



July Hot E-News from STRIDE

Message from the CEO *On Leadership*

I was recently co-host for PSIA-E Women's Crush Webinar series on the topic of leadership, so I thought I would share some of the pertinent info that came up in the form of questions :



How do you define leadership, or what does leadership mean to you? *Knowing your WHY (the authentic mission that drives you)... not just the WHAT and HOW; be influenced by collaborators and work together to achieve goals. I focus on leading and modeling in a way that encourages creativity, innovation, and out-of-the-box thinking. Teams!*

What type of leadership opportunities have you had both inside and outside of the snowsports industry? *Building collaborative adaptive programs at many resorts over the years: Maple Ridge, Jiminy Peak, Catamount, Sundown, Yawgoo, Titus; and leading the training programs for new teams of coaches to get them off the ground*

- Greatest experience – Being a national adaptive academy trainer for the last 20 years at Breckenridge CO among my national 'hero' leaders who inspire me
- Outside: building an NFP from the ground up based on values regarding public school systems, and not just to create a job.

What had you done that helped prepare you for this role? *It happened naturally and slowly over a decade, as an outgrowth of my personal values and mission-driven teaching career with the desire to change the system to level the playing field for my students. Being organized in time management is a critical characteristic.*

Did you have help along the way, or did you feel you had to do much of the work on your own? *Because of my driven work ethic and out-of-the-box creative approach to adaptive physical education in public schools, the more I was recognized for leadership, the more I was ostracized by admin and colleagues for being different and so passionate about social change. So in the early years, I built STRIDE alone, with the exception of a few friends, and family.*

Give an example of a lesson learned, or something you wish you handled differently, while in a leadership role.

Hiring the wrong person to fill a spot... exercise patience to find someone who also embraces the WHY, and exemplifies the mission; ours is an 'active healthy lifestyle'.

If you could go back in time and give your younger self some advice, what would it be? Know your authentic self, and be that person always – don't worry about others' perceptions of you (even in a man's world). Take opportunities; say yes, even if it scares you. Be prepared and organized professionally and in your life. Be diverse, and know a little about a lot of things. Don't ever stop learning, continue your education in every form.

Do you find there are challenges of being a leader that are unique to women? Yes, in a predominantly male-dominated field, especially

snowsports and for ED's of a NFP in my career. Men don't always take you seriously, especially in leadership roles in my early years. Today there are

Amazing Athlete Alex Doering

Alex Doering aged 19, has had a wonderful experience with STRIDE Adaptive Sports over the last 7 years. Alex started his STRIDE career swimming for the Sting Rays in 2016. He competed in many local meets and participated in the Special Olympics at Siena College in 2018 winning 3 gold medals. In addition to swimming, Alex has participated in Bowling and more recently Golf. Alex started golf during the pandemic and continues to enjoy the Sunday morning activity with his friend Anthony.

Additionally, Alex has attended many STRIDE Teen dances, including Halloween, holidays, 50's and 80's. He is happy to see many friends from school at the dances.

Alex's favorite experience with STRIDE is his camping weekends. He likes to swim, hike, play kickball, sit by the fire, and eat hamburgers, pancakes, and a lot of watermelons! Alex loves the different themes for camping weekends. Camping has helped Alex gain confidence and learn independence and plans to participate again this summer.

You ROCK Alex!



Welcome New Board Member, Daniel Bopp

I am pleased to accept a position on the Board of STRIDE Adaptive Sports. I have known Mary Ellen for over 20 years and my wife worked with Mary Ellen prior to that.

When the 100K Vertical Challenge began, Mary Ellen, (in her own fashion), personally invited, coerced, and challenged... me to form a team for this event.

Does this sound familiar to members of the Board? So, let me share some of my



more women leaders and more widely accepted. Women represent **58.4%** of the US workforce as of September 2022 but only held **35% of senior leadership positions**.

With Deep Appreciation,
Mare Whitney, CEO & Founder

SCORE Summer-themed Tent Camping

Jump on the roster soon, because most of the weekends left this summer are filling fast. The first three weekends were epic adventures for kids and volunteers alike. Your \$25 admin fee is the best value .. you get a weekend of respite; all meals for your youth, and a field trip to some amazing places such as the Millbrook Zoo and MacHayden show 'Footloose'. Only three more camps left! Sign up now!! aryan@stride.org



2023 Youth Camping



6/23 - 6/25 Adventure Weekend

This adventure packed weekend will include going to Jiminy Peak's Aerial & Mountain Adventure park. Enjoy climbing through the trees, ziplining, rides, trampolines and much more.

7/7 - 7/9 Music and Movement

Campers will enjoy making their own instruments, karaoke, singing/dancing around the campfire with musical guests, and watching a live production of Footloose the musical at Mac-Hayden Theatre!

7/21 - 7/23 Animal & Nature

Campers will have the opportunity to go fishing, enjoy nature walks, and go on a field trip to see more than 180 exotic & indigenous animals at the Trevor Zoal

8/4 - 8/6 Funathon Weekend

This weekend will be a blend of sports and crafts. Friendly competition is healthy, and campers will have the chance to hone their skills in horseshoes, kickball, swimming at Crellin Park, and show off your creativity with fun craft projects.

8/18 - 8/20 Military Boot Camp 4 Kids

First time participants only

Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to Catamount's Adventure course with their vet as their guide.

9/8 - 9/10 Water Ski Adventure

Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an adaptive water skiing trip to **Leaps of Faith** in Connecticut!

Wheelchair users are especially encouraged to participate this weekend.

A \$25 program admin fee is required to participate. Failure to cancel without notice could result in losing future spots.



Camp location: Camp SCORE - 2182 State Route 203, Chatham, NY (across from John Deere dealership)

Camp Times: This is an overnight camp. Drop off - Friday after 5:00pm Pick up - Sunday 12:00pm

To enroll you MUST fill out the camper registration packet, find it on our website www.stride.org/sports/camp-score/

For questions, contact STRIDE Program Director Alli Ryan - aryan@stride.org

Blind Teens & Warriors Get the Ride of Their Lives with Whitewater Rafting

On Saturday, July 18th, STRIDE Athletes and Warriors joined with 10 teenagers with vision impairments from Northeastern Association of the Blind (NABA) enjoyed a 15 mile down the Hudson River Gorge with Beaverbrook Outfitters.

STRIDE & NABA share the vision of empowering individuals with special needs to achieve their potential. STRIDE & NABA have occasionally worked together for over 20 years to provide sport and recreation opportunities to the visually impaired including downhill skiing, and tent-camping trips. This is the first time they embark together on a whitewater rafting excursion.

"The opportunity for the NABA teens with STRIDE teens and Wounded Warriors to work together as a team to navigate the

rapids will demonstrate the power of teamwork and what they can accomplish and that they are not limited by any disability," said STRIDE CEO & Founder Mary Ellen Whitney.

background
I began my career in sales and formed my own company in 2006. I am a certified HUD Inspector, but my true passion quickly turned to Carpentry. We provide Property Management of residential properties as well as remodeling and repairs. In addition to my work activities, my wife and I have devoted much of our lives to Volunteering. We have been very active in our church for over thirty years. I have been a Volunteer Fireman for 37 years and a Volunteer Ski Patrol for the past 10 years at Jiminy Peak. During the eighties, I was a Board Member for the Albany Area Builders Association as well as the Adirondack Builders Association. I am a 2003 graduate of the Leadership Columbia County. I have held numerous offices in the Stuyvesant Falls Fire Company including eight years as president. I am currently a Commissioner for the Stuyvesant Falls Fire District.

I am looking forward to working with STRIDE Adaptive Sports while continuing to support these worthy programs.

Thank you for your consideration and I look forward to working with the Board; Dan Bopp

Last Kayak Day - Big Trip Around the Lake!

After being rained out earlier in the summer, we rescheduled our group for the last celebration kayak with perfect weather at Crooked Lake. Thanks to the Favro family for gifting their property and kayaks; and to all the great volunteers. The kids were able to put their skills to the test and circumnavigated the entire lake including the cove! We ended with a big celebratory swim! Thanks to Program Leader Linda Finkle; and Leaders for the last trip were Alli Ryan and Mare Whitney.



Bocce, Corn Hole, and Pickleball at STRIDE!

Did you know that our SHARE Center has space for fun outdoor activities? Join us on **Wednesday nights in July**, for yard games on our new pickleball and bocce court! **OPEN TO ANYONE!!** Seen here - stiff competition between DJ Reinhart and Chance Thiebault.





STRIDE Welcomes Dignitaries from Poland

A group of 9 dignitaries from the country of Poland, including interpreters will be visiting the United States and making a stop in the Capital Region of New York. Their purpose is to learn more about disability, sports for social change, and inclusion projects through the World Learning Program and the Department of State. In their travels, they have requested a visit to our offices to learn more about the programs and individuals we serve. The US Department of State has outlined specific objectives for their project including examining public and private sectors; funding for services programs; networks; enhancing quality of life for persons with disabilities; and discussion with representatives of organizations, such as STRIDE on historical and anticipated successes and challenges. They will visit in August for a half day to gather information to take back to their country, where programs like ours largely do not exist. We are excited to be assisting worldwide efforts that enhance our mission.



Dave & Marisa Clark Memorial Fund Needs Your Support



Twenty plus years later, the legacy of Dave & Marisa Clark continues to positively impact STRIDE and our athletes.

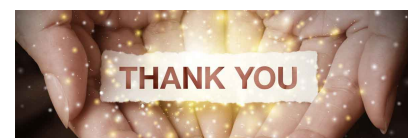
by providing financial support for families so their children can benefit from participating in STRIDE programs.

This year, five families received assistance for their child to attend STRIDE's Bike Camp. The Clark Memorial Scholarship is vital to providing programs to those in need.

The David H. & Marisa G. Clark Memorial Fund is chaired by Peter Clark (Dave's twin brother) and friends Michele Charache and Mary Sapp. Your donation to the DHC Fund will empower hundreds of children through the power of sports. To donate through our website, click [here](#) or if you prefer, a check made out to STRIDE/DHC Fund can be mailed to our offices, STRIDE/DHC, 4482 NY Highway 150, West Sand Lake, NY 12196.

July Donors

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



Individual Donors

Darlene DeMott
Maithao Le
Jeff & Giselle Frame
Joey Furlong

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Hannaford West Sand Lake

Organizations & Foundations

Seymour Fox Memorial Foundation

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Memory of Thomas Haffner

Amy Lange
Robin Mann
Janet Scammell
Virginia McCoy
Don & Jill Long Family Fund

STRIDE Adaptive Sports
2023 Friday Fun & Fit

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



Play FORESTRIDE!!
Get your Team together now!

Don & Jill Lang Family Fund
John Romano
Kenneth & Mary Ann Kerwin
Joanne Daddio & Anthony Haffner

In Honor of Mary Ellen Whitney
Savell Quinn

In Memory of Nora MacIntosh
Erin and Todd Muller

In-Kind Donations:
Nicole Pelletier
Donald Witt



**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

- Deepest sympathies to the family of Meg Wager on the loss of her Dad
- Congrats to Charlie Reutemann and family on birth of Cameron
- Best of Luck to Eagle Scout candidate Benjamin Brewer who will be building a new fishing dock at our SCORE
- Get well Alex Doering after a broken foot incident!
- Huge thanks to Volu teer Nicki Pelletier who keeps our HQ grounds looking professionally manicured!



We have a very active "SOCIAL" life at STRIDE! Join us on [Facebook](https://www.facebook.com/strideorg), for all the latest and greatest activities and resources.



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

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

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