



March E-News !! New Beginnings

Message from the 'New' Executive Director



Hi Everyone,
To be given the opportunity to be part of such a successful organization, with such dedicated staff and to have the ability to continue to help and support so many is truly amazing.

I want to thank everybody for making me feel so welcome, especially Mary Ellen. I realize how challenging a change of such magnitude can be, but very quickly we have settled down to business as usual and focusing on those we serve.

Over the last few weeks, I have been able to attend the 100K Vertical Challenge, Wounded Warrior Snowfest and Syracuse Sled Hockey Classic, as well as a fundraiser for STRIDE at Burnt Hills-Ballston Lake HS. I'm also now a regular at Tuesdays Yoga class at the SHARE center and spent a wonderful morning walking around the SCORE camp. This has given me an opportunity to meet many of our volunteers and see our programs in action, I will continue take time to meet everyone and see everything that we do, so if you see me, please say hello and let's talk about how STRIDE can continue to adapt and grow.

The last few weeks has also seen the much-anticipated report from the Commission on the State of US Olympics and Paralympics, entitled 'Passing the Torch – Modernizing Olympic, Paralympic & Grassroots Sport in America'.

[Commission on the State of U.S. Olympics & Paralympics \(csusop.org\)](http://csusop.org)

There was much to digest in the over 250+ report pages, but one concern and recommendation stood out.

"In particular, we are concerned by our finding that very little funding has been made available—from USOPC, from governing bodies, from state and local governments, and from private sources—to support the development of para sports on the youth and grassroots level, elevating the financial hurdles that already exist movement-wide."

"Recommendation #8: Access and equality for Paralympians and those participating in para sports at all levels must be improved"

This truly exemplifies the hard work and dedication that everyone at STRIDE has shown to support our athletes over the years, but the reality is there are lots more doors we will be knocking on and will be expecting their support for our programming.

Lastly, it was not lost on me, that one week after we had to



SPRING GOLF

Where: Route Fore Golf Center
When: Sunday's 9:30-10:30am
Dates: 5/5/24 - 6/16/24
NO GOLF 5/26 (Memorial Day weekend)

Whether you're brand new to golf or looking to improve your skills, Tony and Kelly are here to lead the way!

Only 10 spots available per session. Priority will be given to new participants. No space in the spring session? More opportunities will be available in the summer and fall.

ADMIN FEE \$25

518-598-1279
ARYAN@STRIDE.ORG

WE HAVE A NEW WAY TO REGISTER!!

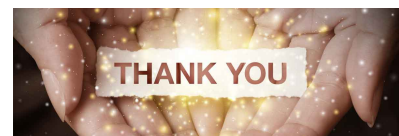
Please scan the QR below.



Please allow 2-5 business days for confirmation from Program Director

March Donors

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



Individual Donors

- Maithao Le
- Darlene DeMott
- Alex Brame
- Mark Deitch
- Jessica Mishaga
- Martin Kriek iv
- Jeff Frame

cancel the Great Race for lack of snow, that we had a weekend storm that dumped over a foot of snow in most areas. We are looking at moving around our event dates for next season.

Kind regards and thanks,
Alex



19th Annual Wounded Warrior Snowfest Success

Each year
STRIDE selects a
new group of
Wounded

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

In our 19th year, we hosted 5 new and 8 alumni Warriors accompanied by their family members at Jiminy Peak Mountain Resort. On Friday evening a small formal Welcome ceremony at the STRIDE SHARE Center Facility awarded ski apparel, proclamations and dinner. Keynote address was 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 was given by Sergeant James Wilson, alumni Warrior and player on STRIDE's Capital District Sled Warriors Team. The LaSalle Color Guard posted colors; Chance Thiebault, sang the National Anthem and the event was emceed by Phil Bayly.

Much of the cost for the 4-day 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.

Joey Furlong
Kathleen & Doug Fenniman
Michelle Brown
Beverly and Tom Gilbert
Jessica Goh
Jeffrey Margolin
Colin Liebert
Elizabeth Reed-Swale
Connor Sheehan
Annika Many
Katie Varin
Samantha Demick

Corporations

Uncommon Charitable Impact Inc.

Foundations

American Legion Riders Helderberg Post 977
Stewart's Foundation
Capital District NY Chapter Association of the U.S. Army
Helmuth-Ingals American Legion Post 232
American Legion Riders Helderberg Post 977

In Memory of Abbott Phillips

Linda & Jack Weinstein
Mary Ellen Whitney

In Memory of Sarah Darby

Mary Ellen Whitney

In Honor of Barbara Lischer

Judith Flatt

In Honor of John Kirby

Mary Ellen Whitney

In Kind Donations

Jiminy Peak Mountain Resort
Mess Hall-Noelle Hardy
Chance Thiebault
Stewart's Shops
Freihofer
Hannaford
Lake George Steamboat Company
Enstrom Candies
Renaissance Albany
Wellington's
Deborah Collins LLC

Huge Thanks to all 100K Vertical Challenge Donors [click here](#)





Warrior Friday - Intro to Restorative and Aerial yoga for spine alignment and relaxation.

LEARN TO DANCE



WHEN: Saturdays

3/9 | 3/23 | 4/13 |

5/11 - 5/25 | 6/1

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.



SPLITS HAPPEN

Bowling Fundraiser

**SATURDAY
19 MAY
01:00 PM**

**KING PIN ALLEY
LATHAM
375 TROY-
SCHENECTADY RD
LATHAM, NY**

**\$25 INDIVIDUAL
\$80 TEAM
\$160 VIP TEAM
(INCLUDES 4
EVENT T-SHIRTS)**

RSVP: stridebowling@stride.org

www.stride.org



Congratulations to New STRIDE PSIA Certified Ski coaches!

With great thanks to [Move United](#), a training grant was 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. Congratulations to Liz Gross, Marc Fleurette, Brian McNamara, Jae Vysocill on Level I [PSIA](#) Alpine and Adaptive Cognitive and Visual Impairment bronze pins! And to David Salz for beginning his Level II journey; and to Mindy Fairchild for understudying the exam to continue her Level III pursuit.

We were thrilled to have representation from all three of our mountain programs, Catamount, Jiminy Peak and Titus!



Welcome New Board Member: Richard Peters

Peters is a retired Chief Scientist at SABIC, where he worked in Research & Development for 15 years of his 30 year career in the plastics industry, a career which brought him around the

world developing applications in many industries, for many companies, and granted patents for the work. He earned a degree in Mechanical Engineering from RPI as a non-traditional student. Prior to going to college, he was a long haul



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

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



We Did it!! **24 teams** raised over **\$92,000**. The Day was **AMAZING!** Perfect weather... and [Jiminy Peak](#) provided us with **perfect snow conditions**.

We had an ambitious goal of **\$90,000**. As we look forward to 2025 our 10th Annual Event our focus will be **"\$100K 4 100K"**

* **You can still donate to a team - post event!!!!** Click [here](#) to see the 100k teams, donate to a team or 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 [Regeneron](#), [Greylock Bank](#), [Key Bank](#), [NPA Financial](#), [Hannaford](#), [Freihofer's Baking Company](#), [Nine Pin Cider Works](#), [High Adventure Ski Shop](#), [CDPHP](#), [Times Union](#) and [Burton](#)

Please [click here](#) to see the list of donors who supported this event!



college, he was a long haul owner/operator truck driver for 4 1/2 years, traveling to all lower 48 states and all Canadian provinces.

Peters has been involved with STRIDE since its inception, first with skiing at Ichabod Crane School and also on the inaugural camping trips in the early 80's. He is a supervisor to the Snowsports programs at Jiminy Peak. Additionally, he is involved in many community activities and currently Chairs the Central Berkshire Regional School District school committee. He is also an instructor at the Berkshire Advanced Manufacturing Academy. He lives in Hinsdale, MA with his wife Alison and has a daughter and a son, both of whom volunteered for STRIDE in camping and skiing prior to college, and both now live and work in the Boston area.

iCan Bike 2024

VOLUNTEERS NEEDED!!
7/8/24 - 7/12/24
UNION COLLEGE MESSA RINK, SCHENECTADY, NY

STRIDE ADAPTIVE SPORTS
www.stride.org



iCan Shine Registration

Ready to sign up?

- 1) Fill out [STRIDE registration form](#) and [sign waivers](#)
- 2) Sign up through our official [iCan Shine Volunteer Page](#) (Registration Opens 4/1)
Questions: aryan@stride.org
Breakfast, lunch, snacks, and T-shirts provided to all volunteers

STRIDE Registration & Waivers

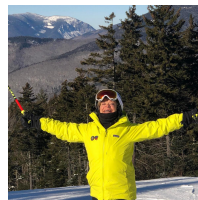


What Do Volunteers Do?

- Walk/run alongside your rider and help reinforce directions from iCan Shine leaders.
- No experience working with youth with disabilities necessary - we will train

Volunteer Requirements

- Be 15+ before July 7th
- Sign up for at least 1 session per day (whole or half day volunteers encouraged)
- Attend volunteer orientation 7/7 at 10am



Navigating Leadership Transition: Finding the Right Fit for STRIDE

As we wrap up our first month under new leadership at STRIDE, a sense of ease and confidence is growing. Handing over the reins of an organization like ours is a weighty task, but seeing the competence, professionalism, and charisma of our new leader, Alex Brame, is weighty reassuring for me. What's more, he is also quickly becoming a friend to many of us within the organization.

The question on everyone's mind is, "How did we find him?" Indeed, the process of identifying the right leader can be daunting, but our journey to discovering Alex was marked by a stroke of serendipity with the expertise of a remarkable individual.

Enter [Deborah Collins, LLC](#), a seasoned corporate recruiter and Interim executive, whose reputation precedes her in the realm of talent acquisition. Deborah's involvement with STRIDE as a fortuitous gift of in-kind services, is a testament to the



About iCan Bike

The unique 5 day bike riding program is coordinated with iCan Shine's iCan Bike program. The organization provides a fleet of adaptive bikes designed to ensure the success of all riders. The philosophy and technology of the program has impressive evidence for success in youth with Autism and other disabilities. The program is integrated with high school students and community volunteers.

Program Dates/Cost

July 8, 2024 - July 12, 2024

Each athlete is assigned to one 90-minute session per day.

Sunday, July 7th @ 10am

Parent & Volunteer Orientation

Cost: \$200 - Scholarships are available upon request.

How to Register

STEP #1

Register with STRIDE & Complete waivers



STEP #2

Register with iCan Shine



Union College Messa Rink
Achilles Center, Squire Whipple Path/Bridge, Schenectady, NY 12308
518-598-1279
aryan@stride.org
www.stride.org/biking/



As a generous gift of in-kind services, is a testament to the generosity and support we've been fortunate to receive. With two prior executive searches, Deborah's experience was precisely what we needed to navigate this critical transition. Forming a search committee comprised of board members and professionals who are steadfast supporters of our cause, we set out to find the ideal candidate. From the outset, our focus was clear: hiring an individual who not only possessed the requisite skills but also embodied the values and ethos of STRIDE.

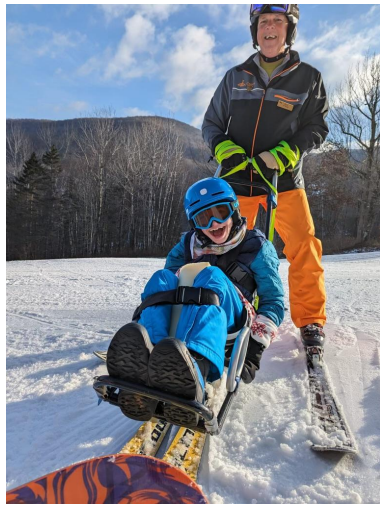
Through a meticulous interview process, 3 of 8 impressive candidates stood out. Among them, Alex Brame consistently rose to the top, impressing us with his depth of knowledge, strategic acumen, and alignment with our mission. Alex was hired in February and started this month.

It is not merely Alex's qualifications that set him apart but also his innate ability to connect with our team and stakeholders on a personal level. He exudes authenticity and a genuine passion for the work we do at STRIDE.

As we look ahead with optimism and anticipation, we are grateful for the expertise of [Deborah Collins, LLC](#), whose insight was instrumental in shaping our leadership transition. With Alex at the helm, we are confident that STRIDE will continue to thrive, fulfilling its mission and making a meaningful difference in the lives of those we serve.

Our journey to finding the right leader is a testament to the power of collaboration, perseverance, and a steadfast commitment to our organizational values. As we celebrate this milestone, we remain steadfast in our dedication to the communities we serve, knowing that with the right leadership in place, the possibilities for impact are limitless.

*Mare Whitney, Outgoing CEO & Founder
Snowsports Director*



It's a wrap ...Great Race cancelled; Snowsport Programs over early... Damn that Groundhog!

It's been insane weather patterns, including 60 degree days in February. Sadly, we were forced to end early; but still had some amazing moments this season. Many thanks to all our talented and dedicated volunteers making magic on the mountains! !

Many STRIDE coaches will

be in Aspen this week for the [Disabled American Veterans Wintersports Clinic](#) - teaching/volunteering for veterans. Thank you to

[Killington World Cup Foundation](#) - funding our race team; and to our three host mountains for all their support [Jiminy Peak](#), [Catamount](#) and [Titus](#).



Geoff Krill, Professional Adaptive Athlete, Joins STRIDE Honorary Board

Geoff Krill, from North Woodstock, New Hampshire has been a friend and colleague of Mare's for two decades. When Krill was younger, he believed he would work in the hotel restaurant industry.

However, a snowmobile accident in 1995 led him in a different direction, one which has gifted him innumerable life experiences with travel to amazing places and interactions with incredible people. Today, he is the Executive Director and Chief Motivational Officer of Eastern Adaptive Sports (EAS) and a fourth term member of the PSIA/AASI National Team. He continues to serve on the steering committee of the Adaptive Board of Examiners for PSIA-Eastern (with Mare).

When Krill isn't organizing summer sporting activities on Little Squam Lake for EAS, he is the Training Director for Loon Mountain's Snowsports School. Over the last four years, Krill has

also helped to grow and facilitate the Spaulding Adaptive Ski Club. In his spare time, Krill speaks with students of all ages about overcoming challenges and meeting adversity with problem solving. Krill credits sports with the path he took for education as helping to meet each goal he sets for himself. He is married to Heather and has two children.

- Deepest Sympathies to Lois Whitman our Fitness Director, on the passing of her Mom
- Congratulations to STRIDE coaches Jae, Marc, Brian and Liz who obtained PSIA certification.
- Deepest Sympathy to Hockey Manager Jon Phillips on the loss of his father Abbott Phillips
- Deepest Sympathy to athlete Bryan Darby and family on the loss of his sister Sarah
- Congratulations to Stefon Stillwell and his bride Ashley who just celebrated their wedding in Mexico
- Get Well wishes to Volunteer Patrick Kelley.
- Continued Get Well wishes to former athlete Marie Hutchinson.
- Big thanks to Wildwood





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

APRIL 2024

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

| Community Classes | SAT/SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|--|--|
| No registration. Walk-ins welcome. FREE for STRIDE athletes & volunteers. For community members we suggest \$15 per class or a monthly tax deductible donation to STRIDE. There's a donation box at the front door. | WORKSHOPS with Elissa SAT April 6 11 AM - 12 PM PARENTAL & ME AERIAL 12:30-2:00 PM TEEN AERIAL YOGA (girls only) | 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 | 9:00-10:00 AM WEIGHT TRAINING Lois / Maureen 5:30-6:00 PM STEP Lois | 9:00-10:00 AM ZUMBA Aya / Mary 6:00-7:00 PM INTERVAL Kate / Kirstein | 9:00-10:00 AM WEIGHT TRAINING Lois **AERIAL - Elissa April 4, 11 & 18 4:00-4:45 PM \$75**Aerial Kids 5:00-6:00 PM \$75**Aerial One 6:15-7:15 PM \$75**Aerial Two 7:30-8:30 PM \$75**Aerial Restore | April 5 & 19 5:30-6:30 PM BARRE-FIGHT Kate, Kirstein & Lois April 19 6:45-7:45 PM SHUFFLE DANCE PARTY FUNDRAISER Elissa (\$10 suggested donation) |
| **Aerial Yoga For registration/info, contact Elissa at Preranayoga108@gmail.com or call 517-763-9365. | SAT April 13 11 AM - 12 PM NEUROMOTOR FITNESS 12:30-2:00 PM RELEASE & RESTORE AERIAL | 6:15-7:00 PM BARRE Lois | 6:00-7:00 PM CANDELIGHT YOGA Lois | | | |
| **Sisterhood Circles For registration/info, contact Samantha at didketo@gmail.com | SAT April 20 11 AM - 12:30 PM INTRO TO AERIAL | | April 19 @ 7-9 PM \$29**FULL MOON SISTERHOOD CIRCLE Samantha | | | |



Sled Warriors Wrap up their Season at Amelia Tournament April 4-6

The STRIDE Capital District Sled Warriors have had an outstanding season, full of memorable moments and significant achievements. Hosting their 2nd Dralla tournament was a fantastic way to kick off the season, creating an environment that challenged the team, continued to bring the sled hockey community together, and allowed for new players to hop in a sled and join in on the fun!

Throughout the season, the Sled Warriors participated in the Empire State Winter Games, Skaneateles and are planning to close out the season at their final tournament at Amelia in April. They also had the opportunity to scrimmage against Union College's hockey team, and take the ice at the MVP arena during the Mayor's cup. Both were an unforgettable experience for all involved, blending different realms of ice hockey and fostering a spirit of inclusivity.

The camaraderie, determination, and sportsmanship displayed throughout the season was nothing short of amazing. As well as, the support and encouragement the more seasoned players have shown towards our youth players as we continue to grow our youth team. This mentorship is crucial for the growth of the team and the sport, ensuring a bright future for the Sled Warriors.

As the season draws to a close it's clear that the Sled Warriors have a lot to be proud of. The dedication and spirit of the team are truly inspiring, and it's exciting to think about what the future holds for this remarkable group of athletes. Here's to a fantastic season finale and many more successful seasons to come!

Ready, Set, Glow Meet raises over \$1,500 for STRIDE!

A special **THANK YOU** to the Burnt Hills-Ballston Lake High School Track Team and especially to Mia Malizia, for organizing the 2nd Glow Meet to benefit STRIDE Adaptive Sports. Mia and her teammates shown here!



Last summer, **Juliet Ross**, a third year student at Albany medical College became a new volunteer for STRIDE working with 'I can ride' by camp, and our kayak program in the fall. She valued her experience so much that she decided to enlist other students. But she took a step further, and put together a **Service Learning project** to enlist volunteers as community service credit through her school. The project was approved and is underway for the first year. Each semester we host an orientation for the new volunteers who choose all the different programs they'd like to work with. It's no secret that Medical College students don't have a lot of time to dedicate along with their studies; but somehow they feel it's a perfect alignment for balancing life and work to work with kids with disabilities. We're looking forward to our amazing recruitment of young professional volunteers.



Strides 4 STRIDE



RUN • WALK • ROLL

5k/2k Run, Walk 'n Roll
to benefit STRIDE Adaptive Sports
Superhero edition

STRIDE ADAPTIVE SPORTS PRESENTS:

SPRING 2024 BOWLING - LATHAM

Kingpin's Alley Latham
275 East Schoharie Rd



375 Troy-Schenectady Rd,
Latham, NY 12110

Saturday's at 12:00pm
April 6th - June 1st

NO BOWLING ON: May 27th
(Memorial Day Weekend)

A \$25 admin fee will
secure reservations.
Financial Assistance is
Available!

Questions/Concerns?
Contact, aryan@stride.org



**WE HAVE A NEW
WAY TO
REGISTER!!**

Scan QR Code Below



Please allow 2-5 business days
for confirmation from Program
Director

Wednesday, June 12th
Jennings Landing, Albany

Registration: 5 PM



Registration Opens Soon
Scan QR for more info



www.stride.org



We have a very active "SOCIAL" life at
STRIDE! Join us on [Facebook](https://www.facebook.com/strideorg), 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

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

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