



November E-News from STRIDE!!! Grateful!!

(Today is *Giving Tuesday*...you can show *your* gratitude too on our web donation link!)

Message from the CEO

Being grateful...



On the road down STRIDE's journey, are the steps of compassion, dedication, and resilience, and walking on that road are the faces and stories of our incredible community. As we pause this Thanksgiving to be grateful, I reflect on the milestones we've achieved together and find myself overwhelmed with gratitude for the unwavering support, boundless generosity, and tireless efforts of our volunteers and staff — our backbone, our strength.

To our volunteers, the unsung heroes of our cause, I extend my deepest gratitude. Your selfless dedication is the force propelling our organization forward. Whether you've spent hours coaching kids, organizing events, or spreading awareness, your commitment has left an indelible mark on the lives we touch. Your passion is the heartbeat of change, and for that, I am profoundly thankful.

To our donors, you are the fuel that ignites the flame of impact. Your financial contributions have not only sustained our programs but have also allowed us to dream bigger, reach farther, and impact more lives. Your belief in our cause is a testament to the power of collective action, and I am humbled by the trust you place in me to turn your generosity into impact. It's not just about the time volunteered or the funds donated; it's about the shared belief in a better world and the collective effort to make that vision a reality. As we celebrate Thanksgiving this year, I personally will be thankful for the milestones achieved together, and reflect on the lives touched, smiles shared, and the positive ripple effect that emanates from our collective actions. I recognize that without the backing of our community, these triumphs would be mere aspirations.

Happy Thanksgiving!

Gratefully, Mare Whitney, CEO & Founder

[Click here to Read our Annual Report](#)

Find your perfect Gift at STRIDE's Holiday Auction

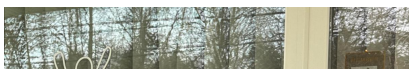
- NY Yankee Tickets
- Ski Package - 5 slopes
- Dining Gift Cards
- Golf Package
- Cirque du Soliel
- Tickets to performances

Bids Open Until 12/17/2023

[CLICK HERE](#)



Welcome
to STRIDE-
Now Intern



New Intern

Marissa Kearns

Meet Marissa, a new intern at STRIDE Adaptive Sports. She is a freshman at University at Albany, majoring in human biology on the pre-med track. The reason she chose STRIDE over other options, Marissa said, was "many of my loved ones have medical diagnoses that don't allow them to do things that most people can. This is why I found it heartwarming that this organization gives people opportunities to do such things and to live happy and healthy lives".

She is beyond grateful to be able to help people thrive beyond their diagnosis and enjoy life to the fullest. During this internship, she is hoping to learn as much as possible about different medical conditions and what can be done to overcome any obstacles in life that stop people from doing what they desire. Additionally, she will be happy to learn all of the skills that come along with working in an office setting. She will be an intern here throughout the rest of the fall school semester and also the entirety of the spring semester.



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

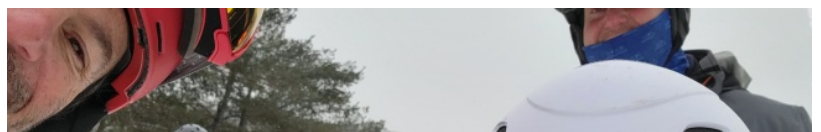
BEGINNER SWIMMING

RESPIRE NIGHTS

BOWLING



Still Accepting ... Ski and Snowboard Coaches for all 3 of our Mountain programs...last call!





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



And We Are Off.... Jiminy Peak is open and we have completed pre-season training and are now on to the snow! We have our first lessons already scheduled for this weekend!



JIMINY PEAK SNOWSPORT RESERVATIONS NOW OPEN!

Reserve your lesson(s) [HERE](#)

Completing this reservation form DOES NOT confirm your lesson(s).
Once approved, the Program Director will email you with confirmation and a payment link to Jiminy Peak's website.



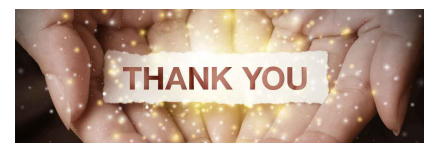
Regeneron Makes STRIDE Holiday Wishes Come True!

REGENERON
science to medicine®

STRIDE has been selected as one of the charities to benefit from donations that their employees bring to the Holiday party. STRIDE created a Holiday Wish list, and it is being filled! The list included a *brand-new Sled Hockey sled* from Canada! Thank you [Regeneron](#) for being a great community partner and making wishes come true!

November Donors

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



Individual Donors

Darlene DeMott
Maithao Le
Craig Hamelink
Daniel Hills
Tom & Beverly Gilbert
Phil Bayly
Bill Schollenberger
Joshua Whelan
Jon Rowe
Maruti Donepudi
Michelle Ames
Kelly Curro
Katherine Edgell
Jason Jahnel
Michael Trova
Melissa Taggart

Corporations, Stores & Resorts



LEARN TO DANCE

LEARN TO DANCE



WHEN: Saturdays

Dec 2nd - Dec 16th | Jan 6th - Jan 20th

| Feb 3rd, 10th & 24th |

3:45 - 4:30PM

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

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

Corporations, Stores & Reservations

Hanna Ford West Sand Lake

Organizations & Foundations

Move United Sport

The Picotte Family Foundation

Kissinger Family Foundation

Christopher Dailey Foundation

Disabled American Veterans, Rev, Francis A. Kelly Chapter 38

In Honor of Wayne Greenwald

Jon Rowe

In Memory of Timothy Moshier

Diane Unger

In Memory of John Wyszomirski

Theresa & David Johns

Sled Hockey

Phillips Hardware

Union College

In-Kind

Joe Russo

Mare Whitney

Siena College Men's Basketball

Union College Hockey

RPI Hockey

Edison Club

Windy Hills Golf Course

Winding Brook Country Club

Waubeeke Golf Links

The Bunker

The Roosevelt Room

The Country Club of Troy

The Sagamore Resort

Mirror Lake Inn

The Troy Music Hall

Gore Mountain

Saratoga Spa Golf Course

ABC Sports & Fitness

Burden Lake Country Club

Hollimont

Frear Park Municipal Golf Course

Girvin & Ferlazzo

Albany Patrooms

New York Giants

New York Yankees

Adirondack Thunder

Saratoga Performing Arts

Ski Butternut

STRIDE ADAPTIVE SPORTS

Holiday Dance Party

Friday - December 15th 2023

Sensory Friendly

Suggested ages 15 & Under

5:00-6:30 PM

Photos with Santa
DIY photo frame
Refreshments

Dance Party

Suggested ages 16 & Over

6:30-8:30 PM

Holiday Dance Music
STRIDE elves Performance
Refreshments

LOCATION:

SHARE CENTER
4482 NY HWY 150
West Sand Lake, NY

To Register email
Alli Ryan at
aryan@stride.org



- Deepest Sympathy to the family of Rich Livesy our electrician, on the loss of his wife Barb, former volunteer.
- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer.
- Get Well wishes to Board member Dan Bopp after injured due to a fall
- Get well wishes to fitness coach Aya Smith after knee surgery - again!
- Congratulations to athlete Brock Hathaway on completion of CPR course
- Congratulations to Hockey captain Stefon Stillwell and his bride Ashley on their marriage!



STRIDE Upcoming 2024 Events - Save the Dates!

Mark your calendars for upcoming STRIDE Events:

February 26: 100k Vertical Challenge

March 2-3: Wounded Warrior Snowfest

March 16: The Great Race



STRIDE Alpine



- Congratulations to hockey player Shawn Rawlins and wife Yajaira on the birth of their baby girl!



Race Team



Join STRIDE Ski/Snowboard Race Team

- 10 seasonal practices; team members are required to attend 6 to compete.
- **Cost:** \$330 for 5 practices (or \$70 per 1/2 day lesson) *price includes rentals (if needed), lift ticket, adaptive equipment, and coach training*
- ****Cost may be partially subsidized by NYSO and KWCF grant. Special Olympics' rules require racers to attend a minimum of 8 practices;**
- \$100 refundable uniform deposit for race team jacket.
- Athletes with intellectual disabilities will be able to participate in Special Olympic events.
- Other races may include: ASF Windham, Empire Games; Mountain Dew Challenge and STRIDE Great Race. Transportation provided to all races from STRIDE.
- **Ages:** 8+
- Parents may be asked to assist at practices



Where: Jiminy Peak: 11 Corey Rd, Hancock, MA 01237 Starting

Mid- December Saturday's 9am- 11:30am

Catamount: 78 Catamount Rd, Hillsdale, NY 12529

Starting Mid- December Sunday's 9am- 11:30am

Coaches: Cliff & Barbra Mark @ JP; Catamount TBD

For more info please contact **Head Race Coach Cliff Mark** : clifmk@aol.com

or STRIDE main office aryan@stride.org (518)598-1279



Union College Hockey Teams to Scrimmage STRIDE Sled Hockey!



Union College Hockey Men and Woman's teams have invited [STRIDE the Capital District Sled Warriors](#) to an integrated scrimmage on **Wednesday, November 29th** at Union College's **Messa Rink from 5:30-7:30 PM. The public is invited to watch!** Each Union Hockey player will have the opportunity to get in sleds to see their game at another level, physically and figuratively. This experiential approach not only promotes empathy but also reinforces the principles of Diversity, Equity, and Inclusion (DEI) in sports. By having the Dutchmen players use sleds and play with just their upper bodies while seated, they are gaining valuable insights into the athleticism and competitiveness of sled hockey players.

The emphasis on DEI in sports is crucial, fostering a culture where everyone, regardless of their physical abilities, feels welcome and encouraged to participate. This not only promotes equality but also enriches the overall sports community by embracing diverse talents and perspectives. Such initiatives play a significant role in creating awareness and breaking stereotypes, ultimately contributing to a more inclusive and equitable society. It's commendable that Union Hockey is actively participating in this movement and helping to shape a more empathetic and understanding generation of athletes.



A Spook-tacular Time at STRIDE's Halloween Dance

Dozens of teens in costume enjoyed a night of dancing, pumpkin painting and a ghoulishly good time! Shout out to the Witches of West Sand Lake all of their help and witch dance! Thank you to [43 Farms](#) for their generous donation of pumpkins and fall decor. Also a big shout out to Ted Cioffi, our professional DJ. Ted has Down syndrome and has been a DJ for a few years!



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

STRIDE 100k Vertical Challenge

Monday, February 26, 2024

Jiminy Peak Mountain Resort

Are you ready?



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

DECEMBER 2023

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

****AERIAL**
To register
contact Elissa at
Preranyoga108
@gmail.com
or call 517-763-9365.

COST
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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-9:30 AM 30-MINUTE KICKBOXING Maureen	9:00-10:00 AM WEIGHT TRAINING Tracy	9:00-10:00 AM ZUMBA Mary	9:00-10:00 AM WEIGHT TRAINING Lois	
**AERIAL WORKSHOP	9:30-10:00 AM 30-MINUTE STRETCH Maureen				
DEC. 10 4:00-5:30 PM Restorative Elissa \$45	5:30-6:15 PM CARDIO, CORE & STRENGTH Lois	DEC. 5 & 19 5:30-6:30 PM RESTORATIVE YOGA Lois		**AERIAL 3-WEEK SERIES with Elissa DEC. 7, 14 & 21 5:15-6:15 PM \$75**Intro Aerial 6:30-7:30 PM \$75**Aerial One	DEC. 1, 22 & 29 5:30-6:30 PM BARRE-FIGHT Kate, Kirstein & Lois DEC. 8 & 15 *NO CLASS*
	6:15-7:00 PM BARRE Lois	DEC. 12 & 26 *NO CLASS*	6:00-7:00 PM INTERVAL Kate / Kirstein		
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.					



www.stride.org

1 Day
4 People
87 Runs

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

STRIDE, Inc. | 4482 NY Highway 150, West Sand Lake, NY 12196

[Unsubscribe jrusso@stride.org](mailto:jrusso@stride.org)

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