



## October E-News from STRIDE...just frightful!!

### Message from the CEO The Year in Review...



The Annual Report is a task I take on at the end of each summer after our annual audit is completed. We crunch numbers, look at Metrics, project funding for the coming year, analyze the success of our programs, and reflect on mistakes or issues that prevented success. The culmination of all this data is strategically transcribed in our annual report, and shared. This year's data clearly shows that we are notably back in line with where we were pre-pandemic. However, deficits remain in the area of volunteerism numbers, and future funding. During the pandemic, we were fortunate to accept two forgivable PPP loans and receive significant federal government ERC funding. While my philosophy has always been averse to receiving government money, these were extraordinary times.

It's essential to conduct a year-in-review to assess the organization's financial health and performance. We've undergone a thorough analysis of operations. Here are some key takeaways and possible actions:

- **Financial Recovery:** we are back to pre-Covid levels in most areas, which indicates resilience and adaptability with the help of PPP AND ERC funds.
- **Deficits in Volunteerism and Future Funding:** Recognizing these deficits is the first step; importance will be our commitment to addressing them in the coming year.
- **Government Funding:** extraordinary times often require extraordinary measures. In this case, accepting PPP loans and ERC funding was a necessary step to sustain.
- **Future Sustainability:** the foreseeable future will not include such funding. We must explore new revenue streams, increase fundraising efforts, and seek grants from other sources.
- **Strategic and Transparent Communication:** We hope that all our stakeholders will take the time to read and digest our operations review; and help us with input and support in addressing the challenges identified. Your involvement will be valuable for both financial and non-financial assistance.

I hope by communicating STRIDE's mission, values, and strategies, this is an opportunity to engage stakeholders and rally support in our future!

Mare Whitney, CEO & Founder

### STRIDE HOLIDAY AUCTION Opens Mid November



Support STRIDE and get some awesome holiday gifts - maybe even a gift for yourself! Auction items include NY Yankees tickets, Ski Passes, Golf Passes, theater and symphony tickets and more! Check out our [Facebook](#) page for updates.

### Congratulations STRIDE Athlete of the Year!!! Alex Doering



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

STRIDE is proud to announce the incredible journey of Alex Doering, who has been an active member of our STRIDE



## Congratulations to STRIDE 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.*



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

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!**



## 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**



## Legacy Donations provide lasting impact

Did you know that if you are over 70 1/2 years old, you can transfer up to \$100,000 annually from your Individual Retirement Account (IRA) directly to STRIDE Adaptive Sports without having to count the distributions as taxable income. This can lower your income and taxes while fulfilling your required minimum distributions (RMDs).

For more information on legacy donations, please contact Joe Russo, jrusso@stride.org

**October Donors**  
HEARTFELT THANK YOU TO  
OUR DONORS!!! We

**THANK YOU**





## 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)



would like to take this opportunity to thank October contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

### Individual Donors

Darlene DeMott  
Maithao Le  
John Robinson  
Richard Peters  
Heather Daniels  
Barbara Hrachian  
Tom and Beverly Gilbert  
Steven Ferro  
Kurt Uhl  
Tim & Gail Tagan

### Corporations, Stores & Resorts

John Hancock Life Insurance Company  
FSP Eastern NY  
Crispin Lane Brewing LLC  
Phillips Hardware

### Organizations & Foundations

Seymour Fox Memorial Foundation  
Move United Sports  
Crane Charitable Funds  
UPS The Shop Salon Suites – Christopher Shattuck  
A Still Small Voice 4U Inc.  
Disabled American Veterans, Chapter #38, Rev. Francis A. Kelly

## STRIDE Hall of Fame Created with 13 Inductees Represented



## Volunteer Appreciation Party at Nine Pin Cider

STRIDE Volunteers make a world of difference for all of our athletes. When we say, "We couldn't do it without you" we mean it! STRIDE is fortunate to have so many amazing volunteers who share their passion, time and talent over the years. Last month we recognized the contributions of all our volunteers and established the Volunteer Hall of Fame to showcase our prior Volunteer of the Year recipients. 13 new inductees of the STRIDE Volunteer Hall of Fame are pictured above. THANK YOU FOR ALL YOU DO FOR STRIDE!

In Memory Of John Wyszomirski: Mark Wyszomirski

In Memory of Peter Hrachian: Barbara Hrachian

In Honor of Mary Ellen Whitney: Savell Quinn

In Honor of Aidan Cruz: Alan Cruz

### Sled Hockey

Phillips Hardware  
Crispin Lane Brewing LLC  
Max Sherman  
Chanely Thomas

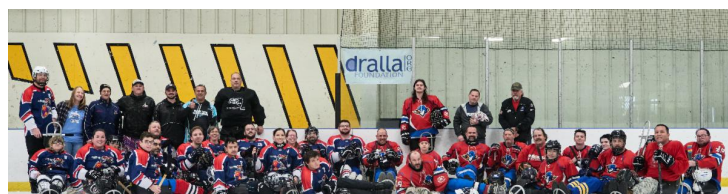
### In Kind:

Charles Newton/Phoenix Confidant  
Joe Russo  
Mary Ellen Whitney  
The Fitness Witches - food for the Teen Dance

## 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**





# 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.

## Successful 2nd Annual Upstate STRIDE Sled Hockey Invitational sponsored by Dralla

The 2nd Annual Upstate STRIDE Sled Hockey Invitational sponsored by the [Dralla Foundation](#) created "unforgettable experiences" for all team players. The Capital District STRIDE Sled Hockey Warriors and the visiting teams enjoyed the camaraderie and fantastic hockey to kick off the upcoming season. Thank you to the [Dralla Foundation](#) for their continued support of STRIDE. We hope this event becomes an annual with their ongoing support!

## An Intern's Perspective - by Eric Bates

I'm currently studying Human Bio in my junior year at UAlbany, so I've been learning a lot about the human body, which will help me with the career I'm pursuing in fitness training. This knowledge is a crucial building block for my future career. My involvement with STRIDE has unexpectedly become an invaluable asset in this regard. While volunteering with STRIDE, I've had the great pleasure of working and training in the gym with one of our Athletes, Brock Hathaway. Brock has cerebral palsy but still pursues his goals in the gym and makes an effort to come to the STRIDE facility and get in a good workout weightlifting bodywork and stretching exercises, and on the days of the week when he isn't working out at STRIDE, he's doing all sorts of exercises in the pool. With his disability, it does pose some challenges to what he's able to do, especially with comfort and safety. But he takes it head-on and makes the absolute best of his situation, and doesn't falter when the going gets tough.

Working with Brock has been a great experience and has taught me more about what it's like to work with those with disabilities. Seeing his passion for fitness is very inspiring! As a fitness trainer, working with someone who has a disability is very different than the training I do with anybody else and there are certain adjustments needed to best suit the person. Depending on the type of disability will also affect the approach and goals you need to take when training and designing the workout. My adaptive training experiences have broadened my perspective on fitness training, prompting me to adapt my techniques to cater to a more diverse range of clients, including those with disabilities. These experiences have highlighted the importance of inclusivity in the fitness industry, making it a goal for me to one day be able to provide accessible and effective training solutions for all.

- Deepest Sympathy to the family of Steve Catsos, Catamount coach
- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer.
- Get Well wishes to Mike Fairchild
- Sympathy to Paul O'Leary family on the loss of their parents



## 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)

NOVEMBER 2023		COMMUNITY CLASSES ARE OPEN TO THE PUBLIC				
<b>AERIAL</b> To register contact Elissa at <a href="mailto:Preranyoga108@gmail.com">Preranyoga108@gmail.com</a> or call 517-763-9365.  <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.	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00-9:30 AM 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	
		9:30-10:00 AM 30-MINUTE STRETCH Maureen				
	<b>NOV 12</b> 4:00-5:30 PM Restorative Elissa \$45	5:30-6:15 PM CARDIO, CORE & STRENGTH Lois  6:15-7:00 PM BARRE Lois	<b>NOV 7 &amp; 28</b> 5:30-6:30 PM RESTORATIVE YOGA Lois  <b>NOV 14 &amp; 21</b> *NO CLASS*		<b>NOV 2, 9 &amp; 16</b> 5:15-6:15 PM \$75**Intro Aerial 6:30-7:30 PM  <b>NOV 3, 10 &amp; 24</b> 5:30-6:30 PM BARRE-FIGHT Kate, Kirstein & Lois  <b>NOV 17</b> *NO CLASS*	
<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.						



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

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