



Huge February E-News !!

Message from Mare, the 'Outgoing' CEO...

As I write this article, I find myself overwhelmed with a mix of emotions. The STRIDE journey that has led us to this moment has been nothing short of extraordinary, filled with challenges, triumphs, and countless memories that have shaped the very essence of STRIDE, and me. And now, I stand on the cusp of a new life chapter, the transition feels surreal, akin to the birth of a child through 40 years of nurturing to the point of marriage. It began in 1984-85, when the seed of an idea was planted—a vision for equality and inclusion for my special education students. Like an infant, this concept required nurturing and care, and so began the journey of STRIDE. In its early years, the organization was akin to a close-knit family, with each member playing a vital role in its development and growth.



The journey from infancy to adulthood was marked by significant milestones—formalization, incorporation, nonprofit status—all of which laid the foundation for the organization to flourish. Programs such as skiing, bowling, and camping became the heartbeat of STRIDE, drawing in volunteers and participants alike. In 2017, STRIDE took a giant leap forward by acquiring its first headquarters in West Sand Lake—a testament to its evolution and growth over the years. And yet, even as the organization matured, its spirit of innovation and dedication to its mission remained unwavering.

After four decades, the need for new leadership and my retirement became apparent—a search began for a leader who could carry the torch forward and lead STRIDE into its next chapter.

After an extensive 16 month search process, we found our match in **Alex Brame**. Alex comes to us with a wealth of experience and a passion for our mission. His leadership will undoubtedly usher in a new era for STRIDE—one marked by innovation, growth, and continued impact. As I prepare to pass the torch, like my child to Alex, I do so with a heart full of gratitude and excitement for what lies ahead.

Like a marriage, the union of STRIDE and Alex represents a new beginning—a partnership built on shared values, vision, and commitment. And just as I have had the privilege of witnessing the organization grow from its infancy, I am eager to see how it will flourish under Alex's guidance.

As we welcome Alex into the STRIDE family, let us embrace this moment as a celebration of new beginnings and endless

Very Special Lessons for girls Who use Ventilators to Breathe

For the first time, STRIDE organized a very special bi-ski lesson on Tuesday 2/20/24 at Jiminy Peak Mountain for two young ladies, Ellary and Greta, providing them a once-in-a-lifetime experience.

Ellary Kinnane and Greta Baier, ages 15 and 16, are diagnosed with nemaline myopathy, and several other medical conditions. Nemaline myopathy is a rare progressive disorder of the muscular system, which requires breathing with the help of ventilators. Despite this major obstacle, STRIDE made it a priority to allow them to get the best skiing experience from the top of Jiminy Peak Mountain.



There was a large team of 8 to make these lessons happen simultaneously; with six of the most experienced coaches, parents, a ski patroller and the girls who will use two bi-skis. Bi-skiing is a type of adaptive skiing, that allows people to ski trails while seated in special equipment. Commonly used for people with a wide variety of disabilities, the major obstacle is the ventilators. All potential complications with medical equipment were thoroughly considered.

Cindy Kinnane, Ellery's mom wrote: "As a parent of a special needs child, especially the needs of my daughter, sometimes you mourn the fact that they will miss out on things that friends and family will experience....but Stride has made things happen I never thought possible.

The team you assembled was AMAZING! Everyone was so kind, and thorough. You could tell they wanted to give the girls the experience of their lives, and that they did. The energy was so positive. All the careful planning...I know this was no easy feat. As a mother, I felt she was safe in your hands.

We want to thank you from the bottom of our hearts for this experience. Please extend our thanks to everyone on the mountain that made this happen. The girls could not stop talking about it!"



possibilities. Together, we will continue to strive towards our shared vision of equality and inclusion for all.
Champagne toast: so here's to the next chapter of STRIDE, and to the countless lives we will touch and transform along the way. **Welcome, Alex—we are thrilled to have you as part of our special family.**

Mare Whitney, CEO & Founder



Wounded Warrior Snowfest This Weekend

Each year STRIDE selects a new group of Wounded Warriors who have

deployment related permanent injuries, to spend a weekend of adaptive skiing and snow sports. The experience is meant to connect and engage wounded veterans with a local support network of veterans. The gateway event is an opportunity for the honored veterans to join other year-round programs with STRIDE, in any of the 18 adaptive sport and recreation programs offered; along with multiple other Wounded Warrior hosted activities and events.

This year the Wounded Warrior Snowfest will host 5 new and 8 alumni Warriors accompanied by their family members, all from New York State, at Jiminy Peak Mountain Resort. STRIDE will recognize the Warriors along with their families on Friday evening with be a small formal Welcome ceremony hosted at the STRIDE SHARE Center Facility in West Sand Lake. Each Warrior veteran is awarded ski apparel, all lodging and meals, and will visit the New York State Police Aviation Hangar and then return to the SHARE Center for Aerial Yoga/Ski Stretching Fitness Exercises prior to 2 full days of skiing.

Keynote address will be delivered by local veteran, Ryan Smithson, US Army Reserves and author of "Ghosts of War: The True Story of a 19-Year-Old GI." The Warrior address will be given by Sergeant James Wilson, who is a longtime alumni Warrior of STRIDE and player on STRIDE's Capital District Sled Warriors Team. The LaSalle Color Guard will be participating in the ceremony.

Much of the cost for the weekend has been generously provided by STRIDE event sponsors – Move United / Warfighter Sports, Jiminy Peak, 10th Mountain Division Foundation, Lavelle & Finn, Burton, Veteran's Miracle Center, Dolce & Biscotti, Hannaford, Freihofer's Baking Company, Turtle Fur, GoggleSoc and many regional VFW and American Legion chapters.

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

9th Annual 100K Vertical Challenge -
HUGE SUCCESS Hitting our Goal of \$90,000!!



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



February Donors

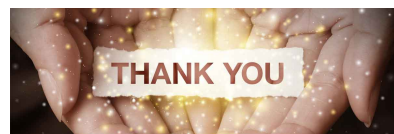
HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank February contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

Individual Donors

Darlene DeMott
Maithoa Le
Beverly & Tom Gilbert
Amy Noll
Mary Yates
Assemblymember John McDonald
Assemblymember Scott Bendett
Randal Fleury
Regina Polenz
Daniel Rodgers
Sabeer Abdul Kadar
Russie Shishmanou
Chelsea Belmonte
Peter Palleschi
Kevin Boyd
Stacy Miller
Mary Barrett
Joseph Blain
Michelle Brown
Claudia Stone
Bill Schollenberger
Dave Hart
Jenna Fabozzi
Samantha Demick
Ron Cyr
Gina DiFoleo

Corporations

Greylock Federal Credit Union
Key Bank
Lavelle & Finn





We Did it!! **21 teams** raised over \$90,000. The Day was **AMAZING! Perfect weather and Jiminy Peak provided us with perfect snow conditions.**

We had an ambitious goal of **\$90,000!** The pages stay open until May 1!

How can you help? You can still donate to a team - post event!!!! Click [here](#) to see the 100k teams, donate to the team or scroll to see individual team members and donate to their page. Our sponsors kicked in to bring us an extra \$12,000 counted towards the goal. Thank you to [Regeneration](#), [Greylock Bank](#), [Key Bank](#), [NPA Financial](#), [Hannaford](#), [Freihofers Baking Company](#), [Nine Pin Cider Works](#), [High Adventure Ski Shop](#), [CDPHP](#), [Times Union](#) and [Burton](#)

Snowsport Programs are hanging tough despite the crazy weather!

It's been insane weather patterns, including 60 degree days in February, But we rock on.... *Join us!*
Photo: Catamount coaches teaching a new skier.



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

WE STILL HAVE WINTER LEFT!!!

- Deepest Sympathies to Lois Whitman our Fitness Director, on the passing of her Mom
- Get Well to Stefon Stillwell after shoulder injury
- Good luck to 8 STRIDE coaches pursuing various levels



- of PSIA certification.
- Healing thoughts to Tim Tagan Catamount Director
- Deepest Sympathy to Hockey Manager Jon Phillips on the loss of his father Abbott Phillips
- Congratulations to Stefon Stillwell and his bride Ashley who just celebrated their wedding in Mexico
- Happy 30th Birthday to our Program director, Alli Ryan!!

Regeneration

Wounded Warrior Snowfest

VFW Post 6338
VFW Post 8690
VFW Post 358
VFW Post 414
VFW Post 7763
VFW Post 8495
American Legion Post 1683
Knights of Columbus Council # 173

In Honor of Charlie Reutemann

Chelsea Reutemann

In Honor of Ms. Allie Ott

Shane & Kathy Johnson

In memory of Mrs. Phyllis Wager

Gail Cotler

In Kind Donations

Stewarts Shops
Hannaford Distribution Center
Freihofers Baking Co.
Nine Pin
Bennington Museum
Crossgates Mall
Hannoush Jewelers
CDPHP
Times Union
Charles Newton/ Phoenix IT consultants

Align Your Business with the power of STRIDE

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

Getting **PSIA** Certified to Teach Skiing is **NO Joke!**



STRIDE COMMUNITY FITNESS SCHEDULE For the week: February 26 - March 2, 2024

MONDAY - February 26



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 - February 27



9:00-10:00 AM Weight Training - Lois/Maureen
5:30-6:00 PM Tabata Step - Kate
6:00-6:45 PM (45 min) Candlelight Yoga - Lois



WEDNESDAY - February 28

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



THURSDAY - February 29



9:00-10:00 AM Weight Training - Lois



4:00-4:45 PM Aerial Kids - Elissa (must pre-register)
5:00-5:30 PM Intro Aerial - Elissa (must pre-register)
5:45-6:45 PM Aerial One - Elissa (must pre-register)
7:00-8:00 PM Aerial Two - Elissa (must pre-register)

SATURDAY - March 2 (must pre-register)

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

With great thanks to [Move United](#), a training grant has been provided to offset some of the costs for our coaches to up their game in educating themselves to coach our athletes. 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 will take the 3 day exam at Windham next week.



STRIDE 2024 Great Race

In front of Crane Lodge
9AM Race Start
12PM—BBQ and Awards

Sponsored by:
Brunswick BSA

Jiminy Peak
Mountain Resort

Saturday, March 16th

All athletes welcome to register and race!

Cost: \$75 per racer. Includes: Coach assigned, practice runs, 2 race runs, Awards, BBQ lunch.

Extra BBQ tickets - \$15 in advance, \$20 day of race

Contact STRIDE Program Director, Allie Ryan: aryan@stride.org / www.stride.org / 518-598-1279

Ready, Set Glow Meet - a Fundraiser for STRIDE Hosted by Burnt Hill Track Team

READY SET GLOW

MARCH 22, 2024

A night full of fun and running as well as music and concessions

You're Invited to Ready Set Glow, a relay invitational hosted by BH-BL Track & Field teams and Burnt Hills Track Club

Friday March 22
Registration: 5-5:45
Start time: 6pm

BHBL High School
88 Lakehill Rd, Burnt Hills

*There will be a donation box at registration to benefit **Stride Adaptive Sports*** (suggested donation \$20/relay)

ORDER OF EVENTS

- Under-12 4x40
- 2x200 hurdles
- Swedish (1-2-3-4)
- DMR (12-4-8-16)
- 4x200
- SMR (2-2-4-8)
- 4x800
- 4x400

*All races are open to the public and will be run co-ed, with a **glow-in-the-dark baton** awarded to top male & female team in each event. you may also enter a co-ed relay team*



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



Welcome New Board Member and Treasurer, Linda Wager

With great thanks to Amy Earing for her 12 years as the Treasurer for STRIDE, we pass the torch to Linda!

Linda Wager was formerly the Director of Business and Finance, as well as previous Treasurer, for the East Greenbush Central School District. As a recent retiree, Wager now has an opportunity to give back with her commitment of time, energy and talent. Wager has lived in the Sand Lake community for over 40 years, and has two adult children, Michael and Lauren, and two grandchildren, Leah and Thomas. Wager is a graduate of Siena College with a Bachelor of Business Administration in Accounting degree. Wager looks forward to the opportunity to participate on the STRIDE Board and be of service to the staff, athletes and families in continuing the empowerment of individuals through a healthy and active lifestyle.

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

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