

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

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.

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.

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



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







Support the 2nd Annual Dralla Sled Hockey Tournament!



Monday, October 16th 5-8 PM

Nine Pin Cider Works



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

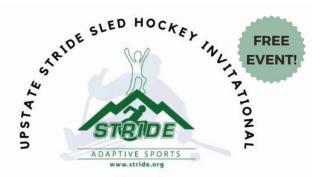
Volunteers Free - RSVP required by 10/10 to cgolden@stride.org



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





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







Team 4 TBA

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



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 four our campers!

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





A MONTH LONG FITNESS EVENT TO RAISE FUNDS FOR STRIDE PROGRAMS

SEPTEMBER 15-OCTOBER 15



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 (518) 598-1279







<u>September</u> 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

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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

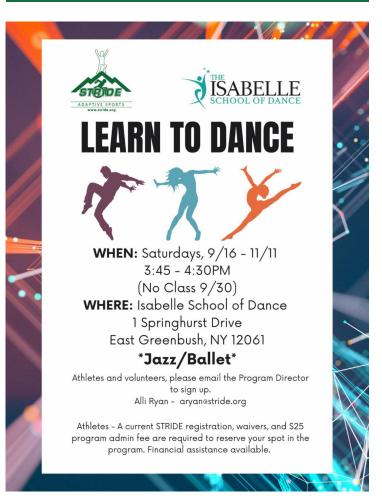
ANYWHERE...ANYTIME

- 1 PICK ANY PHYSICAL ACTVITY
- 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



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.



Huge THANKS to <u>Society</u> of <u>Financial Service</u> <u>Professionals of Eastern</u> <u>NY</u> 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



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

OCTOBER 2023 COMMUNITY CLASSES ARE OPEN TO THE PUBLIC							E PUBLIC
**AERIAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
To register contact Elissa at Preranayoga108 @gmail.com or call 517-763-9365.	** <u>AERIAL</u> <u>WORKSHOPS</u>	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		** <u>AERIAL</u>
	Oct 8				****		WORKSHOPS

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.

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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 518-598-1279

COST
Classes are
FREE for
STRIDE athletes
& volunteers.
We suggest \$15
per class or a
monthly tax
deductible
donation to
STRIDE for
community

4:00-5:30 PM

Restorative

Elissa \$45

Tricks & Flips CARDIO, CORE

& STRENGTH

6:15-7:00 PM

BARRE

6:00-7:00 PM

YOGA

Lois

PERSONAL TRAINING AVAILABLE - Email community

6:00-7:00 PM

INTERVAL

(ate / Kirstei

1-on-1 or small group weight training, core/balance, mat yoga, Pilates, aerial yoga, nutrition counseling, etc

AERIAL 3-Week Series

with Elissa (10/5, 10/19 &10/26)

4:00-5:00 PM

\$75**Intro Aeria

5:15-6:15 PM

\$75**Intro Aerial

6:30-7:30 PM \$75**Aerial One

Ilness@stride.org for additional information

<u>Oct 21</u> 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

Unsubscribe jrusso@stride.org

Update Profile | Constant Contact Data **Notice**

Sent bymwhitney@stride.orgpowered by



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