



## August E-News:

### Message from the Executive Director



Hi, Everyone. On the evening of Wednesday, 6th August, we will host over 30 members of the [Ability Experience](#) as they ride from [Buffalo to New York City](#). This incredible group uses cycling and running to change society's view of people with disabilities. We are honored they are visiting STRIDE and to support a like-minded organization on their journey.

What a summer it has been so far, from camping to Tae Kwon Do and cycling to strength and conditioning. Just when you think we should be relaxing on the beach, there's more: another wheelchair basketball day (thanks to Endless Highways and Albany VA for the use of chairs), two more camps (Music & Movement and Waterski adventure), a brand-new pickleball program, white water rafting as well as golf and the bowling invitational coming in September. And don't forget to check out everything happening in our SHARE Center in West Sand Lake — we now even have classes starting at 7 am.

There's so much to do! Please spread the word and join us in this incredible organization. We're always looking for more athletes, volunteers, and smiles.

Finally, our good friends the Tri-City ValleyCats are proud to partner with the Tunnel to Towers Foundation for the second straight season on **Tuesday, August 5th**. Founded in response to the tragedy of 9/11, the Tunnel to Towers Foundation fulfills its mission to "do good" by providing mortgage-free homes to Gold Star and fallen first responder families with young children and constructing specially adapted smart homes for catastrophically injured veterans and first responders. They are also dedicated to eradicating veteran homelessness and helping America Never Forget September 11, 2001. [Please find the details on this link](#), and we will see you there.

Up-and-coming happenings within the STRIDE family include:

- Wheelchair basketball August 7th.
- Summer Camping - July to September.
- Pickleball from August 10th.
- White Water Rafting August 24th.
- Golf from September 7th.
- Bowling Invitational September 14th.
- Community Wellness at the SHARE Center, 7 days a week.
- STRIDE & CD Sled Warriors Merchandise- [ORDER HERE](#)

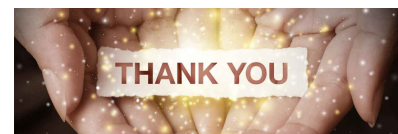
Full details for all these events can be found in this newsletter or on the STRIDE.org website. If you have any questions, please don't hesitate to contact us.

Thank you for all your support and for everything you do.

Alex

### July Donors

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



#### Individuals

Maithao Le  
Darlene DeMott  
Beverly and Tom Gilbert  
Patrick Spillman  
Kathryn Delamater  
Mary Ellen Whitney  
LJ & Mary Ellen Whitney  
Phil Bayly  
Craig Hamelink  
Amy Coveyou  
Matthew Bouchard

#### Corporate Donors

County Waste

#### Dave & Marisa Clark Memorial Scholarship Fund

Robert Clark  
John & Lisa Ferguson  
Jeff Frame  
Nancy Fitzgerald

#### In Memory of Rita Murphy

Paula Murphy

#### Grants

Seymour Fox Memorial Foundation

#### STRIDE Night @ The Joe Sponsors

Nussbaum Chiropractic PLLC  
Ryan Smithson  
Phoenix Confidant

#### In-Kind

Vijaya Madala  
Melissa Carroll  
Heather Daniels  
Nicole Pelletier

## July Was Full of Fun and Fitness at STRIDE!





# WHEELCHAIR BASKETBALL

**THURSDAY, AUG 7TH  
2PM-4PM**

**VENT FITNESS – LATHAM**

**195 TROY-SCHENECTADY RD, LATHAM, NY 12110**

Join STRIDE in welcoming  
our friends from **The  
Ability Experience** with a  
fun and friendly day on  
the court!



**SIGN UP**

**SCAN THE QR CODE**

**OR VISIT**

**[HTTPS://FORMS.GLE/GP8SMI61  
UNRVJRN76](https://forms.gle/GP8SMI61UNRVJRN76)**

**QUESTIONS:**

**[ABRAME@STRIDE.ORG](mailto:ABRAME@STRIDE.ORG)  
518-598-1279**



## County Waste partners with STRIDE

Thank you to [County Waste](#) for generously sponsoring STRIDE's iCan Shine Bike Program! Their support helped provide meals throughout the week, fueling smiles, progress, and independence. We are deeply grateful—STRIDE simply couldn't do what we do without the backing of our incredible community partners.



## Summer Camping with STRIDE



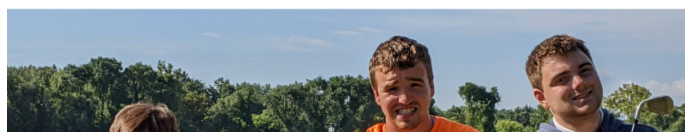
July was a month packed with exciting activities at STRIDE! We wrapped up another successful year of our annual iCan Bike Program, thanks to the incredible support of [iCan Shine](#), Union College, County Waste, Freihofer's, and our amazing volunteers. It was a week filled with fun, determination, and accomplishment.

Our summer tennis program also came to a close after another great season. A huge thank you to the Graham family and our dedicated tennis volunteers!

Swim Coach Emelia and partner Josh brought the training indoors for STRIDE's second summer of **Strength & Conditioning** classes at our headquarters in West Sand Lake. Competitive swim team members and fellow athletes hit the gym to stay in shape and build strength.

We also hosted a Discovery Day of Tae Kwon Do, where athletes of all ages worked with Master Yun at Columbia Tae Kwon Do on coordination, kicks, punches, blocks, and boosting self-confidence.

Thank you to everyone who helped make this month such a success!





Did you know that we have weekend getaways for our athletes from July to September?

Since 2012, STRIDE has operated an 85-acre camping retreat facility, named SCORE, in Chatham, NY. SCORE hosts a variety of unique outdoor education programs, which include themed sleep-away tent-camping weekends with activities such as waterskiing, mountain adventure park, ropes course, theatre, music, games, swimming, archery, disc golf, fishing, nature walks and more.

**Interested in running/directing a camping weekend(s)?** Camp SCORE is in need of camping volunteers and Camp Directors. For more information email [aryan@stride.org](mailto:aryan@stride.org)

The camp is also available for family camping, as well as for Wounded Warrior, veteran use, and group or organization use (reservations required).



## FALL GOLF!

**Where:** Route Fore Golf Center  
391 N Greenbush Rd, Troy, NY 12180

**When:** Sunday's 9:30-10:30am

**Dates:** Sept 7th - Oct 12<sup>th</sup>, 2025

**Ages:** 8+

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.

ADMIN FEE \$25



518-598-1279  
[ARYAN@STRIDE.ORG](mailto:ARYAN@STRIDE.ORG)

SCAN QR TO SIGN UP



OR VISIT

<https://www.stride.org/golf/>

## Explore Without Limits: Inclusion Along the Canals



STRIDE was proud to partner with [Hudson Crossing Park](#), Rochester Accessible Adventures, and [Along the Canals](#) for a fun-filled day of smiles, laughter, and inclusion. Nestled in Schuylerville, NY, Hudson Crossing Park is a scenic gem along the canalway, featuring walking, running, and biking paths that offered the perfect setting for

athletes to experience the joy and freedom of **adaptive biking**. As the park continues its mission to expand accessibility, exciting developments are on the horizon—including plans for an **adaptive kayak launch** in the coming years. We look forward to watching this inclusive destination grow and provide even more opportunities for individuals of all abilities to explore without limits.



## 3rd Annual STRIDE Invitational





**Ages:** 12+

**Time:** 9am - 4pm

**When:** Sunday, Aug 24th

**Cost:** FREE for athletes & STRIDE Wounded Warriors

**Guest Cost:** \$69

**Where:** Beaverbrook Outfitters, 3921 Rt. 28. North Creek, NY 12853

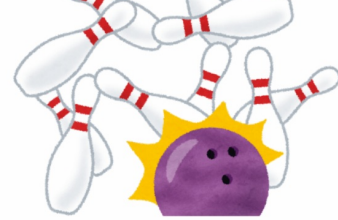
**First time participants get priority until July 24th**

**Athletes 21 and below must be accompanied by a caregiver.**

**Register HERE**



Questions | [aryan@stride.org](mailto:aryan@stride.org)



**Sunday, September 14<sup>th</sup>**

Kingpin Alley Latham

375 Troy - Schenectady Road

Latham, NY 12110

**Registration : 12:30PM**

**Bowling Begins: 1:00PM**

Sign up as an individual or as a group

**RSVP HERE!**

by September 7, 2025



Questions: [stridebowling@stride.org](mailto:stridebowling@stride.org)

**Free  
Event**

**Raffle Baskets  
50/50**

# STRIDE CAMPING

## At Camp SCORE!

2182 State Route 203  
Chatham, NY  
(across from John Deere dealer)

**6/27-6/29 Adult Camping Weekend (Ages 21+):** A chance to relax, explore, and connect with nature in a fun and supportive environment. Whether you're roasting marshmallows, hiking trails, **swimming at Crellin Park**, or just enjoying the great outdoors, this weekend is all about creating memories and building friendships. **Have a Comm Hab worker who wants to join in on the fun?** They're welcome, too!

**7/18-7/20 Aviation Camp:** Enjoy campfires, hiking, stargazing, and bonding with fellow adventurers — then get ready to be amazed as we visit the **State Police aviation hangar** where heroes take flight.

**8/1-8/3 Military Boot Camp:** Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to **Jiminy Peak's Mountain Adventure park** with their veteran as their guide.

**8/16-8/17 Music & Movement (1-Night Camp):** Campers will enjoy karaoke, watching a live production of **Annie the musical** at Mac-Haydn Theatre, singing/dancing around the campfire with musical guests and performers!

**9/12-9/14 Water Ski Adventure:** Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an **adaptive water skiing** trip to Leaps of Faith in Connecticut! **Wheelchair users are especially encouraged to participate this weekend.**

**Day Camps:** Have an idea for a camp? Interested in leading a camp? Let us know.

**REGISTER AS A  
CAMPER**



Email: [aryan@stride.org](mailto:aryan@stride.org)  
<https://www.stride.org/score-center/>

**REGISTER AS A  
VOLUNTEER**



**SUPPORT THE  
MISSION OF STRIDE**



**SCAN ME**

**VENMO**

Please note  
donation



**ON WEBSITE**

[www.stride.org/make-a-donation](http://www.stride.org/make-a-donation)

Get well wishes to Snowsport coach  
Melissa Lachanski.

Best Wishes to Snowsport coach  
Richelle Ford on her new journey in PA,  
as she relocates to be with her family.



**Donate your Clean NY Bottles & Cans**  
**Mention STRIDE Adaptive Sports -**  
**Your donation is given to STRIDE!**



Donation Locations:

East Greenbush - E.G. Bottle & Can Co. - 594 Columbia Tpke East Greenbush NY  
Wynantskill - 6 Cent Redemption - 461 Main Ave Wynantskill NY

## Attention all NY State Employees!

Through the [State Employees Federated Appeal \(SEFA\)](#) campaign, New York State employees in the Capital Region support STRIDE with a payroll deduction donation. If you or someone you know is a State employee and would like to participate, tell the Employee Campaign Manager.

**STRIDE's charity number is 50-00280.**



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



## Unsung STRIDE - Kevin Woodbury

This month, we continue to highlight members of the STRIDE family who are the backbone of our work, but whom you may not be familiar with. Introducing Kevin Woodbury, a long-time STRIDE Volunteer, who continues to play a massive role in the organization.



I was born on the North Shore of Boston and attended college at North Adams State College in the beautiful Berkshires of Western Massachusetts. After graduation, I loved the area so much that I decided to set my roots here. I vividly remember one afternoon at work a group of friends asking me if I wanted to go skiing that night after work, I honestly had never put a pair of skis on my feet but figured I had nothing to lose and I would give it a try. I instantly fell in love with the sport. Fast forward a few years and a wedding and child later I wanted to share the love of skiing with my daughter Malina. Malina was born with a genetic disorder called Neurofibromatosis, something I carry myself. Because of her NF, she had severe bowing to her right tibia which is how STRIDE entered our lives. She was a one season STRIDE skier, but the experience we had with volunteers at STRIDE led me to want to volunteer myself when my children were a bit older. I will be starting my 10th season with STRIDE this year fulfilling the role of Saturday Supervisor for the skiing program at Jiminy Peak. I carry and maintain a Professional Ski Instructors of America (PSIA) Level 1 certification in sit skiing and hope to achieve a level 2 certification in the next couple of years. Volunteering with the ski program is such a rewarding

opportunity, nothing makes me more happy than to see an athlete become an independent skier. Although I do teach all disciplines of skiing, my primary focus is on our athletes who have limited mobility and require the use of our sit equipment. The best feeling in the world is the day that I am able to unclip the carabiners from a set of tethers on a sit ski and watch an athlete independently make their turns going down the mountain. In addition to my teaching at Jiminy Peak, for the last two years I have represented STRIDE at that National Disabled Veterans Winter Sports Clinic in Aspen, Colorado where I have the privilege of working with disabled American



## STRIDE SHARE CENTER Community Wellness Program

4482 NY Highway 150, West Sand Lake, NY 12196  
Phone: 518-598-1279 / Email: [communitywellness@stride.org](mailto:communitywellness@stride.org)

AUGUST 2025					
COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUNDAY</b> <b>August 3</b> <b>FOATING SOUND BATH</b> Elissa (\$40 1 session) 3:00-4:15 PM 4:30-5:45 PM 6:00-7:15 PM	9:00-9:30 AM BOXING Lois  9:30-10:00 AM BARRE Lois  10:00-10:45 AM RESTORATIVE YOGA Lois	7:00-8:00 AM <b>STRENGTH TRAINING</b> Michele (\$65 4-weeks)  9:00-10:00 AM WEIGHT TRAINING Mary  6:00-7:00 PM BOXING Kate	6:00-7:00 AM <b>STRENGTH TRAINING</b> Rebecca (\$65 4-weeks)  9:15-10:15 AM ZUMBA Mary  August 13, 20, 27 6:00-7:00 PM BARRE Kate	August 7, 28 7:00-8:00 AM <b>STRENGTH TRAINING</b> Michele (\$65 4-weeks)  9:00-10:00 AM WEIGHT TRAINING Mary  August 7, 14, 21 6:00-7:00 PM BOOTCAMP Kate	August 8, 15, 22, 29 9:00-10:00 AM YOGA Keri (\$65 4-weeks)

Elissa Voigt (Prerana yoga) - Phone: 517-763-9365 / Email: [Preranayoga108@gmail.com](mailto:Preranayoga108@gmail.com)  
 GROUP & 1:1 TRAINING - Rebecca Armsby - Email: [silverstrongliving@gmail.com](mailto:silverstrongliving@gmail.com)  
 GROUP & 1:1 TRAINING - Michele Gamache - email [mgamache80@yahoo.com](mailto:mgamache80@yahoo.com)  
 YOGA - Keri Stern (Certified Yoga Instructor): email [ksstern550@gmail.com](mailto:ksstern550@gmail.com)



## Tibetan Sound Healing Massage

Tibetan Sound Healing works on a vibrational level to restore balance, ease discomfort, and promote overall well-being.

A powerful complimentary therapy for various physical and mental conditions, including:

• Physical Ailments • Mental & Emotional Ailments

Veterans for an intensive week long skiing program. Over the years I have volunteered with other STRIDE programs including Camping and Hiking as well as provide ad-hoc IT support to the office when needed. I look forward to many more years of volunteering with this wonderful organization.

STRIDE  
ADAPTIVE SPORTS

# PICKLEBALL

## SUMMER 2025

SUNDAY'S FROM 2:00-3:00PM  
AUGUST 10TH-24TH & SEPT 7TH-21ST

Indian Meadows Park  
Jason Morris Way, Glenville, NY 12302

SCAN THE QR BELOW  
OR VISIT  
WWW.STRIDE.ORG/TENNIS



\$25 ADMIN FEE

ARYAN@STRIDE.ORG  
518-598-1279

As we continue to adapt and develop our social media presence, please follow us on [LinkedIn](#).



- Physical Ailments
  - Muscle tension and body aches
  - Chronic Pain and inflammation
  - Headaches and migraines
  - Joint stiffness and arthritis
  - Fatigue and Low Energy
  - Insomnia and Sleep Disturbances
  - Digestive Issues
  - High Blood Pressure
  - Circulatory and lymphatic stagnations
- Mental & Emotional Ailments
  - Stress and anxiety
  - Depression and emotional imbalances
  - Brain fog and lack of focus
  - PTSD and trauma-related stress
  - Overwhelm and burnout
  - Nervous system regulation
  - Mood swings and irritability



Unlock Your Healing Potential!  
Private 1:1 60-Minute Healing Sessions  
with Samantha Demick  
Location: STRIDE Adaptive Sports  
4482 NY-150, West Sand Lake, NY 12196  
Contact Samantha to schedule:  
Text or Call: (315) 360-8267





### Experience the Healing Power of Reiki with Krystal

Reiki offers a wide range of benefits for physical, emotional, and spiritual well-being

30-minute Reiki sessions are now available for \$50! Perfect for a quick reset to release stress and restore balance to your energy. Whether you're looking to relax, recharge, or find calm in your busy day, this session is tailored to meet your unique needs.

#### What Reiki Can Do For You:

- Release stress and tension
- Balance your energy for inner calm
- Support emotional healing and clarity
- Enhance relaxation and overall well-being





For appointments:  
KrystalMerc3@gmail.com  
518-596-3024  
Stride Adaptive Sports  
4482 NY-150, West Sand Lake, NY 12196

## Friday Morning Yoga 9:00-10:00 AM

August 8, 15, 22, 29  
with Keri Stern (certified yoga teacher)

at STRIDE SHARE CENTER  
4482 NY-150, West Sand Lake, NY 12196





**\$65** (4 classes)  
**\$20** (drop-in)

Welcome to our relaxed atmosphere where we encourage strength, flexibility and comfort. We invite you to embrace the body, breath and mind connection fostered through intentional smooth transitional sequences that embody awareness of one-self. Enhance flexibility through purposeful stretching, relieving tension and leaving the body in a calm, relaxed state.

**REGISTRATION/INFORMATION- email Keri at:**  
**kstern550@gmail.com**

STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!