



## January E-News from STRIDE!!! Starting the new year STRIDE STRONG

### Message from the CEO...

#### What makes STRIDE Unique Compared to All other Adaptive Sports Organizations? We Do More with Less!!

I've been thinking about this a lot. In a landscape filled with literally hundreds of adaptive sports programs across the US, STRIDE stands out uniquely *in the numbers* for its commitment to providing extraordinary extracurricular activities for children, young adults, and veterans with special needs. **Here's why:**

STRIDE was founded on the premise of bridging the gap between public schools' lack of accessible and inclusive extra-curricular sports programs for its students in Special Education. Because of this, STRIDE evolved into a unique entity offering a diverse range of over 18 year-round after-school activities that exceed by far the typical seasonal focus of other adaptive programs across the US.

While many adaptive organizations across the United States concentrate on one or two seasonal sports, STRIDE offers an impressive array of 18 programs replicated in 26 venues. From skiing and snowboarding to bowling, swimming, tennis, fitness classes, dance, and sled hockey just in winter, STRIDE's commitment to year-round programs mirrors public school sport and social programming for the typical student population, setting STRIDE apart from the norm. Notably, the STRIDE philosophy emphasizes teaching individual lifetime sports rather than team sports.

**A quick snapshot of a typical STRIDE week (\*see graph below)** reveals our dynamic organization extending its reach far beyond just winter ski lessons. **219 lessons were conducted last week!** 14,000 lessons in one year! Adaptive lessons are conducted at many locations simultaneously, integrating participants in various extra-curricular activities. This approach ensures that kids with special needs can engage in sports and recreational pursuits of many choices in their local communities throughout the entire year.

What makes STRIDE *even more exceptional* is that we *also* host recreational and social events such as teen dances, respite program and sports banquets. Despite the extensive range of activities, STRIDE operates most efficiently with **just four paid staff** members; and most **programs are free of cost** to families. Much of STRIDE revenue is in-kind, a testament to the dedication of the volunteer-directed structure overseeing volunteer coaches.

As my vision continues to unfold, STRIDE remains a beacon of innovation and inclusivity in the world of adaptive sports. Our

unwavering commitment to providing a *wide range* of activities, integrating individuals into their communities, and



### 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



RESPITE NIGHTS



BOWLING

### Message from a Sibling of an Awesome Athlete

My name is Paxton Breen (14), and my brother Andersen (17) has autism. Autism can be challenging at times because Andersen can't always find the words to express how he is feeling.

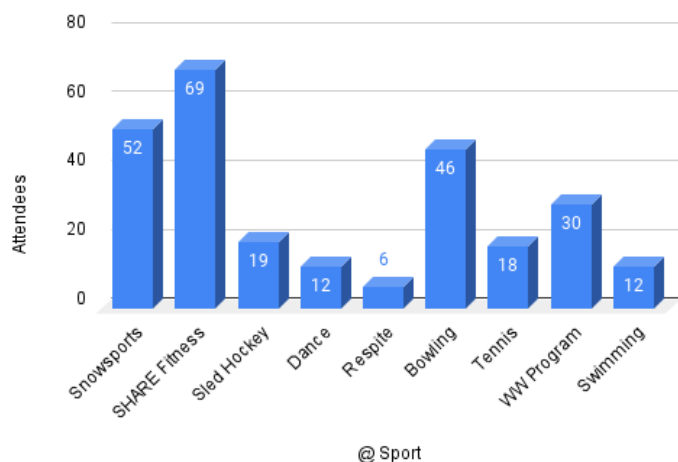
It can be challenging because some people



offering respite for families sets it apart as a pioneer in the field. In a landscape where adaptability is key, STRIDE has not only adapted but is a trailblazer, with a dream of equality in all communities with choices of possibilities of adaptive sports for individuals of all abilities.

*Mare Whitney, CEO & Founder*

### Weekly view of Attendees @ Sport Program



don't always understand autism (and special needs) and they treat him differently. They aren't always kind to him. Even though autism is challenging, without autism Andersen wouldn't be Andersen and I wouldn't change anything about him.

Andersen does STRIDE bowling and golf. I think STRIDE is an excellent way for making friends; which is sometimes hard for Andersen. Andersen has made many friends. He always looks forward to seeing his friends at bowling and golf. I think STRIDE is a great way to play sports and exercise. I think STRIDE is important because it allows Andersen to be part of a team. STRIDE is a great experience for everyone. When I was younger, I used to go to golf program with Andersen and everyone was extremely nice. All the volunteers are understanding and helpful. We have been a part of STRIDE for most of my life. I would highly recommend STRIDE to families.



### Seeking Veterans with Disabilities Who have never Experienced our Snowfest Event!

We are still seeking regional veterans who fit this criteria to join us for free weekend of snow sports :

Eligibility criteria for the event is as follows:

1. you must have a post 09/11 combat/deployment related permanent injury or diagnosis
2. this must be your *first time* attending this STRIDE event
3. You must live within the upstate NY region or tristate region and be able to **drive** to the event on your own/ or live in a state/region without ski resorts and be willing to pay for your own transportation
4. You must provide your DD214

Preference is given to those who *most closely fit the criteria* and are likely to get involved with other STRIDE programs after the event.

### STRIDE Race Team Sweeps Medals at NY Special Olympics Regional Competition

STRIDE Athletes brought home the bling from Regional competition held

at West Mountain on January 28th. Noah Salz won gold in the Advanced Slalom and Giant Slalom. Matt Duffy won gold in the intermediate Slalom and Giant Slalom. Andrew Depew won bronze in intermediate Slalom and silver in intermediate GS. Anthony Robilotto skiing the entire advanced/intermediate courses for the first time won gold in Novice Slalom and Giant Slalom. **Congratulations!**

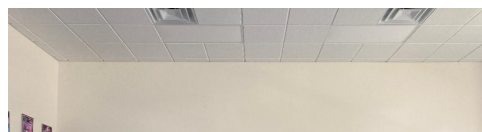


### Dancing Weekends at Isabelle School of Dance

Our *Learn To Dance* Program is back stepping off strong!

This program brings together athletes and teen volunteers to create a fun and welcoming environment at

the Isabelle School of Dance. Led by Teen Program Leader, Kristen








## STRIDE Adaptive Sports wants YOU!

Join us for a **NO-COST** weekend of skiing/riding lessons at the  
**19th STRIDE Wounded Warrior Snowfest**  
 March 1 — March 3, 2024  
 Jiminy Peak Mountain Resort  
 Hancock, MA

**WARFIGHTER SPORTS**  
 Serving Severely Wounded Since 1967

**STRIDE**  
 WOUNDED WARRIORS

For more information on how to participate please contact:  
**STRIDE Adaptive Sports**  
[www.stride.org](http://www.stride.org)  
 (518) 598-1279  
 Email: [mwhitney@stride.org](mailto:mwhitney@stride.org)

**Jiminy Peak**  
 Mountain Resort



Kaitlyn Farron, and her dedicated volunteers, our athletes have been working hard every Saturday to prepare for their upcoming recital

in June. We are so proud of all the progress they have made and cannot wait to see their amazing dance moves on stage! Thank you to everyone involved for making this program a success filled with love, laughter, and friendship. Keep up the fantastic dance moves!

### January Donors

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



### Individual Donors

Darlene DeMott  
 Maithao Le  
 Michael McTeigue  
 Patrick Abrams  
 Anne P. Myers  
 Paxton Breen  
 Susan Jermain  
 Spencer Wohlers  
 Ariel Zurofsky  
 Michelle Brown  
 Tom and Beverly Gilbert  
 Kelly Crabbe  
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### In Kind Donations

Turtle Fur  
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 Nine Pin Ciderworks  
 Hannaford Distribution Center  
 Freihofer's Baking Co.  
 Krause Homemade Candy  
 Harbor Freight  
 Kay's Pizza  
 The Children's Museum at Saratoga  
 Noxgear  
 Apex Entertainment  
 Swifty's Restaurant & Pub  
 Bella Mae's

Veterans Miracle Center

### Corporations, Stores & Resorts

Hair Loss Control Clinic

### Wounded Warrior Programs

10th Mountain Division Foundation, INC



# TENNIS

## @ SPORTIME

2699 CURRY RD, SCHENECTADY, NY 12303  
 3-4 PM | COURTS 3 & 4

RED GROUP	BLUE GROUP
JANUARY: 7TH, 21ST	JANUARY: 14TH, 28TH
FEBRUARY: 4TH, 18TH	FEBRUARY: 11TH, 25TH
MARCH: 3RD, 17TH	MARCH: 10TH, 24TH
APRIL: 7TH, 21ST	APRIL: 14TH, 28TH

**REGISTRATION**  
[ARYAN@STRIDE.ORG](mailto:ARYAN@STRIDE.ORG)

**PROGRAM ADMIN FEE**  
**\$25**

## Snowsport Lessons are Rockin' at all 3 locations despite the crazy weather!

It's been inane weather patterns, including closures for lightening and hail! But we rock on.... *Join*

*us!*

Book a lesson at **Jiminy Peak** or **Catamount** by completing the following lesson request forms.  
[Jiminy Peak Lesson Request Form](#)

[Catamount Lesson Request Form](#)



Completing above forms **does not** reserve your lesson. Please keep a lookout for email confirmation 5 to 7 businesses days after request is submitted.

Titus reservations can be made by emailing [mindy@stride.org](mailto:mindy@stride.org)



#### Organizations & Foundations

Seymour Fox Memorial Foundation  
John E Sackett Foundation Inc.

#### In Honor of Mary Ellen Whitney

Ken Mason

#### In Honor of Christian Charache

Maria Immorindino

#### In Honor of Richard Thomas Rabin

Mary Emerson

#### In Honor of Megan Brown

Megan Brown

#### In Honor of Lachian Forrester-Willis

Adrienne Willis

#### In Honor of Victoria Cahill

Marilyn Cahill

#### In Honor of Jocelyn Doering

Lindsay Doering

#### In Honor of Colin Liebert

Anne Kuppinger

#### In Memory of Mr. John Coupe

Steve Pechacek

- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer.
- Good luck to 10 STRIDE coaches pursuing various levels of PSIA certification.
- Healing thoughts to Tim Tagan Catamount Director
- Get Well wishes to Don and Derek Gallo.
- Congratulations to our attorney, Patrick Fitzgerald on becoming a first-time grandfather!
- Healing wishes to Aya Smith for her knee.



## 87 Runs. 1 Day. MONDAY, FEBRUARY 26, 2024 Jiminy Peak Mountain Resort

Kudos to our **16 teams** that have registered and started fundraising with a month to go! The 2024 100k Vertical Challenge is going to be **AMAZING!**



We have an ambitious goal of **\$90,000!** We are over the \$17,000 mark thanks to the hard work of our amazing 100kers.

**How can you help? SIGN UP Your team of 4 NOW!!!!** Click [here](#) to see the 100k teams, donate to the team or scroll to see individual team members and donate to their page.

## STRIDE & NABA Partner to Teach 10 Teens with Vision Impairments How to Ski for 1st Time!

A remarkable group of visually impaired and blind teenagers from the Capital District region embarked on an exciting adventure as they explored the exhilarating world of alpine skiing and snowboarding. This unique initiative provided ten



extraordinary students, aged 12 through 18, with an opportunity to experience the thrill of winter sports tailored to

their specific needs.

On Saturday, January 20, at Jiminy Peak Mountain Resort, Hancock, MA.

The event, organized by [Northeast Association for the Blind](#) at Albany and STRIDE Adaptive Sports, brought together expert coaches who are trained to provide tailored instruction for individuals with visual impairments. The three-hour lessons included guided assistance and coaching, allowing the students to engage with alpine skiing and snowboarding in a

Align Your Business with  
the power of STRIDE



Students engage with adaptive skiing and snowboarding in a safe and supportive environment. Following the lessons, the STRIDE Adaptive Sports staff hosted an awards ceremony to celebrate the accomplishments of these resilient students. Trophies were presented to all, acknowledging the determination and achievements of each participant.

## STRIDE COMMUNITY FITNESS SCHEDULE For the week: Jan. 29 - Feb. 3, 2024

### MONDAY - January 29

9:00-9:30 AM 30-Minute Kickboxing - Maureen  
9:30-10:00 AM 30-Minute Stretch - Maureen  
5:30-6:15 PM Cardio, Core & Strength - Lois  
6:15-7:00 PM Barre - Lois



### TUESDAY - January 30

9:00-10:00 AM Weight Training - Tracy  
5:30-6:30 PM Gentle Yoga Flow & Stretch - Lois



### WEDNESDAY - January 31

9:00-10:00 AM Zumba - Mary  
6:00-7:00 PM Interval - Kate



### THURSDAY - February 1

9:00-10:00 AM Weight Training - Lois  
4:00-4:45 PM Aerial Kids - Elissa (must pre-register)  
5:15-6:15 PM Intro Aerial - Elissa (must pre-register)  
6:30-7:30 PM Aerial I - Elissa (must pre-register)



### FRIDAY - February 2

5:30-6:30 PM Barre-Fight - Kate, Kirstein & Lois



### SATURDAY - February 3 (must pre-register)

9:00-10:30 AM Pelvic Floor, Core & Weight Loss in 2024 - Elissa



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



## Become a STRIDE Event Sponsor

STRIDE 100k Vertical Challenge - February 26, 2024

STRIDE Wounded Warrior Snowfest - March 2/3, 2024

STRIDE Great Race - March 16, 2024

Strides 4 STRIDE 5k - June 2024

Autumn Surprise - Fall 2024

Benefits include tickets, logo on swag, social media postings, logo on website and MORE! STRIDE can customize a sponsorship package for you for maximum benefit for your company.

For more information contact Chris,  
[cgolden@stride.org](mailto:cgolden@stride.org)

## Getting PSIA Certified to Teach Skiing is NOJoke!

A quality program is justified by those who take the job seriously enough to spend hundreds of hours pursuing certification, which involves training and assessment and even written exams. This group is on their way to Level I PSIA Alpine Adaptive Cognitive and Visual Impairment bronze pin! They just completed their prep two days at Catamount and are off and training for the next step - assessment!



## STRIDE Stingrays To Compete with Support from MVP HealthCare!

The team will have their first 2 upcoming swim meets of the 2024 competitive season slated for 2/13 and 2/27

at Mohonasen High School! They will be competing alongside the Schenectady Sharks, a local team who also practices at the high school. Our swimmers have been training hard every Tuesday since September to prepare for competition season.

Each meet will feature different events to allow our swimmers the opportunity to practice their respective events and different strokes. To ensure the meet runs smoothly, [MVP Health Care](#) has kindly offered to volunteer their support by timing events, handing out awards, scoring and getting the swimmers organized before their races. We invite the STRIDE community to come cheer on their friends from the stands! If you have an interest in volunteering, please contact Head Coach Emelia Carlino for more details.



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