



April E-News from STRIDE!

Message from the CEO Personal Announcement...again!

I know, I know...I said this before....BUT , I have reached the time in my career that I have decided to retire from my role as CEO of STRIDE and make room for the next chapter of both STRIDE and my life.

My retirement is *not immediate* as I intend to continue in my role for up to 12 months as the Board searches for my successor, with the goal of ensuring a seamless transition. To that end, the Board of Directors have formed a search committee. With Luck, by next April, the end of another ski season, I will be retired! However, I do not intend to disappear, and vow to continue as a volunteer leader in the ski programs and assist with any volunteer committees where needed. I am also willing to serve on the Board, and consult. I have been contemplating this change for quite a while and our strategic plan indicated this. I believe it is the right time for me to take the next step in slowing down my pace from 100 mph to perhaps 75 mph and for STRIDE to commence its own next dynamic chapter. Our 5 year strategic plan indicates the main goal for transition of leadership before 2025, therefore, my announcement, I hope will spark action.

This is where we seek help from our internal resources. We need you to spread the word and connect us to potential leaders who may be interested in this position of Executive Director for STRIDE.

I want to express my gratitude to the Board for their incredible support over 36 years! STRIDE looks so much different today. Our asset base is strong. We are a staff of 4, with a headquarters office building, community fitness center and nearly 2 dozen programs and activities annually. We serve nearly 2500 athletes and their families with nearly 300 active volunteers annually. Our reach is wide geographically and we are known as an adaptive sports leader in the USA. Our organization foundation is very strong and attractive for a successor.

As I reflect on the past 14 years in my role as a paid full-time Executive Director, there is so much that brings me joy. I am grateful for the continued wise counsel and supportive leadership especially of my Board members and volunteer Program Leaders, who give selfless service to the mission of STRIDE, including during challenging times. The mission continues...

With Deep Appreciation,
Mare Whitney, CEO & Founder



Amazing Volunteer: Lisa Hutchinson

Lisa's first interaction with STRIDE came when she was looking for activities for her daughter,

Marie. Together, they discovered STRIDE's camping program. The weekend camping program gave Marie the opportunity for independence for the first time in her life. Lisa describes her experience with STRIDE as life-changing for Marie and their entire family and she knew someday she would be able to give back to STRIDE in a meaningful way.

Marie, now 31 years old is happily living in a group home and Lisa is retired after 33 years with Farm Family Insurance /American National Insurance Co. (formerly Farm Family). Upon retirement, Lisa instantly knew that now was the time she could give back to STRIDE and walked in our doors to volunteer in any way needed, and she generally spends 2 full days per week in our office. Lisa's executive skills and personal connection to STRIDE has made her a STRIDE Super Star! Among other tasks, Lisa has gone to the community and secured over \$2,000 in donations from area businesses.

She lives in East Nassau with her husband John. She is the mother of former STRIDE athlete, Marie and son John (wife Kirstie) and is the proud grandmother of 9 mo. granddaughter, Aria. In her free time Lisa enjoys bowling, camping and skiing.

Thank you Lisa for all you do for STRIDE.



Sign up Now - New Format ...After Work Run and Party at the Pump Station!!
Contact cgolden@stride.org for info!



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 Gail Tagan after hip surgery.
- Congratulation to Hockey Captain Stefon Stillwell and Nicole on their engagement!
- 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
- Get Well wishes to Rosemay Corsi.
- Welcome new intern from Albany Medical College, Juliet Ross.
- Thank you Kevin Woodbury for helping to get the office printer up and running at it's full potential!



Bike Camp Registration is Full! VOLUNTEERS NEEDED!



STRIDE Bike Camp

Make the difference in the life of a child....

VOLUNTEERS NEEDED!

Strides 4 STRIDE

RUN • WALK • ROLL

5k & 2k Race, Walk 'n Roll

www.stride.org/5k

Scan to Register

WEDNESDAY, JUNE 14TH
5:00 PM

JENNINGS LANDING, ALBANY

USTAP Certified Course
USATF Certification Code NY15018JG

Join us after the race and show your bill for a beer or soda compliments of C&E Evans Brewery/Albany Pump Station



Snowsports Season ...a Wrap!

The season concluded with huge success in our numbers and more importantly 2023 season success stories. The Race Team flourished with personal bests. The Great Race was

back after a 3 year hiatus. Although the season's weather was not the greatest, we managed to increase lesson totals to BC (before Covid) statistics. *Jiminy Peak program (including Warrior Snowfest and Great Race) provided 952 lessons; Catamount = 94 and new Program Titus Mountain = 16; with a grand total of 1086 lessons and 3,350 Volunteer hours. Way to go team!!*

STRIDE Spring Golf



Route Fore Golf Center
391 N Greenbush Rd, Troy, NY 12180

2023
Sunday's 9:30am - 10:30am
5/7 - 6/11
Program Leaders:
Tony & Kelly Curro

Can only accommodate 10 golfers per session. Summer & Fall sessions will also be available. Ages 8 - 21.

All participants must have a current STRIDE registration form and new liability waiver on file. A \$25 administrative fee required.

To enroll you MUST contact STRIDE Program Director, Allie Ryan
aryan@stride.org | 518-576-1279

Coaches Tony and Kelly Curro and new Assistant Coach, Warrior Dan Wargo invite you to come swing a club and learn to drive and putt. Only 10 spots available, so sign up now by contacting Allie aryan@stride.org

SHARE Center Spring Fitness



STRIDE SHARE CENTER Community Wellness Program

STRIDE Adaptive Sports, 4482 NY Highway 150, West Sand Lake, NY 12196



Volunteers Needed!

Learning to ride a bike is a Rite of Passage for all children. Did you know that the vast majority of children with disabilities, never experience the thrill of independently riding a two-wheeled bike? We need volunteers to defy these odds, and teach skills to last a lifetime!

This unique 5- day bike-riding program is coordinated with [iCan Shine's Bike program](#), who provide adaptive bikes and philosophies to ensure the success of all riders. Campers learn 90-minute sessions daily for a week. Each camper is assigned a trained volunteer to run alongside them to ensure safety. Refreshments and lunch are provided daily.

VOLUNTEERS NEEDED: sign up for half or whole day sessions, Monday - Friday!



Full Day: 8:15am-5:15pm.
Morning session: 8:15am-1:15pm.
Afternoon session: 1:45pm-5:15pm

Where: Union College, Memorial Field House, Schenectady, NY 12308

When: June 26th – 30th, 2023. Orientation June 25th at 10am.

SIGN UP NOW!! [iCan Shine Volunteer Page](#)

Contact STRIDE Program Director Alii Ryan | aryan@stride.org | stride.org

MAY 2023

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
**AERIAL Registration is required for aerial classes & workshops COSTI - classes are FREE for STRIDE athletes & volunteers. We suggest a \$15 donation per class for community members.			9:00-10:00 AM Weight Training Tracy	9:00-10:00 AM Zumba Aya	9:00-10:00 AM Weight Training Lois	
					4:30-5:30 PM \$95**Aerial I Elissa (5/18, 25 & 6/1, 8)	**May 20 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		5:45-6:45 PM \$95**Intro Aerial Elissa (5/18, 25 & 6/1, 8)	
		6:15-7:00 PM Barre Lois	6:00-7:00 PM Yoga Lois	6:00-7:00 PM Interval Kate / Kirstein	7:00-8:00 PM \$95**Aerial I Elissa (5/18, 25 & 6/1, 8)	
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 Sled Warrior's get help from the Cap Cup for Kids

Tournament!

We are excited to announce that the team was selected as one of the charity recipients for \$10,000 funding from the [Cap Cup Tournament](#) in 2024! The Tournament took place this weekend at Clifton Park's Ice Arena and our team took the ice for a demo and a Learn to Play opportunity for athletes to try the sport. We are so very grateful for financial support in coming years from the donors to the CapCup for Kids Tournament.



Strikes 4 STRIDE



Saturday, June 3rd, 1:00 PM

Kingpin's Alley, Latham



\$20/per bowler

\$75/Team of 4

\$150/VIP Team*

VIP package includes 4 t-shirts

RSVP to

Stridebowling@stride.org

Send checks to STRIDE, 4482 NY Highway

150, West Sand Lake, NY 12196

Proceeds to benefit STRIDE Adult Bowling

www.stride.org

STRIDE Adaptive Sports 2023 Friday Fun & Fit

Teen Kayaking & Paddleboarding



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



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

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



Play FORESTRIDE!!
Get your Team together now!

**The Society of Financial Service
Professionals 4th Annual Golf Outing
to benefit STRIDE Adaptive Sports**

Crooked Lake

72 Holser Road Exit, Averill Park, NY 12018
4:30pm - 6:00pm

Summer
2023

Kayaking: May 10th, 17th | June 14th, 21st
Paddleboarding: June 6th

Ages 13+ | must be able to swim | a parent or caregiver is required to assist in and out of the water

A \$25 administration fee and an up to date STRIDE registration form
and liability waivers are required to participate.



To enroll you must contact STRIDE Program Director
Alli Ryan | aryan@stride.org

The Kayak Program with Coach Linda is back, and a new edition for discovery is a day of Stand Up Paddleboarding! ACA certified instructors, Linda Finkle and Elissa Voigt, invite you to soak up the sun and have some fun on Crooked Lake! Sign up now because spaces are limited.



Ages: 12+

Time: 9am - 3pm

When: Sunday, July 16th

Cost: FREE for athletes & STRIDE Wounded Warriors

Guest Cost: \$69

Where: Beaverbrook Outfitters, 3921 Rt. 28. North Creek, NY 12853

First time participants get priority until June 16th



Athletes 21 and below must be accompanied by a caregiver.

To enroll you **MUST** contact STRIDE Program Coordinator
Alli Ryan | aryan@stride.org

April Donors

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

Donors

Darlene DeMott
Maithao Le
Christopher & Kristi Casey

Megan James
David & Sandra Graham
James & Kimberly Ireland
Jason Raynor

Corporations, Stores & Resorts

Capital Cardiology Associates
Lavelle & Finn
Rustoleum

Monday, September 25, 2023

Colonie Country Club

Foursome: \$700

9 am Registration
10 am Shotgun Start
3 pm Happy Hour, Putting Contest
4 pm Dinner & Guest Speaker



For more information, contact **Susan Tobin** at 518-366-6213

Broadview FCU
The Spinney Group

Organizations & Foundations

Shellstrong Foundation Inc.
CM Fox Charity, Inc

Sled Hockey

Exit 21 Carwash & Quick-Lube Center Inc
Claude Olsen

In Memory of Mrs. Elizabeth Bulger

Amy de Souza

In Honor of Mary Ellen Whitney

Savell Quinn



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



Donate your Clean NY Bottles & Cans

Mention **STRIDE Adaptive Sports**

Your donation is given to STRIDE!
Donation Locations:

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

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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