



August E-News from STRIDE

Message from the CEO And The Search Continues...

Despite announcing retirement intentions in May, I was met with disbelief, particularly from friends and family who intimately know my work habits. Nonetheless, a search committee was formed including four Board members and an outside consultant. The posted position has received six strong candidates for the position, leading to second and third interviews. The retirement plan may become a reality in the coming months, and I am determined to make it happen. Our organization's staff has been kept apprised in the selection process and is eager to welcome the new leader. Additionally, I have committed to staying on as a consultant for the first year to ensure a smooth transition. The Board of Directors will also continue to work with me, and I will maintain a leadership role in the Snowsports programs during the winter season. This commitment to a collaborative and seamless transition demonstrates STRIDE's ongoing dedication to its mission and the individuals it serves.



As I prepare to turn over my desk job to the new leader, I am excited to announce that I have long-overdue plans to travel. I will be taking some time to relax and spend quality time with my family and loved ones. Specifically, I will be spending more time in Rhode Island with my husband and dogs during the summer months. While I may not be physically present in the office, please rest assured that I will always be available and dedicated to supporting the team. Thank you for your continued support and understanding during this time.

With Deep Appreciation,
Mare Whitney, CEO & Founder

SCORE Wounded Warrior Boot Camp for Kids Supported by Move United Warfighters

Over the weekend, STRIDE Wounded Warriors and Athletes gathered for their annual event. The

campers and volunteers



Amazing Volunteer Linda Reiss

After four years on the Board of Directors as Secretary, Linda is retiring to "make room for the next generation of young professionals" and spend more time traveling and time with family. She has been instrumental in connecting us with corporations such as [Stewarts](#), for funding and ice cream at our events, and has served on many committees. Linda is now serving on the Search Committee for our new Executive Director and will stay until completed.



Reiss spent her entire career in the publishing industry, having spent 20+ years with Matthew Bender Company most recently as VP of Operations, then worked for an international software firm providing business systems to major publishers. She has an undergraduate degree in English and an MBA from the RPI Lally School of Management. Retired, Linda lives in North Greenbush with her husband Don where she enjoys participating in several wood carving groups, traveling, and spending time at Saratoga Lake with her children and grandchildren. They have a son Andrew who has Down Syndrome, and was in the STRIDE programs in early years.

Thank you Linda!! Don't be a Stranger!

Thanks to the Crane Foundation for their Grant Support!

The Crane Foundation (Crane Paper) in the Bershires has generously donated to STRIDE in the amount of \$4,000 in support of our program. Seen here are Richard Peters (left) and Craig Wojcicki (right) presenting the check last week to Mare Whitney (center) in Dalton MA. Craig works for Crane and is also the new Jiminy Peak Ski Patrol Director; and Rich is our Supervisor at Jiminy Peak ski program.



participated in various activities that tested their strength, trust, and teamwork skills. Veterans volunteered as camp counselors, providing mentorship to the campers and creating a



welcoming environment. The campers not only had a chance to learn about military culture but also gained independent skills. One of the highlights of the event was the Aerial Adventure Park at Jiminy Peak, where campers climbed and pushed themselves to new heights. It was a weekend of fun, mentorship, and camaraderie that left everyone with lasting memories.

We would like to express our sincere gratitude to [Move United/ Warfighters Sports Program](#) for their unwavering support to our program. Without them, we would not have been able to provide the level of service that we are currently offering. Their continued support has enabled us to expand our reach and provide more opportunities. We are truly fortunate to have such a reliable partner in this journey towards empowering individuals through sports. Thank you, [Move United/ Warfighters Sports Program](#), for your invaluable support to our program.



Join "Split Happens", STRIDE's Competitive bowling League!



Where: King Pin Alley
375 Troy Schenectady Rd,
Latham

When: Monday's 6:30pm-
8:30pm

Starting 9/18/23; 30 week
Program

Program Leader: Diane Grugan-
Duvall

Competition Rules

- No Bumpers
- Alternating lanes
- Foul lines turned on
- Adaptive Ramps allowed
- NY Special Olympic Tournaments

Minimum age is 16

Must have current STRIDE registration /
liability waiver on file

\$75 Administration fee for under age 22

Program fee for age 22 & over

Choose to pay 3 - \$100 payments in Sept, Nov
& Feb **OR** pay 1 - \$250 payment and save.

Can't commit to 30 weeks?

- Part Time - Schedule A/B (alternating weeks)
\$150 fee
- Substitutes - Pay as you play \$10 a week.

To sign up- email
STRIDE Program
Director, Alli
Ryan
aryan@stride.org

WARRIOR PICKLEBALL

FRIDAYS AT 11 AM

SHARE CENTER

4482 NY HIGHWAY 150
WEST SAND LAKE, NY 12196



TO PLAY CONTACT
ALLISON RYAN

PROGRAM DIRECTOR
ARYAN@STRIDE.ORG

STRIDE Welcomes Dignitaries from Poland

STRIDE
welcomed a
group of 8



Why Volunteer at STRIDE? Benefits & More!

Are you feeling like you want to make a difference in the world and improve your life at the same time? Volunteering is a great way to **achieve both goals**. By giving back to the community, you can **find a sense of purpose** and fulfillment, as well as a **feeling of accomplishment**. Not only that, but volunteering can help you **develop a sense of community**, **make new friends**, and **improve your social skills**.

But that's not all - there are also practical benefits to volunteering. You can **gain valuable skills that may be useful in your future career**, learn new things, and **build up your resume**. And let's not forget about the **fun factor**- volunteering can be

a great way to **bring joy and energy into your life**.

So why not consider volunteering today? Whether you're passionate about helping people, animals, or the environment,

group of dignitaries from the country of Poland, including interpreters visiting the United States and making a stop in the Capital Region of



New York. Their purpose was to learn more about disability, sports for social change, and inclusion projects through the World Learning Program of the Department of State. In their travels, they visited STRIDE 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.

THINK SNOW NOW...Sign up ASAP



BECOME AN ADAPTIVE SKI/ SNOWBOARD COACH?

THINKSNOW Contact us now: mwhitney@stride.org

Join program coaches to learn...

When: Thursday, October 12 from 6:00 pm to 8:30 pm
Where: STRIDE 4482 NY Highway 150 West Sand Lake NY
Sign up by emailing: mwhitney@stride.org



Requirements: Minimum 15 years old; intermediate skier/ rider; commit to 1 weekend day all season; indoor training begins weeknights in October

Benefits: Family season's pass, discounts; uniform; best job you'll ever have, ever!

For information: www.stride.org or 518-598-1279
RSVP to: mwhitney@stride.org



there are countless organizations out there that would love to have your support. By volunteering, you'll be making a positive impact on the world and on your own life. It's a win-win situation for everyone involved.



VOLUNTEERS NEEDED!

Teach kids with disabilities the fun of sports & recreation

Volunteers 18+ are required to complete a background check and a 90min SafeSport training

Other trainings may be required

For More Information
Contact Alli Ryan
aryan@stride.org
518-598-1279
stride.org

BEGINNER SWIMMING

RESPIRE NIGHTS

SKIING & RIDING



TEAM SWIMMING

TUESDAYS 7:00PM - 8:00PM

Starting September 12th, 2023
MOHONASEN HIGH SCHOOL
2072 Curry Rd, Schenectady, NY 12303

Focus is on improving skills.
Stingray NY Special Olympics Team - Athletes must be able to swim

Locker rooms provided for changing.
Updated STRIDE registration forms and waivers required.

A \$25 admin fee will secure reservations.
Financial assistance is available if needed!

Contact Program Director to enroll: Alli Ryan aryan@stride.org | (518) 598-1279

Play FORESTRIDE!!
Get your Team together now!

The Society of Financial Service
Professionals 4th Annual Golf Outing



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

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

SEPTEMBER 2023		COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
**AERIAL To register contact Elissa at Preranayoga108 @gmail.com or call 517-763-9365.	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**AERIAL WORKSHOPS	9:00-9:45 AM KICKBOXING & STRETCH Maureen	9:00-10:00 AM WEIGHT TRAINING Tracy	9:00-10:00 AM ZUMBA Aya	9:00-10:00 AM WEIGHT TRAINING Lois		
	Sept 17 4:00-5:30 PM Tricks & Flips Elissa \$45	5:30-6:15 PM CARDIO, CORE & STRENGTH Lois					
	Sept 24 4:00-5:30 PM Restorative Elissa \$45	6:15-7:00 PM BARRE Lois	6:00-7:00 PM YOGA Lois	6:00-7:00 PM INTERVAL Kate / Kirstein	6:00-7:00 PM *SPECIAL* BARRE-FIGHT (Sept 7, 21 & 28) Kate / Lois		
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.							

FALL AERIAL YOGA

AT STRIDE ADAPTIVE SPORTS CENTER:
 1819, 4482 NY-158, West Sand Lake, NY 12196

Aerial yoga uses a swing to support the weight of the body so you can find comfort and optimal alignment in yoga asana. Decompress your spine, strengthen your core muscles, & increase your flexibility and balance with ease...

3-WEEK SERIES CLASSES (OCT 5 19 26)

INTRO TO AERIAL YOGA
 New practitioners will learn the safety requirements, yoga postures and aerial techniques that combine to create the practice of aerial yoga. Learn how to use the yoga hammock to support the needs of your body. Suitable for beginner to advanced practitioners. **THURSDAYS IN OCTOBER. 2 TIME SLOTS: 4-5pm & 515-615pm. COST: \$75**

AERIAL YOGA LEVEL ONE
 In this 4-week series of classes, expect to practice basic aerial techniques and aerial yoga poses. Learn how to safely find aerial inversions. This class is suitable for those who have taken an intro to aerial yoga course or those who have aerial or aerial yoga experience. **THURSDAYS IN OCTOBER. TIME: 630-730pm. COST: \$75**

WORKSHOPS

KIDS AERIAL YOGA
 Students will learn how to use yoga and the aerial hammock to develop self-soothing skills, coordination, balance, strength and flexibility. **SATURDAY SEPTEMBER 30 & OCTOBER 21. TIME: 12-2pm. COST: \$60. AGES: 7-10**

AERIAL TRICKS & FLIPS
 Expect to learn how to safely perform basic level aerial acrobatic techniques! Some experience is recommended. Please contact us for any questions. **SUNDAY SEPTEMBER 17 & SUNDAY OCTOBER 8. TIME: 4-530pm. COST: \$45**

RELEASE & RESTORE
 Experience the body restoring benefits of aerial yoga and fascial release. Accompanied by gentle massage, essential oils, inversion techniques and meditation, this is the perfect way to introduce your body to aerial yoga while clearing your mind and opening your heart. **SUNDAY SEPTEMBER 24 & SUNDAY OCTOBER 15, 4-530pm. COST: \$45**

To register please contact Elissa at Preranayoga108@gmail.com or call 517-763-9365.
 Additional Information can be found at preranayoga.com.

Bowling

EAST GREENBUSH BOWLING CENTER
 570 COLUMBIA TURNPIKE, EAST GREENBUSH, NY 12061

THURSDAY EVENING SPECIAL

with Kate, Kirstein & Lois

Aug. 31 &
 Sept. 7, 21 & 28

6:00-7:00 PM



SATURDAYS 11:00AM
OCTOBER 14TH - DECEMBER 9TH
(NO BOWLING 11/25)

CURRENT STRIDE
REGISTRATION FORMS
AND WAIVERS REQUIRED
TO PARTICIPATE. A \$25
PROGRAM ADMIN FEE
WILL SECURE
RESERVATIONS.



CONTACT PROGRAM DIRECTOR TO ENROLL
ALLI RYAN | ARYAN@STRIDE.ORG | (518) 598-1279

Barre FIGHT

at STRIDE SHARE CENTER
4482 NY-150, West Sand Lake, NY 12196



Join us for a fun and
energizing workout combining
BARRE exercises, **BOXING** and
cardio/core drills.



COST: Classes are ALL INCLUSIVE & FREE no matter gender or ability.
We suggest a \$15 donation to STRIDE (drop box @ SHARE CENTER
entrance) or volunteer with a STRIDE Program. OPEN TO THE PUBLIC.

August Donors

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



Donors

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Craig Hamelink
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In Kind Donations:

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Steve Hangan & Pete Williams





Ages: Must be 12+ for White Water Rafting Portion of the Trip

Camping: 9/15 - 9/17

White Water Rafting: 9/17 (9am - 3pm)

Rafting Cost: FREE for STRIDE Wounded Warriors + 1 Guest

Additional Guest Cost: \$69

Where: Camp, 2182 State Route 203, Chatham, NY
Beaverbrook Outfitters, 3921 Rt. 28. North Creek, NY 12853

First time participants get priority

Athletes 21 and below must be accompanied by a caregiver.

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

Steve Hannigan & Pete Williams

4 Imprint

Troy Waterfront Farmers Market

Windy Hill Golf Course

The Bunker North Greenbush

Roosevelt Room

The Egg/Ellen Sinopoli Dance

Union Hockey

Mirror Lake Inn

Troy Savings Bank Music Hall

The Sagamore Resort

Waubeeka Golf Links

James Taylor

Foreigner

Noppers Collision - East Greenbush

Don Witt

- Mazel Tov to IT Volunteer Joel Glickman on his marriage to Phyllise Banner!!
- Deepest sympathies to the family of Volunteer Joe Nastke on his passing
- Get Well to Volunteer Dick Miller with Lyme disease
- Huge thanks to Volunteer Nicki Pelletier who keeps our HQ grounds looking professionally manicured!
- Huge thanks to our Volunteer Steve Hannigan and Pete Williams for their electric work at STRIDE
- Sympathies to the family of Mike Chartier, Titus Volunteer on the passing of his mother.
- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer.



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



U-PICK A-THON

A MONTH LONG FITNESS EVENT TO RAISE FUNDS FOR STRIDE PROGRAMS

SEPTEMBER 15-OCTOBER 15

ANYWHERE...ANYTIME

PICK ANY PHYSICAL ACTIVITY

- 1 PICK ANY PHYSICAL ACTIVITY
- 2 DECIDE YOUR ACTIVITY GOAL
- 3 SET YOUR FUNDRAISING GOAL
- 4 CREATE YOUR FUNDRAISING PAGE
- 5 ASK FRIENDS & FAMILY TO SUPPORT YOU



Free to Register
HERE

WWW.STRIDE.ORG

STRIDE

TENNIS

FALL 2023

SUNDAYS Sept 10th - Oct 15th
SESSION 1: 3pm - 4pm
SESSION 2: 4pm - 5pm

Indian Meadows Park
Jason Morris Way, Glenville, NY 12302

Updated STRIDE registration forms and waivers required to participate. A \$25 admin fee will secure reservations. Financial Assistance is Available!

CONTACT PROGRAM DIRECTOR ALLI RYAN TO ENROLL
ARYAN@STRIDE.ORG

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

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