

STRIDE Adaptive Sports



2022-23 Annual Report





New York State Special Olympics - Bowling

We are **38** years **STRONG**

A message from the Chief Executive Officer

Dear Friends and Supporters of STRIDE Adaptive Sports,

This year has been a great success for our athletes with special needs as they were offered a variety of returning activities along with some new programs. The SHARE Center has witnessed a steady growth and now offers a full week of integrated community fitness classes. Additionally, new programs such as aerial yoga and kickboxing have been added, which has contributed to the sustainability of the property by generating more revenue. To make the center even more appealing, we have added a pickleball court and a cornhole court. The Friday evening Respite program has become popular among families. We also addressed the issue of young adults who age-out of our programs by adding an adult competitive bowling league on Tuesdays, which competes in the New York Special Olympics. Overall, we are proud to have expanded and diversified the range of activities and programs available to our athletes with special needs.

After much contemplation and in accordance with our strategic plan, I have decided to retire from my role as CEO of STRIDE. While my retirement is not immediate, 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. I will continue to serve as a volunteer leader in the ski programs and assist with any volunteer committees where needed. My retirement marks the beginning of a new chapter for both STRIDE and my life. With our 5 year strategic plan indicating the main goal for transition of leadership before 2025, I hope that my announcement will spark action towards that goal. I am excited for the future of STRIDE and the opportunities it holds for the next dynamic chapter.

I am immensely grateful to the Board for their unwavering support and dedication over the past 38 years. Today, STRIDE is a thriving organization with a strong asset base. With a team of 4 full-time and 8 part-time employees, a headquarters office building, and a community fitness center, we are able to offer nearly 2 dozen programs and activities annually. We are proud to serve almost 2500 athletes and their families, with the assistance of nearly 300 active volunteers each year. Our impact extends across a wide geographic area, and we are recognized as a leader in adaptive sports in the USA. With a solid foundation in place, STRIDE is poised for continued success and is an attractive opportunity 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 much Appreciation to ALL who have held me up in this position I love,

Mary Ellen Whitney CEO & Founder

table of contents

Message from the CEO.....pg. 1

Board of Directors.....pg. 4

Mission and Vision.....pg. 5

Who We Are & What We Do.....pg. 7

Program Highlights.....pgs. 9-10

Number of Lessons Provided.....pg. 12

Highlights.....pg. 14

Athlete of the Year.....pg. 17

Volunteer of the Year.....pg. 18

Athlete’s Creed.....pg. 21

Honorary Board.....pg. 22

STRIDE Staff.....pg. 22

Major Funders and Donors.....pg. 23

Consolidated Financial Statements.....pg. 24



300+ trained
and dedicated volunteers

Board of Directors



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Founder and CEO
STRIDE Adaptive Sports
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Physician Resident
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Our Mission

STRIDE's mission is to educate and empower Individuals with disabilities in life-changing sport and recreation programs to sustain active, healthy, and fun lifestyles.

Our Vision

Building a community with equal opportunity and access for sport and recreational activities. No one should be left behind because of a disability!

Our Priority

Safety, health and well-being of everyone in our STRIDE community

Our Core Values

CREATE opportunities and provide outlets for individuals with special needs to make friends, increase self-esteem, develop life skills, realize their potential and become productive members of society.

EDUCATE volunteers, families and communities about opportunities that exist for individuals with special needs.

PARTNER with leading professionals, educational institutions, agencies and communities in order to create top-tier recreational programs for individuals with disabilities.

LEAD in the arena of adaptive sports by providing opportunities for STRIDE participations that are safe, fun and help achieve personal goals.

ENGAGE a committed team of volunteers, parents, family, friends and community members in our services and mission.

CHALLENGE the status quo by removing boundaries and breaking down barriers of ignorance and attitude that can block the path of independence for individuals who have disabilities.

Who we are *and what we do*

Learn to Bike Program at Union College hosted 40 athletes and 50 volunteers for a week!



1,700+ STRIDE Athletes

- A volunteer non-profit educational organization founded in 1985-86
- Provided **19,562** free/low-cost adaptive sport and recreation lessons
- **11,918** of these lessons are new SHARE Center community fitness classes
- Over 300 skilled sport instructors and volunteers
- Served over **2500** families in 2022-23
- Offered programs in **17** sports/activities in **24** locations in **2** states
- Focus is on education for individual life-time sports
- 81% of funding goes directly to programs with a modest operating budget
- Operates with a paid staff of **4** FTE and **8** PTE hourly coaches
- Chapter member of **Move United Sports**
- Official **US Paralympic Sports Club**
- Member of **Professional Ski Instructors of America / American Association of Snowboard Instructors**
- Member of New York Special Olympics; an official Red Cross provider; members of **USHA, USTA, USSA**
- Recognized as one of the largest adaptive sport organizations in Eastern US & among the leading adaptive organizations in the USA
- Collaborates with school districts, colleges and other non-profits
- Partnerships with **Warfighter Sports/Move United** providing rehabilitative sports to regional Wounded Warriors and veteran communities
- Programs are primarily cost-free or low-cost for participation with scholarships available when cost is prohibitive
- Operates a tent-camping facility in Chatham NY, on 86 environmentally protected wooded acres with miles of trails, ponds, camping areas, and a large pavilion/main lodge
- Funding is diversified and comes from grants, private donations, fund-raisers, and corporate sponsorships. No government grants are solicited.
- Operates a 5,300 sq. ft. adaptive fitness and community facility - SHARE Center (*STRIDE Health and Recreation Education Center*) opened in 2020
- Dave & Marisa Clark Memorial Foundation awarded **8** athletes with skiing and bike camp awards
- Receive 40% of revenues through in-kind services and goods

New Bocce and Cornhole Summer Program at the SHARE Center



91 veterans participated
in *STRIDE* Wounded
Warrior Programs

2022-2023 Highlights

sport & recreation programs

- The SHARE Center fitness classes grew as a community resource for individual fitness training and small group sessions and sustains the mortgage for STRIDE HQ
- Sled Warriors practiced year-round with 4 competition tournaments including a home tournament through a grant from the Dralla Foundation
- Strides 4 STRIDE 5K Run, Walk, Roll continues to be a fun downtown Albany event
- Hosted 9 camping weekends at SCORE Center, and many day trips and outings
- Hosted Wounded Warrior Bootcamp weekend and Wounded Warrior Snowfest successfully with normal event protocols
- Continued to add inclusive Yoga, Zumba, Barre, HIIT, Pilates, and Circuit fitness training classes at the SHARE Center as community activities. Aerial yoga was added for restorative individual classes for compromised bodies
- Added a corn hole / bocce/ pickle ball option class at SHARE Center
- Built the kayak program on Crooked Lake as a fall and spring outdoor program
- Ended a 17 year program with Ski Sundown in Connecticut as they opted to go alone; and added a new successful first year ski program in its place at Titus Mountain in the Adirondacks, NY
- Partnered with NY Special Olympics in swimming, bowling and skiing competitions
- Hosted a very successful 100K Vertical Challenge Skiing fundraiser
- Utilized virtual technology for snowsport instructor pre-season training, allowing Jiminy Peak, Catamount and Titus volunteer coaches to work together in Zoom format
- Hosted very successful Teen dances at in the SHARE Center
- Hosted team end-of- season banquets for sled hockey and swimming
- Navigated through a national volunteer shortage successfully , without closing programs

2022-2023 Highlights

sport & recreation programs

The nucleus of our winter programs continues to be alpine skiing and snowboarding, and sled hockey. This year we taught **1,134** total lessons in a ski season without the larger program in CT. The Great Race was once again a big hit. Our sled hockey team had **18** total members including **4** Wounded Warriors totaling **840** lessons with 5 tournaments and a banquet. Summer program nucleus is our SCORE Camp in Chatham, NY yielding 9 weekend programs & family or group use of the grounds. We count 'lessons' that last 1 to 3 hours in each sport or activity.

Programs & Activities Offered

Archery Bowling Bike Camp Dance Disc Golf Fishing
Fitness Training Golf Hiking Kayaking Swimming Zumba
Skiing Sled Hockey Teen Dances Snowboarding Snowshoeing
Tennis Yoga Individual Fitness 5K Run Tent Camping Alter-G
Training White Water Rafting Wounded Warrior Events

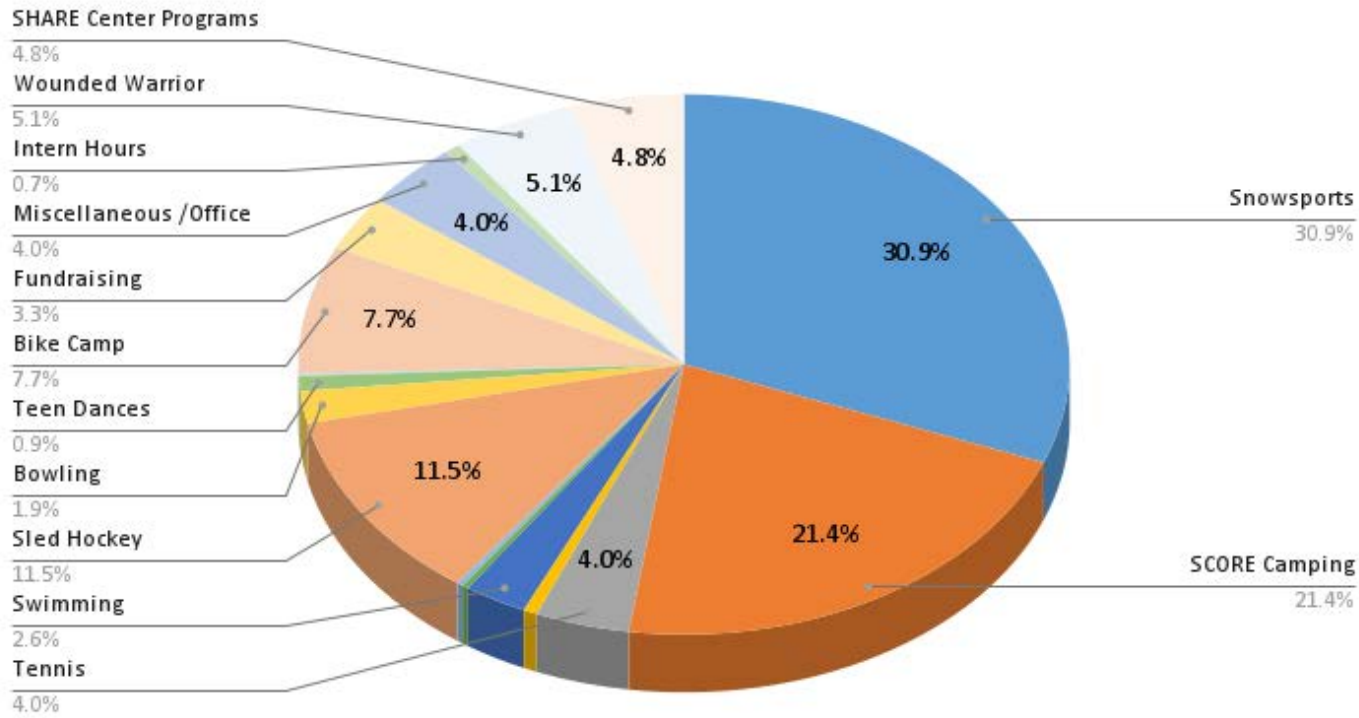


1,134 adaptive ski and
snowboard lessons provided

Volunteer hours = \$ 866,575

Volunteer hours expressed by dollar amount per program at average NY/ MA rate \$35.71 / hour

Volunteer Values



STRIDE athletes are awarded certificates, swag and/or trophies after every successful program to aid in confidence building and independent thinking skills.



19,562
adaptive sport lessons



Developing Youth Feeder team for Sled Hockey program



2022-2023 Highlights

STRIDE Adaptive Sports

Staff:

- ~ STRIDE Administrative team operates with 4 full-time staff with oversight from the Executive Board of Directors; we had employee turn-over again this year; but a foundational team now exists
- ~ We had two college interns; and two volunteer office staff and hired eight hourly fitness instructors and sport program coaches.
- ~ We utilized resources of corporations and agencies who provided employees for outdoor work days at our facilities.
- ~ Living Resources consumers come weekly for office cleaning services

Development:

- ~ Program revenue from administration fees is returned to normal.
- ~ In-kind donations were back up to pre-pandemic level.
- ~ Corporate sponsor support increased in fund-raising events.
- ~ Growth in the 100K Vertical Challenge increased by 20%.
- ~ Our 5K race event was successful, but stagnant in fundraising
- ~ Grants and individual contributions remain steady streams of revenue.
- ~ An Employee Retention credit grant gained us \$90,000 to be allocated to the transition of the CEO

Communications/Marketing:

- ~ Our social media presence is still growing and used more.
- ~ We continue to make improvements in IT developing the database.
- ~ STRIDE's presence in the community continues to grow in awareness through many avenues including media, press and recognition awards.
- ~ Nearly all of our materials and registrations are now digital, and we are primarily a paperless organization with conscious efforts to be 'green'
- ~ We have integrated Safe Sport athlete training into every volunteer application with criminal background checks annually.
- ~ We are rated Platinum level for transparency by GuideStar.
- ~ We were featured on **national news NBC** for our 100K Vertical Challenge skiing event



64 new athlete applications
received this year

New Kayak program hosted on Crooked Lake, NY



17 adaptive sport
and recreation programs
offered year round

Athlete of the Year

Alex Doering



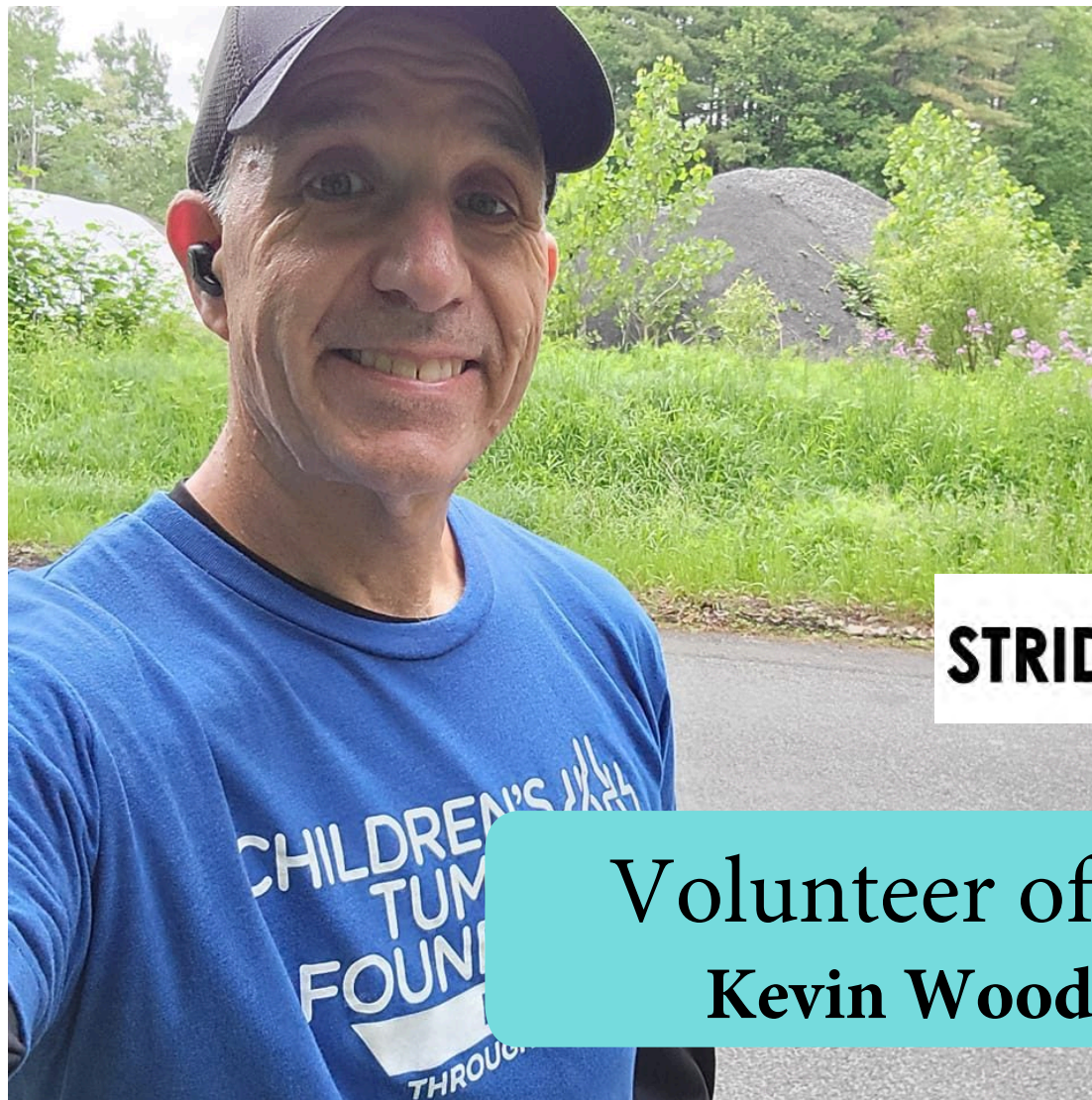
STRIDE Adaptive Sports is proud to announce the incredible journey of Alex Doering, who has been an active member of our STRIDE programs for the past 7 years. Starting as a swimmer for the Sting Rays in 2016, Alex has since participated in numerous local meets and even won three gold medals at the Special Olympics at Siena College in 2018. He has also explored other sports such as bowling and golf, which he began during the pandemic and continues to enjoy with his friend Anthony.

Alex loves the different themes for SCORE camping weekends. Camping has helped Alex gain confidence and learn independence and plans to participate as long as he can.

Beyond sports, Alex has attended many STRIDE Teen dances and his favorite experience has been the camping weekends, where he has gained confidence, learned independence, and made lasting memories with friends. We are thrilled to see Alex's growth and achievements and look forward to cheering him on in his future endeavors with STRIDE.

Congratulations Alex Doering, STRIDE 2023 Athlete of the Year!





STRIDE Moments 

Volunteer of the Year Kevin Woodbury

Kevin Woodbury serves as Program Saturday Supervisor for STRIDE's Jiminy Peak Snowsport Program. Kevin began his journey with STRIDE in 2017 when he was looking for a sports program for his daughter Malina. After positive experiences, he became a snowsport coach and fell right into becoming one of our talented bi-ski tetherers. He got his Level I PSIA Adaptive certification, and jumped in as a trainer for staff. Kevin agreed to take over STRIDE's Supervisor position when longtime volunteer Mindy Fairchild moved to the Adirondacks. He created an on-line format for our staff to use and access the application materials and submit their evaluations. After years of stellar service, Kevin brought in his High School aged son Tyler to teach with us too. Kevin has risen to the occasion to also step in as a camping weekend supervisor and counselor. He helps the main office with IT issues, participates in most STRIDE fundraisers and continues to be a volunteer force and model for everyone.

Kevin lives in Hancock, MA with his wife Alica and are empty-nesters this year with both Tyler and Malina off to college!

Congratulations Kevin Woodbury, STRIDE 2023 Volunteer of the Year.

over **24,267**
volunteer hours



STRIDE honors our **300+** volunteers for making a huge difference in the community. Whether they run a lap with a biker, rake leaves, clean the gym, teach a ski lesson, decorate for an event, take a child camping, or collect a raffle prize; every single volunteer hour has a ripple effect that positively affects the lives of individuals with disabilities in our communities. Our program services wouldn't exist without the assistance we receive from so many big-hearted people. Calculated volunteer hours given for the year were **18,855** at a NY average value from Independent Sector of **\$35.71**, equaling **\$843,649** given in time! The intrinsic rewards received from volunteering for STRIDE are valued much higher than any tangible award. We honor all those who help us throughout the year.

Strategic Plan 2020- 2025



Race team Coach Barb Mark with Special Olympic Athlete Noah Salz

22 active partnerships with educational organizations through Partners in Education

- 1 **TRANSITIONING PRODUCTIVE NEW LEADERSHIP**
 - Execute a succession plan for transition of leadership within 5 years
 - Create a work staff team that promotes and sustains growth and productivity
 - Build community activity in the SHARE center for awareness
- 2 **LONG TERM SUSTAINMENT**
 - Develop a long-term funding plan and solidify funding relationships
 - Measure success through quantitative and qualitative means
 - Full use of the SHARE Center and SCORE camp for income stream
- 3 **GROWTH IN SUSTAINABLE RELATIONSHIPS**
 - Build a base of volunteers to enhance the quality of programs and allow growth
 - Partner with other organizations to meet mission goals
 - Maintain quality administrative staff with long-term career goals to meet the need of organizational growth and sustenance
- 4 **EDUCATIONAL PROGRAM EXPANSION**
 - Develop a full schedule for use of the SHARE Center with varietal activities
 - Develop and strengthen new and existing athletic and recreational programs working with partner organizations and community
 - Strategic growth in developing competitive elements in existing programs such as competition tournaments and races, to further develop athlete skills



STRIDE Honorary Board

Greg Adams

Vice President, Americas, SABIC
Houston, Texas (retired)

Phil Bayly

Anchor, WNYT News Channel 13, NBC
Clifton Park, NY (Retired)

Robert Braverman

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New York, NY

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Jiminy Peak Hancock, MA

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NFL Consultant Coach
NY Giants

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Kinderhook NY

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CEO, Our Ability
Glenmont, NY

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23rd U.S. Army Chief of Chaplains
Averill Park, NY

CSM Frank Wicks

Command Sergeant Major (Retired), US Army
West Sand Lake, NY

STRIDE Adaptive Sports Staff

Mary Ellen Whitney

CEO & Founder

Joe Russo

Chief Operations Officer

Christine Golden

Development Director

Allison Ryan

Program Director

Part-time Coaching Staff

Emelia Carlino
Stefon Stillwell
Lois Whitman
Aya Smith
Kate Rose
Dave Graham

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Killington World Cup Foundation
Move United Sport
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The Picotte Family Foundation
The Greg Adams & Family Gift Fund
U.S. Tennis Association (USTA)
William Gundry Broughton Charitable Private
Foundation, Inc.

Major Donors (\$1,000+) American

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Veterans of Foreign Wars
Veterans of Lansingburgh
Zachary Hartman
Greg Adams
Matthew Baumeister
Jesse Gilbert
Kolby Kanellis
Lori Woodcock
David Van Hoesen

Third Party Fundraising Events

Burnt Hills/Ballston Lake Track Team
Leo Schechtman/Game Changers
Bryam Hills
Marc S. Zeplin Foundation
New York Labor Health Care Alliance
Owen Hilton/Blade Day
Phillips Hardware
Shaker High School
The Vermont Agency Foundation

Major In-Kind Donations

Bern
Delmar Fire Company
EG Hot Yoga Spot
Empire B/C B/S
Family of Fred Liebel
Gary & Deb Favro
Gene Kliot Sportswear
Girvin & Ferlazzo
GoPro
Hannaford
High Adventure Ski Shop
Indian Meadows Courts
Jeff Dunham
Jethro Breuer
Jim Radley
Jiminy Peak Mountain Resort
Lavelle & Finn
Mike Reilly
Ottmar Klaas
Patrick Fitzgerald
Paul O’Leary
Phoenix Confidant – Charles
Newton
Route Fore Golf Facility
Saratoga Lake Yacht Club
Titus Mountain
Union College
Veterans Miracle Center

STRIDE, Inc does not apply for government grant funding; we are solely supported by individual, corporate or event funding.

Together we change lives!

Financial Performance & Outlook

As a 501 (c) 3 nonprofit organization, STRIDE depends on the generosity of its donors and funders to support our athletes and programs, without government funding.

STRIDE now operates with a budget just under \$600,000, making us one of the larger and strongest independent adaptive sport organizations in the Northeastern USA. Being good stewards of the money we receive, we put our athletes and people first. We are family. For every dollar we receive, more than 81 cents goes directly into our programs, better than the national average, earning STRIDE

the highest Guidestar Platinum ranking.

Nearly 40% of STRIDE program resources are supported by in-kind donations (non-cash items such as food, venue rental, professional services, equipment, and auction items or prizes) and other donated services. This helps maximize our impact. This year, we received an ERC totaling \$90,000 that is earmarked for the Executive Director transition. Our financials also reflect the completion of the one-time 2021-22 Cabrini Foundation Building grant of \$125K.

	2022/23	2021/22
Total Revenues & Program Support	\$561,060	\$719,452
Total Expenses		
Program Services	\$547,561	\$541,443
Management & General Operating	\$98,695	\$86,706
Fundraising	\$36,501	\$37,677
Total:	\$682,787	\$ 665,826
Change in Net Assets	(\$121,697)	\$53,626
Net Assets - Beginning of Year	\$1,479,603	\$1,425,97
Net Assets - End of Year	\$1,357,906	\$1,479,603



We feel a great responsibility to our donors, large and small.
That is why we are proud of our efficient operations.

Over 82% of our budget is a direct expense to our programs that provide life-changing experiences for individuals with disabilities through participation in adaptive sports and recreation. We are masterful at keeping costs low with our leverage of in-kind donations! Thank you to every donor, large and small!



\$188,534
donated in-kind
products and services



Jiminy Peak coaches teach Bi-skier Isaac, from Mexico!



STRIDE CENTER FOR OUTDOOR RECREATION & EDUCATION

STRIDE Adaptive Sports

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