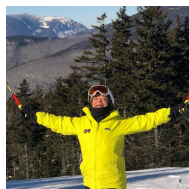
Happy Holidays! I've been writing this poem with a new annual edition every year for over 30 years. Hope you enjoy the STRIDE version for 2022....

'Twas just before Christmas
At the STRIDE estate,
And all annual programs
Were back on the slate!
Our programs high in number
With many a guest
Because In-person programs
Are definitely best!

Decorations were hung
with care throughout STRIDE
our SHARE Center classes
Give us much pride.

When what to our wondering
eyes did we see?
A flashy red mono-ski
Parked out by the tree.

A middle aged skier
in a red one-piece suit,
POC goggles and helmet
and new warm UGG boots.
He was thin as a rail
And not terribly tall
He wasn't the type
We expected at all.
But a look at his clothes,
In the dim of the light,
We knew he worked out
He's an athlete all right!



[Read more here....](#)

Mare Whitney, CEO & Founder

Athlete Profile

NoorJahan Ahmed

NoorJahan sustained a traumatic brain injury a little over 5 years ago and believed he would never play sports again. Prior to injury, he was diagnosed with PTSD, and at the age of 22 after his TBI, he endured brain injury rehabilitation where he relearned to use his arms and push a wheelchair. In time, rolling laps around the nursing home hallways gave him hope while slowly his memory returned. From the TBI, NoorJahan lost most of his memory and ability to move and walk. He couldn't even remember his mom. Becoming active and working his body allowed his brain to build new neuro-pathways. Two very different disorders, TBI and PTSD, were able to be helped with the same remedy, physical activity! After graduating from outpatient rehab he went home to begin a new lifestyle and learn how to be active including working out and family activities.



Then in 2019, NoorJahan got hit pretty hard with Alpha wave of Covid and had to begin building strength all over again. In 2022 he discovered sled hockey, the first wheelchair team sport he ever tried. With encouragement from STRIDE staff and team he is proud to be accepted onto the team this season, giving him confidence to push himself to his limits. Each practice develops more skill and more strength through team camaraderie. After NoorJahan's TBI, he thought it was the end of the good life, but now believes it was just the beginning of an awesome future to come. He said to his staff after the first hockey encounter, "No wonder I couldn't find any cool people to hang out with before now, they were all there playing hockey! NoorJahan stated, "I am looking forward to playing hockey with STRIDE for many years. Not only does being an athlete help my mental health and my physical health but it also is helping me to inspire the next future generations of STRIDE athletes. 'NoorJahan' means *universal light* and these days STRIDE is that lighthouse in my life helping to guide me to brighter tomorrow!" Welcome to the STRIDE Team!

STRIDE
Race
Team
Kicks off
practices
at Jiminy
Peak!!!

New Year's Resolutions START NOW!!!
SHARE Center Winter Fitness



Sporting their



January 2023 SCHEDULE



opening with brand new bright orange race uniforms, a group of 10 youth will be practicing nearly every weekend to run gates, develop skills and just be a team. The

Goal? Competition in NY Regional Special Olympics at West Mountain on January 28, hopefully the NYSO State Games: STRIDE Great Race in March, and two competitions called (formerly Mountain Dew) Vertical Challenge at [Jiminy Peak in the Berkshires](#); and at [Catamount in Hillsdale, NY](#). Huge thanks to their coaches, Cliff and Barbara Mark, who go the extra mile every week to work with the team, set gates and intermingle with Jiminy Peaks Junior race program. This program grows every year and we went from 6 to 10 this season... wish them luck!



January 2020 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

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 CommunityWellness@stride.org



- Deepest sympathies to the family of Carly Ronan on the passing of her grandmother and step-brother
- Healing well wishes to volunteer sled hockey pusher Jon Walker.
- Get Well wishes to Ski coaches Kenja O'Donnell and Mark McClenahan after injury.
- Get well wishes to Mary Sapp after appendix surgery
- Welcome to new office volunteer, Lisa Hutchinson... so nice to have an extra set of hands!!



WINTER VOLUNTEERS NEEDED!

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

What we Need specifically:

- Friday night monthly respite program volunteers
- Tennis and sport volunteers
- Fundraising
- office work
- Social media and IT office hours
- photographers, videographers and journalists



Contact cronan@stride.org for info

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

STRIDE

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

December Donors

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

Donors

Darlene DeMott

Maithao Le
Barbara Hrachian
Lorraine Kaskoun
Kathy Jimino
Catherine F...

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

Gold Medal Sponsor

\$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

Silver Medal Sponsor

\$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

Bronze Medal Sponsor

\$1K
for 1 event of choice

Sponsor name recognition
Sponsor logo on event t-shirts
Sponsor-provided banner at 5k

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.

SPONSORSHIP LEVELS

Catherine E. Peake
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Kristen Maroni
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VFW Post 7763 - Sgt. Peter F. Colleran, Jr.
Bethlehem Memorial Veterans Association
American Legion Mohican Post 553
American Legion Post 808

In Memory of Dick Hastings
Beverly Hastings

In Memory of Mrs. Elizabeth Bulger
Amy de Soyza

In Honor of Alberto Angelini
Gianclaudio Angelini

In Honor of Mary Ellen Whitney
Savell Quinn

In Honor of Berkley Roeske
Frank Amodeo

In Honor of Matty Coleman
Katherine Edgell

In Kind:
Charles Newton
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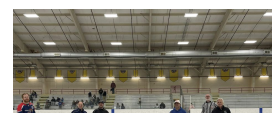
Rolling with STRIDE Bowling

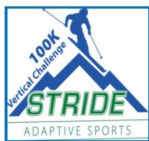
STRIDE's new competitive bowling league 'STRIDE Splits Happen' made up of athletes aged 16-53, competed in their first. **New York Special Olympics** earlier this month: On December 10th athletes bowled a Singles Tournament in Saratoga. In 2023, the team will be holding a Bowl-at-hon fundraiser - stay tuned! This inaugural program has seen great interest in the adult community of

adaptive sports in the Greater Capital Region. The team was happy to take home many shiny gold and silver medals, just in time for the holidays. We are cheering on the STRIDE Splits Happen team as they look forward to their next round of competitions in the new year.

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

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





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!

Register Today!

Sponsorships available ~ contact cgolden@stride.org

Sign up your TEAM
NOW!!!



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

[CLICK HERE to VIEW!!](#)



THANK YOU to our generous Holiday Auction Donors!

Thank you to all the individuals who donated items to STRIDE' Holiday Auction. Thank you for supporting STRIDE! Thank you to *Ben & Jerry's, Browns Brewing Co, Kevin Woodbury/M & M Tavern, Kendra Scott, Lee & Theresa Newton, Kathy Jimino, IronWorks Grill, , Horses Lounge, Legoland, Curtis Butler/Bentwood Inn, Diane Grugan-Duvall/Mary Kay, Hart-Cluett House, Albany Country Club, Nine Pin.*



Early Christmas Gift
of Technology from NPA!

Santa's tallest elf stopped by this week to donate six Chrome Books to STRIDE! They will come in handy for our Jiminy Peak program!

We are grateful for all the support from [NPA Financials](#) and the Vermont Agency, and their very tall elf, Don Reutemann!

STRIDE Adaptive Sports | 4482 NY Highway 150, West Sand Lake, NY 12196 www.stride.org

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