



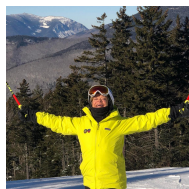
January E-News from STRIDE!

Message from the CEO

Happy New Year! New Program; New Staff, New Success..2023!

Continuing to build the adaptive sports community, we announced our new winter sports program a few weeks ago for athletes with intellectual and physical disabilities in the 'North Country' of the ADK's. This winter, STRIDE opened its doors at [Titus Mountain Family Ski Center](#) for adaptive downhill skiing and snowboarding. The inclusive program is designed to create a continuum from entry into sports of skiing and snowboarding through competition Paralympic pathway for this community. As a leader in the growth of adaptive winter sports in the Northeastern US, STRIDE has expanded once again to bring equal opportunities to a region that is very much lacking in those resources. Development of the new program was widely endorsed by Titus Mountain owner Bruce Monette, III. Plans began winter of 2022, and the mountain administration worked very hard to be ready for the program at opening day. An equipment storage shed was built for the large adaptive equipment; marketing and operations were set up; and training was delivered to accommodate the program. STRIDE's expansion would not be possible without the knowledge and leadership of the Program Director, Mindy Fairchild who has volunteered for STRIDE at Jiminy Peak program for 25 years and relocated to the Tupper Lake region. Mindy, a PSIA Level II adaptive and alpine certified instructor has now gathered together a powerful team of volunteer coaches, growing quickly. Additionally, the program is being supported financially by the [Adirondack for Kids Foundation](#) with the purchase of two new pieces of adaptive equipment for sit-skiers called Dynamique bi-ski and a Monique Mono-ski. After a year of meetings, emails, trainings, and promoting, STRIDE welcomed the first adaptive sit-ski lesson at Titus. It was a huge success and garnered front page news in Malone. So once again - we are off and running to the goal of inclusion, and settled into a small corner of the world for a big impact. I am also excited to welcome our new Program Director, and as an athlete herself she understands outcomes that impact the mission. She has been involved in athletic training and programs in adaptive sport which gives an edge to the job. Expect to see her in the field jumping into the activities!

Mare Whitney, CEO & Founder



Welcome New Program Director Allison Ryan



Alli is no stranger to STRIDE, and is excited to join the STRIDE team as the new Program Director. She has 5+ years experience working with individuals with disabilities, and is ecstatic to take on a position where her passion for helping others, and love for sports, can both come together. Alli graduated from SUNY New Paltz with a Bachelor's degree in Interpersonal Communications. She also holds an Associate's degree from Columbia-Greene Community College, where she focused on Psychology and Communications. Prior to working at STRIDE, she has worked as a Qualified Intellectual Disability Professional at Living Resources, a Direct Support Professional at COARC, and has also held administrative and clerical positions as well. She is dedicated, hard working, and up for a challenge. In June 2022, Alli had the honor of helping her friend who has Cerebral Palsy and is legally blind; complete his first Spartan Race (5k with 20 obstacles), and is hoping to help STRIDE navigate their own team in the future.

Alli is a Columbia County native, and currently resides in Valatie. She loves snowboarding, biking, bowling, kayaking, and grew up playing many sports as a child. She also enjoys singing, and if you ever get the opportunity to visit her in the office, ask her how fast she can solve a Rubik's Cube.

It's Back...Finally looking forward to a GREAT Race!!!! [Register Now!!](#)



STRIDE Winter Bowling

STRIDE 2023 0 10

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: Ruthanne 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 Allie Ryan, aryan@stride.org starts 2/6!

STRIDE 2023 Great Race



In front of Crane Lodge
9AM Race Start
12PM—BBQ and Awards
Sponsored by:
Brunswick BSA
Jiminy Peak
STRIDE ADAPTIVE SPORTS

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/greatrace2023>
or contact STRIDE Program Director, Allie Ryan: aryan@stride.org / www.stride.org / 518-598-1279



STRIDE Race Team competes in New York Special Olympics and JP Vertical Challenge

Competition for NY Regional Special Olympics was held at West Mountain on January 28, and was a huge success for STRIDE's race team who practices weekly at Jiminy Peak! They came home with way too many medals to count! 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! Team members also had the opportunity to race in the (Mountain Dew) Vertical Challenge this weekend and won more bling in the adaptive division. We are so proud of our team! Congratulations!



STRIDE Adaptive Sports 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:
February 10th, 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!
mwhitney@stride.org

- Huge thanks to Emily Henricks, former ski coach, acting as a temp Part time Program Director until Alli starts.
- Welcome to new office volunteer, Lisa Hutchinson... so nice to have an extra set of hands!!
- Say Happy Birthday to Mare Whitney with a [donation to her 100K birthday fundraiser](#)
- Job Well done to Mare Whitney with a speaking presentation to Clarkson University OT department
- Thank you Jordan Healy & Living Resources adults for weekly cleaning at STRIDE HQ! So glad to have you back after Covid!
- Good Luck to our STRIDE Capital District Sled Warrior team - at the Empire State Games next week...watch for them!



With generous support from:

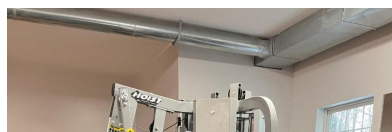




SHARE Center Winter Fitness

February 2023 SCHEDULE

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



the results!!

Our 2nd Annual Paint and Party FUNdraiser at SHARE Center was a blast! thanks Kathy Gullie! Do you have FUN ideas to raise money for STRIDE? [Contact us.](#)



Instructor Recruitment Discovery Weekend! 2/11-12

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

[Join us at Catamount and Jiminy Peak](#)



*Become an
Adaptive Ski Coach
at Jiminy Peak!*



Jiminy Peak
Mountain Resort

Beat the mid-winter blues by taking on the exciting challenge of teaching people with disabilities to ski or ride! Volunteer with STRIDE! See what we do...

Join STRIDE coaching team for a shadow lesson half day on
Saturday or Sunday 2/11-12 9 AM or 1 PM

**** Must be minimum 16 years old & able to ski/ride blue terrain. Shadow a lesson to learn about adaptive teaching.**

**Make your appointment by
contacting mwhitney@stride.org**

Time to Register your Team for the 2023 100K Vertical Challenge!



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

**1 Day
4 People
87 Runs**



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 **ALL NEW EQUIPMENT!**
9:45-10:30 AM **Barre** with

Lois. **Aerial Workshops Available**

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

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

January Donors

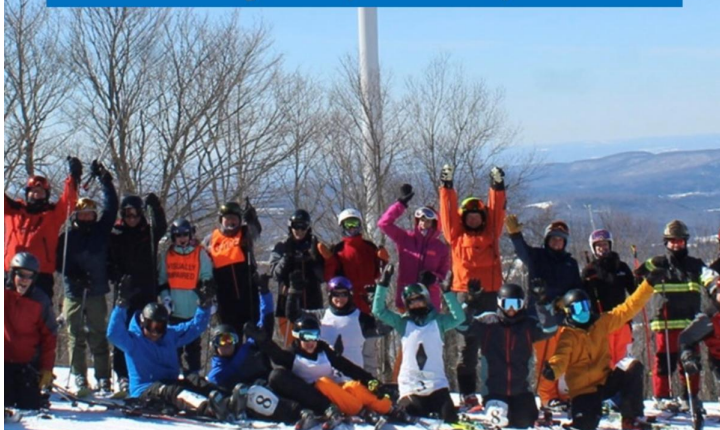
HEARTFELT THANK YOU TO OUR DONORS!!! We would like to take this opportunity to thank January contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

Donors

Darlene DeMott
Maithao Le
Scott Bendett
Richard Marmot

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!!!

Wounded Warrior Snowfest Coming Up Soon....

Are you a Veteran Living with a Disability?



STRIDE Adaptive Sports wants YOU!

Join us for a **NO-COST** weekend of skiing/riding lessons at the
18th STRIDE Wounded Warrior Snowfest

March 3 — March 5, 2023
Jiminy Peak Mountain Resort
Hancock, MA

WARFIGHTER SPORTS
Serving Severely Wounded Since 1967

STRIDE
WOUNDED WARRIORS

For more information on how to participate please contact:
STRIDE Adaptive Sports
www.stride.org
(518) 598-1279
Email: mwhitney@stride.org

Jiminy Peak
Mountain Resort

Still looking for a few Veterans to participate! Contact
mwhitney@stride.org



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

Richard Manner
Anne Kuppinger
Dawn Agro
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Clifton Mark
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Peter Case
David Ellis
Jacqueline Weinstein
Jeffrey and Susan Miller
Nancy Hasty
Sigrid Gray

Sled Hockey Team Donations

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Bryan Darby
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pamfor@

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In Honor of Luke Wilson

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In Honor of Abigail "The Can Do Kid" Radliff

lindakinner@

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In Honor of Mary Ellen Whitney

Savell Quinn

In Honor of Rev. Dick Miller

Regis Obijiski

In Honor of Skeeter #1

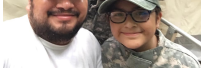
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In Honor of Lou Simmons

Marco Cohen

In Kind

E.G Hot Yoga Center
Lois Whitman
Lavelle & Finn
Rensselaer County Corrections



and greatest activities and resources.



Sled Warriors head to Empire State Games with help from Dick's Sporting Goods

Thanks to Dick's for \$4000 o offset travel expenses for the Empire Games. Go Warriors!

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

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