



February E-News from STRIDE!

Message from the CEO

How Many Ski Hats do I wear?? A History lesson....

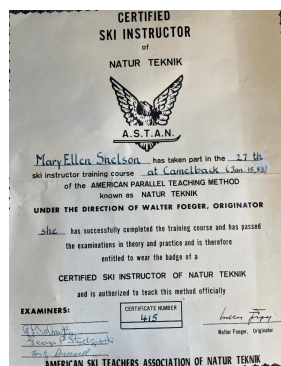
One of the significant parts of my job - is more volunteer in nature, and that is Ski Program Director and educator. How did I get here? Well, I started my career at Camelback Mountain in the Poconos in PA as an instructor just out of college, where I got my BS at East Stroudsburg State University. Camelback was not a PSIA School at the time, but instead in the early 80s, they used a curriculum out of Europe called [ASTAN \(Amweican Ski Teachers Association of the Natur Teknik\)](#). I received full certification in 1983.

Upon moving to upstate New York in 1984, I began instructing at [Brodie Mountain](#) in the Berkshires of Massachusetts subsequently moving to neighboring Jiminy Peak in '86. As an alpine instructor, I was constantly pulled for privates for all the 'special' adaptive lessons that were walking through their doors wherever I went. In 1988 I took my first PSIA Level I exam certification course, 3 days at Windham Mountain in the Catskills. It was the first Adaptive certification course offered for in the Eastern US. All disciplines (mono, [Arroya sit ski](#), 3-track, 4-track and VI/DD) were tested.

Three years later, I obtained Level II Adaptive PSIA a 5-day exam only offered in the west at Breckenridge, CO. I obtained Level III Adaptive at Waterville Valley NH in 1996; followed by Alpine Level II Skiing and in 2017 I obtained AASI Level I snowboard. I am currently a member of the [PSIA/AASI](#) Education staff for the Eastern division.

During the winter months, I teach lessons, supervise trainings and schedule our educational classes, operating at 3 mountain resort sites. Our STRIDE programs are located at Jiminy Peak, Catamount and Titus Mountain this year. I have operated programs also at Brodie, Maple Ski Ridge, Ski Sundown and Yawgoo Mt. For the last 12 years I generally start my season as a clinician for the National Adaptive Academy hosted at Breckenridge CO, and often end my season at the Disabled American Veterans Ski Clinic in Aspen CO. So many winter hats... so little time. But most of all I love teaching our students, the WHY of what I do!

Mare Whitney, CEO & Founder



Awesome Athlete Daniel Chan

Dan was asked for his Bio, so he wrote this for us:

I'm 16 years old. I am in 10th grade. I started with STRIDE programs in Late 2017 and still do them today. The first program I started with was swimming. I started learning how to swim when I was six in California. In late 2017, I found a program named STRIDE Swimming. Although I was practicing, I did not join the team until September 2021. My favorite Strokes are 500 Freestyle, 100 Backstroke, and 100 Breaststroke. I learned to ski with STRIDE in December 2017 and joined the ski race team 1 year later.

What do you feel your greatest athletic achievement is – in both skiing and in swimming?

I am most proud of getting gold medal in Special Olympics. I win gold medal in Both Slalom and Giant Slalom in Special Olympics. The best achievement in swimming was one of the latest achievements which is getting first place in the 4 x 50 relay.

What do you like about being part of a team?

I like making friends and racing against each other. Dan, my teammate in the 500-meter swim, helps me maintain a certain pace. In skiing, Noah, Matt, and my teammates help me go faster! I also like making new friends on the team.

What else is on your radar to learn next (other sports or anything)? On my radar, I was thinking about learning to snowboard. Although I have done that in the past, I have given up because I had a lot of falls at that time. We are thinking about trying to learn how to board again starting next ski season. Other things that I would want to learn how to do are terrain parks. Although I have done them in the past, I have only done the easy and wide ones. I would rather do the very narrow platforms. I also want to help teach other kids in the stride program.

What do you see in your future?

I want to build ski lifts at ski resorts and other areas around the entire world. I am planning to expand Jiminy Peak with an expansion plan on google earth pro. I'm looking into the grades to see if the plan will work out and if I should modify the grades or not.



STRIDE Winter Bowling



Latham Spare Time
375 Troy Schenectady Rd, Latham
Saturday's 10am - 11am (Ages 8-21)
2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15
Program Leader: RJ Kenney & Billy Martin

East Greenbush Bowling Center
570 Columbia Turnpike, East Greenbush
Saturday's 10:30am - 11:30am (Ages 8-21)
1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/25, 4/1
Program Leader: Ruihanne Lambert

All participants must have a current STRIDE registration and new liability waiver on file.
Registrations are active for 365 days. A \$25 admin fee is required.
SPACE IS LIMITED!
In order to sign up for the class, you must call or email the Temp STRIDE Program Director, 518-598-1279; emily@stride.org
Our New Program Director Alii Ryan arian@stride.org starts 2/6!

It's Back...Finally looking forward to a GREAT Race!!!! Register Now!!

STRIDE 2023 Great Race



In front of Crane Lodge
9AM Race Start
12PM—BBQ and Awards

Sponsored by:
Brunswick BSA
Jiminy Peak

Saturday, March 18th

Every athlete welcomed to register and race!

Cost: \$70 per racer. Includes: practice run, 2 race runs on the course, BBQ lunch. Extra BBQ tickets - \$10 in advance, \$15 day of

Event Registration can be found at <https://www.stride.org/greatrace2022>
or contact STRIDE Program Director, Alii Ryan: arian@stride.org / www.stride.org / 518-598-1279



STRIDE Race Team heads to New York STATE Special Olympics Competition

Competition for NY State Special Olympics in Syracuse next week held at Greek Peak for STRIDE's race team members who

practice weekly at Jiminy Peak! They head out this weekend! Huge thanks to their coaches, Clif 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. A huge thanks to The [Killington World Cup Foundation](#) who pays for their lessons, and will sponsor the medals for the Great Race in March 18.



Comedian Ventriloquist Jeff Dunham Welcomes our Warrior Program

The [Jeff Dunham Management](#) Team supports veterans, and for the third year, STRIDE Warrior Program were given 30 complimentary front row floor seating at the MVP Arena in downtown Albany. The group of 30 enjoyed dinner at the arena before the show! A great time was had by all!!



- Get well healing wishes to Mary Ellen Smith, Richard Marmet, Mark McClenahan, and Clif Mark after ski



- accidents...yikes!
- Welcome to new office volunteer, Patrick Kelly... nice to have an extra set of hands!!
- Thank you Living Resources adults for weekly cleaning at STRIDE HOUSE!

STRIDE Adaptive Sports 2023 Friday

STRIDE HQ! Happy to have you back!

- Congratulations to Ethan Maier on achieving Eagle Scout with his project through STRIDE

Bike Camp Registration is now Open!

The unique 5 day bike riding program is coordinated with [iCan Shine's iCan Bike program](#)

The organization 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 cognitive special needs or disabilities.

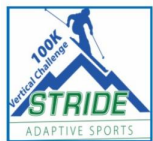
Campers participate in one 90-minute session daily for a week. Each camper is assigned a trained volunteer who runs alongside them to ensure safety.



Cost: \$200. Scholarships are available upon request.

When: June 26-30

Where: Union College, Memorial Field House, Schenectady, NY



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

THANK YOU to our amazing 100k Sponsors! We couldn't do it without your support. Thank you [Lavelle & Finn](#), [Berkshire Bank](#), [NPA Financial](#), [Nine Pin](#), [Hannaford](#), [Freihofer's](#), [High Adventure Ski Shop](#), [Jiminy Peak](#)

2023 Friday Respite Program

3 hours responsibility-free for parents! Run errands, or have a date night!

6pm - 7pm: Fitness
Burn energy with activities!

7pm - 8pm: Dinner
All food allergens will be accommodated!

8pm - 9pm: Activity
Crafts, VR or a movie!

Ages 5-21

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



Program Dates:

March 10th, April 21st,
May 12th, June 9th, July
14th, August 11th,
September 8th, October
13th, November 17th and
December 8th

Contact STRIDE to sign up.

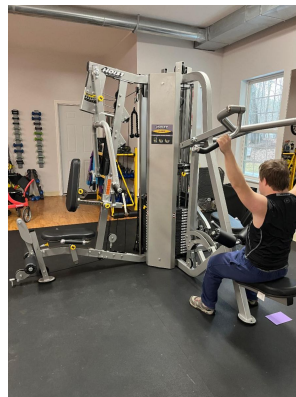
We need Volunteers!

aryan@stride.org

With generous support from:



SHARE Center Winter Fitness



March 2023 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
9-10 AM - Zumba with Aya!!
6:30-7:30 PM **Interval Training** with Kate / Kirstein

THURSDAY

9:00-9:45 AM **Circuit** with Lois **ALL NEW EQUIPMENT!**
9:45-10:30 AM **Barre** with Lois. **Aerial Workshops Available**

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

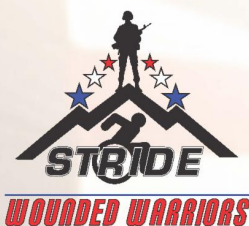
STRIDE

TENNIS

Check out Leaderboard Here....

18th Annual Wounded Warrior Snowfest

Fifteen Warriors have been selected and will enjoy a more low-key event than in the past. The Ceremony at the SHARE Center is smaller with a private dinner. Yoga and exercises session, and a trip to the NYS Police Aviation hangar is planned, followed by two days of skiing and riding! Thanks to our sponsors: Move United Warfighters; 10th Mountain Foundation; Lavelle & Finn; and Jiminy Peak.



18 YEAR ANNIVERSARY!!!

Please Join us in Recognizing our Region's Heroes

STRIDE WOUNDED WARRIOR SNOWFEST WELCOME CEREMONY

Friday, March 3, 2023 • 5:00 to 7:00 pm
SHARE Center 4482 NY Highway 150 West Sand Lake, NY

This is a free Event by Invitation
Must RSVP mwhitney@stride.org

Light refreshments; Meet & Greet 5-6 PM
Keynote: Senator Jake Ashby



Sled Warriors take Bronze at the Empire State Games in Tupper Lake

It was bitter cold on the weekend of February 3-5 in Tupper Lake - with wind chills of 40 below zero. this

did not stop our team from competing, but they endured hardships off the ice that kept them on their toes. Frozen pipes, now water or heat in some of the hotel rooms, and a few minor injuries. As a growing team, the competition was tough, and the Sled Warriors had one victory but some tough losses, leaving them in third overall.

Next tournaments coming up are Skaneateles ice hockey and Amelia Tournaments to wrap up in April. Go Warriors!

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

February Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We would like to take this opportunity to thank February contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible. ****Note** - this list does **NOT** include 100K VC donors which will be included in March news

Donors

Darlene DeMott
Maithao Le
Judy Campisi
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Linda Tetrault
David Salz
Chelsea Belmonte
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Samantha Maxwell
Michael Gooley

Organizations & Foundations

Questar III
The Greg Adams & Family Gift Fund

Voorheesville American Legion Post 1493
Helmuth-Ingalls Post 232
Captain William Dale O'Brien Detachment
Adirondack Post 2475
Wm. Deakin Joel H. Cook American Legion Post 158

Sled Hockey

Dicks Sporting Goods Foundation
Phillips Hardware

STRIDE Adaptive Sports is proud to announce that the team has been selected as a recipient for funding from the [Cap Cup Tournament in 2024!](#)

STRIDE Stingrays Compete in first Meet of the Season

Saturday February 11 at Mohonossion HS the Green vs White teams competed in a full meet showdown with teams of 6 swimmers competing in events from 500 freestyle to 50 backstroke to the IM relay and everything in between! Everyone podium-ed with awards and pizza following the meet!
Go Stingrays!!



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



Halpern Travel, LLC

In Memory of Mrs. Elizabeth Bulger
Amy de Soyza

In Honor of Mary Ellen Whitney
Savell Quinn

In Honor of STRIDE Volunteers Rich, Jim, Abhnie, Tim & Marc
Lisa Fox

In Kind Gifts
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Karen Hoover
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Whistling Kettle
High Adventure
Play it Again Sports
Alpin Haus
Paolo Lombardi's
Alpin Haus
Jackson's Old Chatham House
New China Wok Kitchen
Ocean State Job Lot
Price Chopper
The Skyline Diner
Applebee's
Mosciatello's
New China Wok Kitchen
Five Guys
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STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 www.stride.org 518-598-1279

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