



July E-News:

Message from the Executive Director

Hi, Everyone.

Before I forget, Happy 4th of July to you and your families. Enjoy the festivities, and please stay safe.

Thanks to everyone who contributed their time to making our STRIDE night @ The Joe such a success. Special thanks are due to Jon Phillips, who was an absolute star in both organizing and securing financial support for the event. Thanks to everyone who sponsored the event; you made it all possible. And to all who attended the event, you made it all worthwhile. Finally, thanks to Rick Murphy at the ValleyCats for providing STRIDE with the opportunity to collaborate with such a fantastic local organization. It was a great night, with great weather and entertainment, and we raised a substantial amount of money for our programming.



Congratulations to everyone involved with Splits Happen and Stringrays for both teams' outstanding performances in the NYS Special Olympics.

We now move into our midsummer programming. I had the privilege of attending our first camping weekend over the past few days. It was a wonderful time, and we all made many new friends while enjoying the great outdoors. Space is still available for our upcoming camps, so please join us and be a part of it.

Our other summer constant is I Can Bike. We began this excellent program 19 years ago, and it continues to thrive. Here's to a great week for both our athletes and volunteers.

Moving on to a couple of new programs. In June, we partnered with the Spina Bifida Association of New York and Rochester Wheels to host a day of wheelchair basketball. With 52 sign-ups and an exhilarating day of action, watch for this program rolling out in the Fall. Also, save the date of July 27th when you have the chance to sample Taekwondo. Again, if there is interest, there is no reason why this couldn't become integrated into the STRIDE programming.

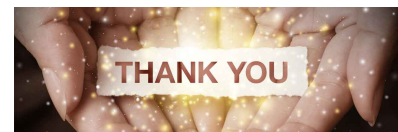
Lastly, we have an incredible list of offerings at our SHARE Center, with more trainers and classes coming online weekly. Please come and support the Center and our practitioners, and ultimately STRIDE.

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

- I Can Bike July 7th-11th.
- Summer Camping - July to September.
- Strength and Conditioning - from July 7th
- Summer Bowling - East Greenbush, July 12th
- Tae Kwon Do - July 27th
- White Water Rafting - August 24th

June Donors

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



Individuals

Maithao Le
Darlene DeMott
Beverly and Tom Gilbert
Olivia Mott
Michael E Reo
Olivia Eaton
Samuel Tay
Michele Sommer
John Fitzgerald
Danielle Michiaels
Anne Bryant
Sara Kelly
Catherine Racz

Sled Hockey

Allied Brewing Company
Phillips Hardware

In Honor of Heather Daniels

North Colonie Teachers Association

In Memory of Robert Matthews

Linda Gruen

In Memory of Kathy & Jamie Slater

Mary Ellen Whitney

In Memory of Donald Gahn

Mary Ellen Whitney

Grants

USTA Eastern
DSUSA-MoveUnitedSport
Bank of Greene County Charitable Foundation

STRIDE Night @ The Joe Sponsors

Highmark Western and Northeastern New York Inc.
Don Reutemann
Family Danz Heating & Cooling LLC
Thomas DeGenero DDS
Broadview FCU
Frank Curran

CrossRoads American Grille
Longhorn Screen and Stitch

- White Water Rafting August 24th.
- 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

STRIDE Sponsors Hit it Out of the Park for STRIDE Night @ The Joe

A major league thank you to all of our amazing sponsors for STRIDE Night @ The Joe. You made all the difference in a special night of baseball and friendship. THANK YOU!

THANK YOU STRIDE Sponsors



THANK YOU STRIDE Sponsors



THANK YOU STRIDE Sponsors



Summer Camping with STRIDE

Paul & JoAnn Gavriy
True Pickleball LLC
American Legion Riders Helderberg Post 977
Allied Brewing Company
Ritmo Construction
Lia Auto Group
Unity House of Troy Inc.
Michael & Susana Hoffman
CM Fox Charity, Inc
Columbia Tae Kwon Do

In-Kind

Nicole Pelletier
Chelsea Belmonte

Splits Happens Strikes Big at Special Olympics State Summer Games



Twelve athletes from the Splits Happens proudly represented STRIDE and the Capital Region at the Special Olympics State Summer Games on Saturday, June 21st, held at Midway Lanes in Vestal, New York.

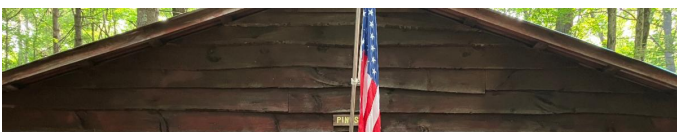
The morning featured individual competition, where all bowlers gave their best despite issues across the lanes. With three teammates competing in the same division, the competition was fierce, but Splits Happens athletes still finished strong—earning placements ranging from 4th place all the way to gold. In the afternoon, the excitement continued during team competition. The team brought home an impressive medal haul: a bronze, a silver, and a gold. Participants included: Zachary Roberts, Tyshaun Tonic, Christian Grugan, Edward Lawless, Edward Vendetti, Alex Doering, Tim Nolan, Gabe Perez, Sean Furlong, Jayden Blaymen, Victor Tomelden, and Anthony Curro. Throughout the day, the athletes showcased great sportsmanship—cheering for one another and their competitors. Most importantly, they had a blast doing it. Congratulations to all!

STRIDE Stingrays Shine at NYS Special Olympics



STRIDE Adaptive Sports athletes delivered outstanding performances at the New York State Special Olympics, held on June 21, 2025, at Ithaca College. Competing alongside athletes from across the state, all four STRIDE

athletes earned gold medals in at least one individual event, showcasing their dedication and training. In addition to their individual successes, STRIDE's medley relay team achieved a personal best time for the year, demonstrating teamwork, determination, and heart on the



track. Congratulations to all our athletes for representing STRIDE with pride!



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

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



Explore Without Limits at Hudson Crossing Park

Join us for a celebration of outdoor fun for ALL abilities!

Whether you roll, walk, or pedal — this **inclusive** event offers exciting ways for everyone to connect with nature and play.

 Adaptive Biking with STRIDE Adaptive Sports
 Try Adaptive Fishing along the Hudson
 Birding by Ear – Discover birding through sound
Learn & Play! Enjoy accessible activities and info booths all day long!

FREE EVENT | All ages & abilities welcome
Accessible bathrooms, groomed trails, and sensory-friendly activities available.

 17 Saturday, July 19, 2025
 11:00 AM – 3:00 PM

 Hudson Crossing Park –
Co Rd 42, Schuylerville, NY



For information about accessibility features at Hudson Crossing Park please visit HudsonCrossingPark.org/Accessibility or reach out to our Inclusion Point of Contact at info@HudsonCrossingPark.org.

Hudson Crossing Park is a 501(c)(3) non-profit corporation whose mission is to tie environmental responsibility to economic revitalization, and to engage people of all ages and abilities in making informed choices for a sustainable future.

STRIDE CAMPING



STRIDE ADAPTIVE SPORTS PRESENTS:

SUMMER 2025 BOWLING EAST GREENBUSH



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
<https://www.stride.org/score-center/>

REGISTER AS A VOLUNTEER



East Greenbush Bowling Center
570 Columbia TPK,
East Greenbush, NY 12061

Saturday's at 12:00pm

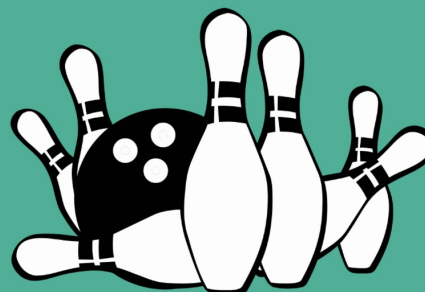
July 12th - August 30th

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

Questions/Concerns?
Contact, aryan@stride.org

REGISTER HERE!!

OR visit
<https://www.stride.org/bowling/>



THANK YOU SEYMOUR FOX MEMORIAL FOUNDATION

A heartfelt thank you to the **Seymour Fox Memorial Foundation** for their generous grant in support of STRIDE's SCORE Camp in Chatham! This beautiful, fully accessible site hosts six themed sleep-away weekends from June through September, where youth participants enjoy archery, disc golf, fishing, hiking, and so much more. Beyond our STRIDE programs, SCORE also serves as a retreat center for Wounded Warriors, veterans, school field trips, private family camping, and community organizations—by reservation. We're proud to provide this inclusive outdoor experience for all!

Deepest sympathy to Mary Ellen and LJ Whitney on the passing of LJ's stepdad, Donald Gahn.



Deepest sympathies to the family of Tom and Dan Slater on the passing of Kathy and Jaime Slater.

Get well wishes to Dick Miller after surgery on his foot.



Music & Movement Camp supported by A Still Small Voice

A Still Small Voice has set up for the 2nd year with a grant to support bringing in the creative arts to STRIDE's Music & Movement Camp. The grant will also be used for the campers to go see the production of "Annie" at Mac-Haydn Theater. THANK YOU!



2nd Annual STRIDE Invitational



Sunday, September 15th

Kingpin Alley - Latham
375 Troy-Schenectady Rd.
Latham, NY 12110

Registration: 12:30PM
Bowling Begins: 1:00PM

Sign up as an individual or as a group

RSVP HERE!

By 9/8/24



Questions: stridebowling@stride.org



SUPPORT THE MISSION OF STRIDE

STRIDE
ADAPTIVE SPORTS
www.stride.org

STRENGTH & CONDITIONING

WITH COACH EMELIA CARLINO & JOSH LEWANDOWSKI

FOR TEENS AND YOUNG ADULTS WITH DISABILITIES

Mondays, July 7 - July 28
5PM-6PM

STRIDE SHARE Center
4482 NY-150
West Sand Lake, NY 12196

Register Here:





SCAN ME

VENMO

Please note donation



ON WEBSITE

www.stride.org/make-a-donation

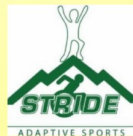


STRIDE SHARE CENTER Community Wellness Program

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

JULY 2025		COMMUNITY CLASSES ARE OPEN TO THE PUBLIC			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<u>GROUP & 1:1 TRAINING</u> Rebecca (Email: silverstrongliving@gmail.com) Michele (Email: mgamache80@yahoo.com) YOGA Keri (Email: kstern550@gmail.com) <u>CELLO/TIBETAN SOUNDHEALING</u> Samantha (Text or Call: 315-360-8267) <u>WOMEN'S SELF DEFENSE</u> (Email: abrahe@stride.org)		7:00-8:00 AM STRENGTH TRAINING Michele (\$65 4-weeks)	6:00-7:00 AM STRENGTH TRAINING Rebecca (\$80 5-weeks) 7:30-8:30 AM YOGA Keri (\$80 4-weeks) <u>July 9, 16, 23 & 30</u> 9:15-10:15 AM ZUMBA Mary <u>July 1</u> 6:00-7:00 PM TABATA BOOTCAMP Kate	7:00-8:00 AM STRENGTH TRAINING Michele (\$65 4-weeks) 9:00-10:00 AM WEIGHT TRAINING Mary <u>July 10</u> 6:00-9:00 PM WOMEN'S SELF DEFENSE (\$30)	
	9:00-9:30 AM BOXING Lois 9:30-10:00 AM BARRE Lois 10:00-10:45 AM RESTORATIVE YOGA Lois	<u>July 8, 15, 22 & 29</u> 9:00-10:00 AM WEIGHT TRAINING Mary <u>July 1, 8 & 22</u> 6:00-7:00 PM BOXING Kate			
				<u>July 23</u> 6:30-8:00 PM CELLO/TIBETAN SOUNDHEALING Samantha (\$40)	<u>July 3, 17 & 31</u> 6:00-7:00 PM TABATA BOOTCAMP Kate

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
Rensselaer – 6 Cent Redemption - 550 South St Rensselaer NY
Ravena – Just Makes Cents - 2381 Rt 9W Ravena NY

Questions contact info@stride.org



SEFA
Campaign

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.

WOMEN'S SELF DEFENSE



TAEKWONDO

HOSTED BY: COLOMBIA TAEKWONDO
SUNDAY, JULY 27TH



SIGN UP HERE:



370 COLUMBIA TURNPIKE, EAST GREENBUSH, 12144

AGES 7-11(11AM-12:30PM)
AGES 12 AND UP (1PM-2:30PM)
OPEN TO ADULTS

FOR MORE INFORMATION:



ARYAN@STRIDE.ORG



518-598-1279

WWW.STRIDE.ORG



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



CLASS

Thursday, July 10th
6 pm - 9 pm

STRIDE SHARE CENTER
4483 NY Highway 150
West Sand Lake, NY
12196

Cost \$30

Book: abrame@stride.org

"Self defense is not just a set of techniques; it's a state of mind, and it begins with the belief that you are worth defending"
Rorion Gracie



Unified Running Club

Starting July 1st until August 7th
River Road Park
Niskayuna



Tuesdays and Thursdays
6 pm to & 7:30pm

Bring water
and
Sunscreen

For grades 6 to 12

All levels of running and walking are welcome

Stretching, fun running games,
and basic running skills!

Want to Sign Up? Email Ryan Harrow at
harrowrj12@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
 - Muscle tension and body aches
- Mental & Emotional Ailments
 - Stress and anxiety
 - Depression and emotional

WHITE WATER ADVENTURE

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



- 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

- 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



Unsung STRIDE - Mary Sapp

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 Mary Sapp, a long-time STRIDE Volunteer, who continues to play a very active role in the organization.

I grew up in Dutchess County, and both my parents and my maternal grandmother were teachers. I grew up with a sense of how important education is and how we should help others. I have a Bachelor's Degree in Elementary Education, with a minor in Special Education and completed my Masters' degrees in Reading and Special Education. I taught in the Ichabod Crane and East Greenbush School Districts, worked in Special Education and School Improvement at the New York State Education Department, and now work part-time for Questar III Board of Cooperative Education Services (B.O.C.E.S.) in a self-contained special education school. As a college student, I worked with Developmentally Disabled adults and in a preschool for students with special needs. Later on, I volunteered for the Special Olympics where I combined my love of working with children and being active. I met Mary Ellen early on in my teaching career and in the beginning of S.T.R.I.D.E. in the faculty room at Ichabod Crane Primary School, and I was immediately intrigued and hooked on helping the population that STRIDE served. The rest is history (or her-story) as they say. I initially volunteered for camping, became a Camping Director, helped with fundraising and decorating at the Masquerade Ball, was a ski instructor, volunteered for the Sailing and Whitewater Rafting programs, walked in the annual Community Walk for STRIDE, and founded the Teen Dance Event. I even sold the most raffle tickets one year at our Great (ski) Race raffle, which I also facilitated for a few years. Currently, I'm a member of the Dave & Marisa Clark Memorial Scholarship Award Committee, I lead the Youth Club and teach Zumba and other fitness classes for the Community Wellness side of STRIDE. Not only has STRIDE enhanced my experience as a special educator, STRIDE is like a family and has also been a part of my family. I have many photos that show how precious the participants are, how much I've enjoyed being involved, and how this organization has changed the lives of so many, including myself. I feel delighted to be a part of making a difference with our athletes and light up every time one of our students shows their excitement at being a member in STRIDE.



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

SMALL GROUP STRENGTH TRAINING with Michele Gamache (NASM Certified Personal Trainer)

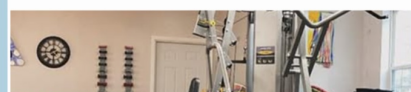
7:00-8:00 AM

Tuesdays - July 8, 15, 22 & 29, 2025

Thursdays - July 10, 17, 24 & 31, 2025

at STRIDE SHARE CENTER

4482 NY-150, West Sand Lake, NY 12196



COST (4 weeks):

Tuesday \$65
Thursday \$65

Students shows their excitement at being engaged in a STRIDE activity. I live in West Sand Lake, just up the hill from the STRIDE office, though I've been with the organization since the office was in DeFreestville and when Mare coordinated the activities out of her home office. I live with my teenage daughter (who participated in STRIDE events when she was younger), our 2 year-old Australian Shepherd dog 'Cookie' and 14 year-old Calico cat 'Olive.' And after many years of volunteering, as a 'veteran' STRIDE'er, in semi-retirement, I look forward to many more rewarding years with STRIDE!

Bank of Greene County Supports STRIDE

STRIDE is grateful to once again receive a grant from the [Bank of Greene County](#) to support SCORE Camp field trips for a second year. This continued partnership helps us provide enriching outdoor adventures for our campers—Thank You!



Thursday \$65
Tues. & Thurs. \$120

**OPEN
to the
PUBLIC**

The perfect blend of individualized attention with the benefit of group accountability and motivation.

Limited class size allows for personalized guidance in a supportive environment.

**REGISTRATION/INFORMATION: email Michele at
mgamache80@yahoo.com**



Stars and
STRIKES *forever!* **CONGRATULATIONS
LATHAM BOWLERS!**



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



THE GODDESS COLLECTIVE PRESENTS

THE CELLO EXPERIENCE CELLO AND TIBETAN SOUND BATH



DEMETRIA KONINIS - CELLO LIST

DEMETERIA KONINIG • CELLEST

RELAX, RELEASE, AND RESTORE WITH OUR UNIQUE SOUND HEALING JOURNEY! ENJOY THE RICH TONES OF LIVE CELLO MUSIC, BLENDED WITH TIBETAN BOWLS, KOSHI CHIMES, OCEAN DRUM, AND GONG. LYING ON COMFORTABLE YOGA MATS, YOU'LL BEGIN WITH GENTLE BREATHWORK, ALLOWING SOOTHING FREQUENCIES TO WASH OVER YOU. FEEL STRESS MELT AWAY AND EMOTIONAL CLARITY EMERGE AS THE HEALING VIBRATIONS PENETRATE DEEP INTO YOUR BODY. THIS IMMERSIVE SOUND BATH CALMS THE NERVOUS SYSTEM, PROMOTES DEEP CELLULAR HEALING, AND LEAVES YOU REFRESHED AND ALIGNED. JOIN US FOR A TRANSFORMATIVE EXPERIENCE THAT RESONATES LONG AFTER THE LAST NOTE FADES!

ENERGY
EXCHANGE

\$40

JULY 23, 2025

6:30-8:00 PM

STRIDE ADAPTIVE SPORTS
4482 NY HIGHWAY 150
WEST SAND LAKE, NY 12196



TEXT OR CALL SAMANTHA AT (315) 360-8267 TO REGISTER

JULY YOGA

with CYT Keri Stern

WEDNESDAY MORNINGS @ 7:30-8:30 AM
July 2, 9, 16 & 23

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



\$80 (4 weeks)

\$25

\$25 (1 class)

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 oneself. 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 518-598-1279

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

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