



## So much September E-News from STRIDE

### Message from the CEO And The Search Continues...

Back to the drawing board! Our search committee did a wonderful job of filtering through six valid candidate applicants with interviewing and scoring process. At the end of the cycle, we identified a strong candidate, who after offering the position with salary and benefit negotiations declined in the end. We've decided to move forward and restructure the search committee, redefine and post the position on different platforms and deploy all the techniques and strategies we learned throughout this first process.



And while I was hopeful, we would have a strong replacement to transition to leadership with STRIDE this fall into winter, it was not meant to be in this round. Meanwhile, ski season is upon us. Our staff and volunteer office workers are plugging away at lots of new ideas in all their respective departments. Many new partnerships and activities are on the forefront for STRIDE. It's an exciting time to be working here!

With Deep Appreciation,  
*Mare Whitney, CEO & Founder*

### A special THANK YOU to the companies who support STRIDE through In-kind Auction Donations

Capital City Dinner \* Chili's Glenmont \* P. Brillo's \* Oriental Trading Co. \* Foreigner \* James Taylor \* The Egg \* Siena's Men's Basketball \* RPI Hockey \* Union Hockey \* Edison Club \* Windy Hills Golf Course \* Waubeeka Golf Links \* The Bunker \* Roosevelt Room \* Country Club of Troy \* Troy Waterfront Farmers Market \* Nopper's Collision Repairs \* The Sagamore Resort \* Mirror Lake Inn \* Troy Music Hall \* Gore Mountain \* Saratoga Spa Golf \* ABC Sports & Fitness \* Burden Lake Country Club \* Frear Park Municipal Golf Course \* Park Pub



**ONLINE HOLIDAY AUCTION  
COMING IN NOVEMBER**

### Why Volunteer at STRIDE? Benefits & More!

Would you like 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. Volunteering can also help you **develop a sense of community**, make new friends, and improve your social skills.

Practical benefits:

- gain valuable skills that may be useful in your career
- learn new things, and build up your resume
- great way to bring joy and energy into your life.

Join us and make a positive impact on the world and your life. It's a win-win for everyone involved.

### Welcome Eric Bates, SUNY Albany Intern

"Hi! I'm an aspiring fitness trainer currently studying Human Biology at UAlbany in my Junior year and looking to use my degree to supplement my career in Fitness Training. I grew up in a small town in Duanesburg, NY where I went to high school and have been living since I was in first grade. I played sports in High School, Football and Basketball, where I was the team captain for both on Varsity. I was always the kid to help others if I saw they needed a little



extra direction, even if it didn't benefit me in any way. I did it because it brought me joy.



My passion for helping others and my love of sports is what brought me to STRIDE. After discovering more about the organization and everything they do to benefit the disabled community, it was a no-brainer for me that I should be volunteering for them. My main goal in life is to make a positive impact on the world, whatever that may be."

**THINK SNOW ...Sign up now to have the BEST. Job. Ever! Ski and Snowboard Coaches needed at all 3 of our Mountain programs**



**BECOME AN ADAPTIVE SKI/ SNOWBOARD COACH?**

**THINKSNOW** Contact us now: [mwhitney@stride.org](mailto: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](mailto: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](http://www.stride.org) or 518-598-1279  
**RSVP to:** [mwhitney@stride.org](mailto:mwhitney@stride.org)



**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](mailto:aryan@stride.org)  
518-598-1279  
[stride.org](http://stride.org)

**BEGINNER SWIMMING**



**RESPIRE NIGHTS**



**BOWLING**



**STRIDE ADAPTIVE SPORTS**  
**Halloween Teen Dance Party!**

4482 NY Highway 150, West Sand Lake, NY 12196

**Friday - October 27, 2023**  
**6:30pm - 8:30pm**



**\*\* COSTUMES ENCOURAGED \*\***  
**REFRESHMENTS \* GAMES \* DANCING**

**BEWARE, the WITCHES of West Sand Lake will be there!!**

To Register email Alli Ryan at [aryan@stride.org](mailto:aryan@stride.org)

**Calling all ACTIVE volunteers! Don't miss this great event to appreciate YOU!!**

**Support the 2nd Annual Dralla Sled Hockey Tournament!**





## T.E.A.M STRIDE

Together Everyone Achieves More

Free Cider  
Lite Fare

**Monday, October 16th**  
**5-8 PM**  
**Nine Pin Cider Works**  
929 Broadway, Albany

Bring a new  
volunteer...  
get swag!

For appreciation of our dedicated volunteers  
& 2023 Volunteer & Athlete of the Year Awards

Volunteers Free - RSVP required  
by 10/10 to [cgolden@stride.org](mailto:cgolden@stride.org)



**FREE  
EVENT!**

sponsored by:



an unforgettable experience!

**October 20, 21 & 22**  
**Albany County Hockey Facility**

**Friday, October 20**

**Game 1 6:00-7:25PM**

**Game 2 7:35-9:00PM**

**Saturday, October 21**

**Game 1 4:30-5:55 PM**

**Game 2 6:10-7:35 PM**

**Sunday, October 22**

**Game 1 8:30-9:45 PM**

**Game 2 10:00-11:15**

**Learn-To-Play 11:30-12:30PM**  
STRIDE athletes are invited  
onto the ice to try sled  
hockey! To sign up, email:  
[aryan@stride.org](mailto:aryan@stride.org)



**Team 4  
TBA**

Youth & Adult athletes are welcome at  
our Learn-To-Play event  
Oct 22nd 11:30am-12:30pm

# Bowling

**EAST GREENBUSH BOWLING CENTER**

570 COLUMBIA TURNPIKE, EAST GREENBUSH, NY 12061

**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](mailto:ARYAN@STRIDE.ORG) | (518) 598-1279**

## Camp SCORE Wraps Up the Season

Camp SCORE came to a close on October 17th with a Wounded Warrior family camping/white water rafting weekend. The camping season was a success filled with endless fun, laughter, and adventure for all who attended. Kids participated in archery, swimming, field games, crafts and much more. They danced and sang around the camp fire

with music by Dave Graham, visited the Trevor Zoo and experienced the thrill of climbing through the trees at Jiminy Peak's Aerial Adventure park alongside Wounded Warriors. Two camps attended live productions of Footloose and The Marvelous Wonderettes at Mac-Hayden Theater! It was an unforgettable summer, and both old and new campers were thrilled to reunite with old friends and make new ones.



limited to reunite with old friends and make new ones. The extraordinarily rainy summer caused athletes and volunteers to do what we do best ... adapt. Camp would not be possible without the hard-work and dedication of Camp Director Stefon Stilwell and his right-hand-man, Ryan Morash, and all of the wonderful volunteers and families that helped throughout the season. Thank you for providing an unforgettable summer for our campers!

A big thank you to employees of regional [Highmark](#) for all of their help opening up camp this season, and to [Regeneron](#) who will be helping to close up camp on October 25th. See you again next year!




## INTERESTED IN JOINING THE TEAM?

**Come try it!**  
Sign up for Learn-to-Play practice with the Capital District Sled Warriors.

Albany County Hockey Facility  
October 22, 2022  
11:30-12:30 PM

Welcoming new **YOUTH & ADULT** players for the 2023-2024 season

Contact Program Director to sign-up  
[aryan@stride.org](mailto:aryan@stride.org)  
(518) 598-1279



**dralla** ORG  
Providing unforgettable days since 2011  
[www.dralla.org](http://www.dralla.org)

### September Donors

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



#### Individual Donors

Darlene DeMott  
Maithao Le  
Joshua Dunn  
Michael & Ann Comis  
Sara Kelly  
Dana Bogatz  
Spencer Wohlers - Hall of Fame  
Tom and Beverly Gilbert  
Peter & Susan Herman- Hall of Fame  
Greg & Michelle Charache - Hall of Fame

#### Corporations, Stores & Resorts

REO Welding Co.  
Lavelle & Finn  
AVRES Services Inc.  
Nine Pin Ciderworks  
Freihofer's

#### Organizations & Foundations

Albany Ski Club  
Andrew Sabin Family Foundation  
Killington World Cup Committee  
BBL Charitable Foundation

#### In Memory of Thomas Haffner

Deb & Jerry Vahl

#### In Memory of Joe Nastke

Mary K. Mackin  
Michael Rosen

#### In Memory of Tom Conway

Vincent & Rosemary Rizzo

#### In Honor of Skip Parry

Ashley Delaney



## U-PICK A-THON

A MONTH LONG FITNESS EVENT TO RAISE FUNDS FOR STRIDE PROGRAMS

SEPTEMBER 15-OCTOBER 15



ANYWHERE...ANYTIME

- 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](http://WWW.STRIDE.ORG)

In Honor of Mary Ellen Whitney

Savell Quinn

Wounded Warriors

The Society of the Friends of St. Patrick

In Kind Donations:

Joanna Wolfe & Jon Herrmann

Charles Newton/Phoenix Confidant

Rensselaer County Alternative to Incarceration program

### Welcome Kerrie Williams - new Secretary to the STRIDE Executive Board of Directors

Kerrie Williams is a pediatric occupational therapist and the Assistant Director of Special Education at A Child's Place @ Unity House in Troy. A Child's Place provides special education and therapy services to children with special needs from birth to 5 years old in center based programs and in the community. The program serves nearly 1000 children with special needs each year.

Williams holds a Master's degree in occupational therapy and was a graduate of Russell Sage College/Sage Graduate School in Troy, NY. She has worked at A Child's Place for nearly 25 years as a clinician and administrator. She lives in Rensselaer with her husband and has three sons. She has been a volunteer adaptive ski instructor with STRIDE for the past 5 years and enjoys skiing and snowboarding with her family each winter. She also enjoys hiking, camping and water sports.



## LEARN TO DANCE



**WHEN:** Saturdays, 9/16 - 11/11  
3:45 - 4:30PM  
(No Class 9/30)

**WHERE:** Isabelle School of Dance  
1 Springhurst Drive  
East Greenbush, NY 12061

**\*Jazz/Ballet\***

Athletes and volunteers, please email the Program Director to sign up.

Alli Ryan - [aryan@stride.org](mailto:aryan@stride.org)

Athletes - A current STRIDE registration, waivers, and \$25 program admin fee are required to reserve your spot in the program. Financial assistance available.

### Huge THANKS to Society of Financial Service Professionals of Eastern NY Golf Tournament



It was an awesome day to be on the Colonie Country Club Golf Course on Monday September 25th, despite the rain for the FSP Charity Golf Outing benefiting STRIDE. Thank you FSP and Charlie Reutemann for selecting STRIDE as the benefactor!

- Best wishes to Dan and Ariana Flores, Catamount ski coaches, who are moving to Maine!!
- Congratulations to Don Reutemann on his Lifetime Achievement Volunteer award from LaSalle Academy
- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer



### 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](mailto:communitywellness@stride.org)

#### OCTOBER 2023

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>**AERIAL**</b> To register contact Elissa at <a href="mailto:Preranyoga108@gmail.com">Preranyoga108@gmail.com</a> or call 517-763-9365.	<b>**AERIAL WORKSHOPS**</b>  Oct 8	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		<b>**AERIAL WORKSHOPS**</b>

battle with cancer.

- Get Well wishes to Mike Fairchild.
- Thanks again to the [Rensselaer County Sherriff's Dept. Alternative to Incarceration program](#) for outdoor labor work around the Center including painting, and landscaping work.



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](http://www.stride.org) 518-598-1279

<b>COST</b> Classes are FREE for STRIDE athletes & volunteers. We suggest \$15 per class or a monthly tax deductible donation to STRIDE for community members. There's a donation box at the front door.	4:00-5:30 PM Tricks & Flips Elissa \$45	5:30-6:15 PM CARDIO, CORE & STRENGTH Lois			<b>AERIAL</b> 3-Week Series with Elissa (10/5, 10/19 & 10/26) 4:00-5:00 PM \$75**Intro Aerial		
	<b>Oct 15</b> 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	5:15-6:15 PM \$75**Intro Aerial 6:30-7:30 PM \$75**Aerial One		
	<b>PERSONAL TRAINING AVAILABLE</b> -- Email <a href="mailto:communitywellness@stride.org">communitywellness@stride.org</a> for additional information 1-on-1 or small group weight training, core/balance, mat yoga, Pilates, aerial yoga, nutrition counseling, etc.						<b>Oct 21</b> 12:00-2:00 PM Kids Aerial Yoga Elissa \$60

STRIDE Adaptive Sports | 4482 NY Highway 150, West Sand Lake, NY 12196 [www.stride.org](http://www.stride.org)

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