

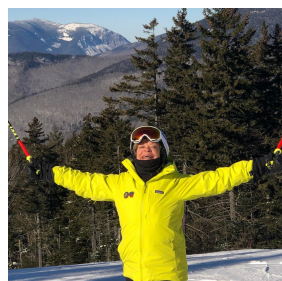


March E-News from STRIDE!

Message from the CEO

3 Major Events in 3 Short Weeks...
We are 100% BACK!!

Approximately 30% of our annual budget comes from fundraising events such as the 3 events hosted consecutively at [Jiminy Peak](#). Events have evolved over the years and are carefully chosen to match our mission and provide athletic opportunities for our athletes and families or volunteers. Pre-Covid times we steadily were reaching maximum potential for each event, and then... there was *nothing*. But we made every attempt to persevere and adapt through the pandemic times and now after 3 years have returned; we are back to where we were 3 years ago financially and in attendance! In fact, we have surpassed goals in some instances!



100,000' Vertical Challenge: in it's best year raised \$75,000 with 21 teams. During Covid, we had to adapt the event to be split in two states and raised about \$40K. This year we soared above our best year and will net \$82K! We're back, and growing.

Wounded Warrior Snowfest the intent is a program, not a fundraiser; but the program garnishes support in donations each year. Success is measured in the [impact report](#) findings as whether we met our goals, and surprisingly this year we surpassed them. We identified 8 new regional Warriors to engage in future STRIDE programs.

Great Race After a three year hiatus due to Covid and bad weather, the Great Race had an amazing comeback this year with 44 racers and families from 4 mountain programs. Miles of smiles, and to top it, we had NBC National News coverage follow us for the day for an amazing story on the event! We raised \$6K!

Thanks to MANY people, but huge thanks to our host venue [Jiminy Peak!](#)

Mare Whitney, CEO & Founder

Awesome Athlete Oscar Penderleith

One of STRIDE's ski students who made extraordinary "strides" is Oscar, an "almost 6" year old, from Hudson, NY and who is in [Catamount's](#) Sunday program.

Oscar arrived this season as rank beginner (we call a "never/ever") who had good attitude but poor stamina and no skills. He understood verbal commands but couldn't convert them into action. Sometimes he'd just puddle down into the snow for no apparent reason. A few times during the season he made some successful skill development with horse/buggy tether, but he still couldn't grasp a wedge, turning, much less, the foundations of skiing skills.



Fast forward to early March and he was coached by Jon Baum and the extraordinary Jae (aka "the child whisperer"). Starting with a harness/tethers, he began to traverse. Rather than "left/right" they modeled using the downhill hand/arm to open a door and follow it with the body/skis. On the last run of the day, the belt/tether came off to play a game of follow the leader. 'Ozzy' made turns from top to bottom without missing a beat. No stamina issues, for 2.5 hours ...at the end of the lesson, he went inside and had a celebratory "kiss the tether goodbye" ceremony. Oscar is skiing independently and was featured in the [NBC story on the Great Race!](#)



STRIDE Spring Sock Hop Teen Dance

Friday, May 5th
6:00pm - 8:30pm

4482 NY Highway 150 West Sand Lake, NY 12196



Celebrate spring with STRIDE!
Fifties dress encouraged!

Music, dancing, prizes, photo booth
Refreshments

Updated registration form and liability
waivers required to participate. To enroll
contact STRIDE Program Director
Allie Ryan aryan@stride.org



- Get well healing wishes to Clif Mark after shoulder surgery.
- Congratulation to Chris Mancuso and family on the new addition to their family! Welcome baby Charles!
- Thank you Living Resources adults for weekly cleaning at STRIDE HQ! Happy to have you back!
- Good Luck to Ben Brewer on accomplishing Eagle Scout with his project through STRIDE this spring
- Thank you to Melissa Lachanski for arranging a workshop presentation on STRIDE sports for Albany Medical OT department



Bike Camp Registration is now Open!

The unique 5 day bike riding program is coordinated with [iCan Shine's 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 a 90-minute session daily for 5 days. Each camper is assigned a trained volunteer who runs alongside them to assure safety.

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



Strides 4 STRIDE



RUN • WALK • ROLL

WEDNESDAY, JUNE 14 TH

5:00 PM

JENNINGS LANDING, ALBANY

Flag Day Theme!

www.stride.org/5k

A GREAT Race!!!! A Great Day!!



Our 44 racers included nearly every discipline and ability level, and each of these shining stars came down the race course with smiles and intensity. All stood on the podium to collect their 6 bronze, 8 silver or 26 gold medals, and their coaches from all mountains were proud!

[Check out NBC News story here.](#)



**Donate your Clean NY
Bottles & Cans**

Mention **STRIDE Adaptive Sports**

Your donation is given to STRIDE!
Donation Locations:



RECYCLABLE

When: June 26-30

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

VOLUNTEERS NEEDED...sweat, lose weight, get in shape and help a child!! Contact aryan@stride.org

THANK YOU to our amazing 100k Sponsors and Donors! **We raised \$84,000!**

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](#)

Thanks to all the donors who participated in Peer 2 Peer fundraising supporting all the teams and participants. [Click here for the roster of Donors we thank!](#)



18th Annual Wounded Warrior Snowfest

Fifteen Warriors participated in this year's event which included 8 new and 7 alumni along with their families. The Ceremony at the SHARE Center was low-key and yet poignant event with a private dinner. Yoga and exercises session, and a trip to the NYS Police Aviation hangar was enjoyed, followed by two days of skiing and riding! Thanks to our sponsors: [Move United](#) [Warfighters](#); [10th Mountain Foundation](#); [Lavelle & Finn Law Firm](#); and [Jiminy Peak Mountain Resort](#).



STRIDE Sled

Warrior Tournament season builds team strength

Our Sled Warriors



REFUNDABLE CANS AND BOTTLES

East Greenbush: E.G. Bottle & Can Co. - 594 Columbia Tpke East Greenbush NY

Wynantskill: 6 Cent Redemption - 461 Main Ave Wynantskill NY

Rensselaer: 6 Cent Redemption - 550 South St Rensselaer NY
Ravena: Just Makes Cents - 2381 Rt 9W Ravena NY

Questions contact INFO@STRIDE.ORG

DONATE Directly at WWW.STRIDE.ORG

THANK YOU FOR YOUR SUPPORT

SHARE Center Spring Fitness



STRIDE SHARE CENTER Community Wellness Program

STRIDE Adaptive Sports, 4482 NY Highway 150, West Sand Lake, NY 12196
Phone: 518-598-1279 / Email: communitywellness@stride.org

APRIL 2023 Class Schedule

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
**AERIAL Registration is required for aerial classes & workshops			9:00-9:45 AM Total Body Circuit Tracy	9:00-10:00 AM Zumba Aya	9:00-9:45 AM Weight Training Lois	
COST - classes are FREE for STRIDE athletes & volunteers. We suggest a \$15 donation per class for community members.	**April 23 4:00-5:30 PM Restorative Aerial Workshop Elissa \$45	5:30-6:15 PM Total Body Circuit Lois	5:30-6:00 PM Kickboxing Diana / Maureen		9:45-10:30 Barre Lois	**April 15 4:00-5:30 PM Restorative Aerial Workshop Elissa \$45
		6:15-7:00 PM Barre Lois	6:00-7:00 PM Yoga Lois	6:00-7:00 PM Interval Kate / Kirstein	4:30-5:30 PM \$95** Aerial I Elissa (4 weeks) \$95**Intro Aerial Elissa (4 weeks)	
PERSONAL TRAINING AVAILABLE — Email communitywellness@stride.org for additional information 1-on-1 or small group weight training, core/balance, mat yoga, Pilates, aerial yoga, nutrition counseling, etc.						

STRIDE Adaptive Sports

2023 Friday Fun & Fit



Our sled warriors did some great things at the Skaneateles NY Tournament but unfortunately lost all games. Two of the 4 teams

compete in a sled hockey league, playing multiple games every weekend and go to many more tournaments than our team has opportunity for. It was a great learning experience and the team had a great time on and off the ice! The Amelia Tournaments wrapped up the season this past weekend, coming in 4th overall. Go Warriors! We hope to gather for a season end banquet this year to plan for 2024 season and celebrate the 2023 victories. We are excited to announce that the team has been selected as a recipient for funding from the Cap Cup Tournament in 2024!

STRIDE Stingrays Dive Deep Into Changes

The Stingrays faced some challenges this month, with a last minute change to their facility and practice schedule. Due to construction at the Mohonasen pool, the Stingrays had to quickly find a new pool and lifeguards, right before their busy meet season began. With hard work from Coach Emilia, and helpful suggestions from parents, the Stingrays now have the opportunity to swim at Bethlehem HS and Albany Academy until Mohonasen re-opens.



The Stingrays competed in the Special Olympics on March 26th, against teams from all over NY state. The swim meet was held at Marist College and was the 1st of several meets scheduled for this spring. Go Stingrays!!

Time to think about Golf!
Get your Team together now!



FSP Annual Charity Golf Tournament
The Society of FSP 4th Annual Golf Outing

Colonie Country Club Monday, September 25, 2023

Benefitting STRIDE Adaptive Sports



Program

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

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

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

RESPITE: 3 hours
responsibility-free for parents!
Run errands, or date night!

Ages 5-21
one to one with a
volunteer

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



Program Dates:

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

We need Volunteers!

Contact
aryan@stride.org



March Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We would like to take this opportunity to thank March contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible. ****Note - [Click here for the list of 100K Vertical Challenge donors](#)**

Donors

Darlene DeMott
Maithao Le
Alan Cruz
Frank Szepessy
Mary Yates
Jennifer Festa
Patrick Spillman
Dan Rodda
James Duffy
Anthony Scanu
Jeffrey Festa

Nicholas Trova
Jeff & Kim Sutton
Haley Masters
Craig Hamelink
Deryck Culley
Constance Culley
Craig Kincaid
Jeffrey Greer

About Our Event

The Society of FSP is hosting our 4th Annual Golf Event on Monday, September 25, 2023. We are excited to announce that we are benefitting STRIDE Adaptive Sports. STRIDE's vision is to build a community with equal opportunity and access for sport and recreational activities. No one should be left behind because of a disability! STRIDE believes it is possible to remove boundaries, fulfill dreams, enhance self-esteem, and empower youth with disabilities through participation in sport and recreational activities.

Please join us for a day of golf at **Colonie Country Club, 13 Country Club Ln. Voorheesville, NY 12186**. Our day will be filled with contests and prizes! We will have exciting auction items and a special guest who keeps STRIDE close to their heart. To learn more about STRIDE and all of the amazing opportunities they provide for individuals, children, and Wounded Warriors, please visit their website, <https://www.stride.org/>

Registration Information:

A foursome to our event will be \$700.00, which includes breakfast and dinner. When you sign-up to purchase your foursome ticket, you will be asked to add who is playing with you. **Also, we are offering our Super Tickets to be purchased in advance that has a value of \$70 for \$60.** Super Tickets include: Raffle Tickets (two arm lengths, \$40), Ticket to the Putting Contest (\$20), 2 Mulligans, 1 set per foursome (\$10).

Sponsorship Packages

Platinum \$2,000

2 Foursomes
Booth at Event
Logo included on all marketing
Complimentary Tee sign
Recognition at Event

Gold \$1,500

1 Foursome
Booth at Event
Logo included on all marketing
Recognition at Event

Silver \$1,000

1 Foursome
Logo included on all marketing
Recognition at Event

Bronze \$500

No Golf
Included on all Marketing
Recognition at Event

Individual Sponsorships

Breakfast Sponsor \$500

Logo on Buffet table and patio area
Recognition at Event

Dinner Sponsor \$500

Logo on Buffet table and patio area
Recognition at Event

Golf Cart Sponsor \$800

Logo on all golf carts
Recognition at Event

Cocktail Hour Sponsor \$1,000

Logo around the bar and seating area
Recognition at Event

Putting Contest Sponsor \$500

Logo near the contest area
Recognition at Event

Closest to the Pin Sponsor-Women \$250

Logo on the tee
Recognition at Event

Closest to the Pin Sponsor-Men \$250

Logo on the tee
Recognition at Event

Longest Drive Sponsor-Women \$250

Logo on the tee
Recognition at Event

Longest Drive Sponsor-Men \$250

Logo on the tee
Recognition at Event

Tee Sign Sponsor \$100

Sign displayed on course

Event Agenda:

9:00 AM: Registration and Breakfast
10:00 PM: Shotgun Start

3:00 PM: Happy Hour,
Dinner,
Putting Contest,
and Guest Speaker

To pay by check, contact:
Susan Tobin

518-366-6213
EmyChapExec@gmail.com
The Society of Financial
Service Professionals,
Eastern NY Chapter

Scan the code to sign up online
https://sperny.com/4th_Annual_Golf_Event



Organizations & Foundations

NY Capital District Ski Council

Capital District NY Chapter Association of the U.S. Army

Joyce-Schirick Post 1386

Red Hook VFW Post 7765

Stewart's Foundation

Veterans of Lansingburgh

Move United

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Memory of Dr. Bruce Gordon

Patricia Geller

In Memory of Shirley Collins

Jackie Baird

Dave & Cindy Rabago

In Honor of Mary Ellen Whitney

Savell Quinn

In Honor of David Margolin

Gillian & Jeff Margolin

In Honor of Dan Healy

Janet Silverman

In Honor of Lou Simmons

Marco Cohen

In Honor of James, Justin & Jerry @ Catamount

Marco Cohen

In Kind Donations:

Veterans Miracle Center

Dolce & Biscotti Bakery

Jiminy Peak Mountain Resort

Mess Hall-Noelle Hardy

VFW

Charles Newton

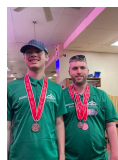
Goombas Pizza

Hannaford Distribution Center

Freihofers Distribution Center

Steele Street Rose Band

LaSalle Color Guard



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

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

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