



ADAPTIVE SPORTS NEWS

Challenges & Champions

September E-News:

Message from the Executive Director

Hi, Everyone.

A big shout-out to Alex Scott, one of our great STRIDE Warriors, who has just returned from Argentina on an expedition with [Valor Without Borders](#). Alex was able to take adaptive ski equipment donated by STRIDE down to Patagonia to support Fundacion Desafio Bariloche, one of the only programs in that country helping veterans with physical disabilities experience the slopes. The expedition is designed to share adaptive sports and stories with local veterans. To bridge cultures, foster mutual respect, and create space for healing on both sides. A fantastic journey around Bariloche and the Rio Negro Province took in "snow-capped peaks, endless lakes, and winding rivers."

"This foundation is doing life-changing work, opening doors for veterans and adaptive athletes to experience the freedom of the mountains and the healing power of adventure."

Great job, Alex, brilliant work.



August Donors

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



Individuals

Maithao Le
Darlene DeMott
Beverly and Tom Gilbert
Mary Ellen Whitney
Gilson De Jesus

Corporate Donors

Hannaford Community Bag Program - Wynantskill

Dave & Marisa Clark Memorial Scholarship Fund

Judith Thompson

In Memory of Clark Williams

Priscilla Wiant-Maskin

Foundations

Crane Charitable Funds

Third Party Fundraiser

The Vermont Agency Foundation/NPA Financial

Grants

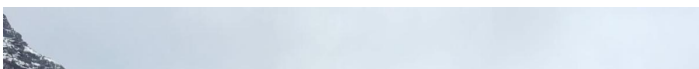
Seymour Fox Memorial Foundation
William Gundry Broughton Charitable Private Foundation, Inc.
The Ability Experience

STRIDE Night @ The Joe Sponsors

Michael Hart
Albany Med Health System

In-Kind

Robert Jahn
Charles Scott
Nicole Pelletier
Chuck Wagner
Sally Diffley





Many great programming opportunities continue at STRIDE as we transition from a very warm summer to Fall. Full details for all events can be found below or on the STRIDE.org website.

Two specific areas we need your help and support

Snow sports coaching? If this could be you, please don't hesitate to reach out to mwhitney@stride.org. Our snow sports program is by far our most successful, and long-range forecasting is already indicating a very snowy winter. Please join us and be part of it.

In November, STRIDE will celebrate its 40th anniversary, and to mark this momentous occasion, we will host a Birthday Party with cake and candles. We would love to see you all there; details will follow, but please keep November 20 free.

Thank you for everything you do. If you have any questions, please don't hesitate to contact us.

STRIDE & CD Sled Warriors Merchandise- [ORDER HERE](#)

Alex

Save the date! **When: November 20, 2025**
Where: The Country Club of Troy





Years of
STRIDE
ADAPTIVE SPORTS
www.stride.org

Join Us to Celebrate! **Details coming soon!**



SHARE YOUR LOVE FOR SNOW WITH OTHERS!
BECOME A STRIDE SNOWSPORT COACH
TODAY!!

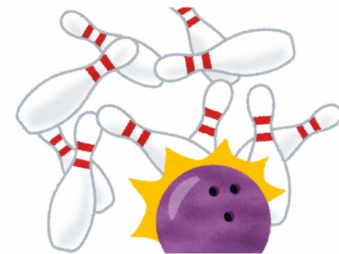
WHO: STRIDE ADAPTIVE SPORTS
WHERE: JIMINY PEAK, CATAMOUNT OR TITUS
REQUIREMENTS: MINIMUM 15 YEARS OLD; INTERMEDIATE SKIER/RIDER; COMMIT TO 1 WEEKEND DAY ALL SEASON; INDOOR & ONLINE TRAINING BEGINS OCTOBER
BENEFITS: SEASON'S PASS, DISCOUNTS; UNIFORM; THE BEST JOB YOU'LL EVER HAVE, WITH THE BEST PEOPLE!
ORIENTATION: MONDAY, OCTOBER 20TH
CONTACT: MWHITNEY@STRIDE.ORG OR 518-598-1279
WWW.STRIDE.ORG








3rd Annual STRIDE Invitational



Sunday, September 14th

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



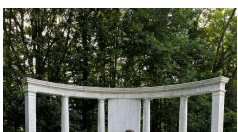
Questions: stridebowling@stride.org

Free
Event

Raffle Baskets
50/50

THANK YOU CRANE CHARITABLE

FUNDS



STRIDE is grateful for the generous support of grants and donations that





make it possible to offer adaptive programs at little to no cost to our athletes. For several years, the [Crane Charitable Funds](#) has faithfully contributed \$5,000 to help sustain our mission. Thank you for making a difference—we couldn't do it without you!

Pictured L to R: Alex Brame, STRIDE Executive Director, Craig Wojcicki, Crane Charitable Funds and Rich Peters, STRIDE Board Member.

Grant helps dreams come true!

We are deeply grateful to the [W.G. Broughton Foundation](#) for their continued generous support of STRIDE's iCan Bike program. Thanks to their commitment, hundreds of youth with disabilities have experienced the joy and independence of learning to ride a bike.



☐ STRIDE Fall Programs September 2025 ☐

September Lineup:

- ☐ Golf – Sept 7th → **Roster Full**
- ☐ Youth Club – Sept 12th
- ☐ 3rd Annual STRIDE Bowling Invitational – Sept 14th
- ☐ Competitive Adult Bowling – Sept 15th → **Space Limited**
- ☐ Competitive Swimming – Sept 16th → **Space Limited**
- ☐ Friday Night Out – Sept 26th
- ☐ Day Camp at SCORE – Sept 27th
- ☐ Tae Kwon Do – Sept 28th

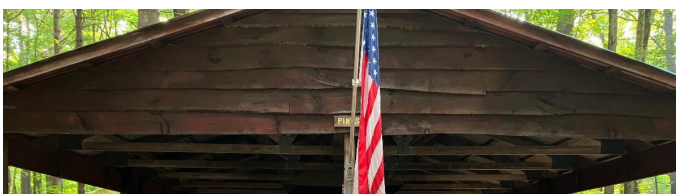
☐ Coming Soon!

- East Greenbush & Latham Kids Rec Bowling
- Learn To Swim
- Sled Hockey
- Wheelchair Basketball

Interested in joining the fun?

Sign up for programs by [clicking on the corresponding flyer](#) below, or visiting our website: www.stride.org

Camping with STRIDE



SUPPORT THE MISSION OF STRIDE



SCAN ME

VENMO

Please note
donation



ON WEBSITE

www.stride.org/make-a-donation

STRIDE STRINGRAYS COMPETITIVE SWIMMING

Mohonasen High School Pool

2072 Curry Rd, Schenectady, NY 12303

Tuesday's, 7-8PM
9/16/25 - 12/16/25

aryan@stride.org
www.stride.org/swimming/

Advanced swim is for swimmers who can: swim 25 yards or longer with no hesitation, side-breath, under water turn, dive, etc. The goal of this class is for swimmers to become meet-ready. Try outs are required and can be scheduled with STRIDE Program Director

SIGN UP HERE!



Join "Split Happens", STRIDE's



Did you know that we have weekend getaways for our athletes until the end of 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).

Competitive bowling League!



Where: King Pin Alley
375 Troy Schenectady Rd, Latham
When: Monday's 6:30pm-8:30pm
9/15/25-4/13/26 (30 week Program)
Program Leader: Diane Grugan-Duvall

Competition Rules

- No Bumpers
- Alternating lanes
- Foul lines turned on
- Adaptive Ramps allowed
- NY Special Olympic Tournaments

Sign Up HERE!



Questions: stridebowling@stride.org
<https://www.stride.org/bowling/>

Payment Options

Ages 16 - 21:

- \$75 program admin fee

Ages 22+:

- \$235 (Space Limited) - Commit to weekly spot for the whole season.
- \$150: Attend bi-weekly + plus parties.
- \$10 per week: Substitute when space is available.

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



STRIDE SHARE CENTER Community Wellness Program

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

SEPTEMBER 2025

COMMUNITY CLASSES ARE OPEN TO THE PUBLIC

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUNDAY Sept. 3 FOATING SOUND BATH Elissa	9:00-9:30 AM BOXING Lois 9:30-10:00 AM BARRE	9:00-10:00 AM WEIGHT TRAINING Mary	6:00-7:00 AM STRENGTH TRAINING Rebecca (\$65 4-weeks)	9:00-10:00 AM WEIGHT TRAINING Mary	



DAY CAMP AT CAMP SCORE

Join Albany Medical College students at Camp Score
for a day of fun, games, laughter and friendship!

Where: 2182 State Route 203
Chatham, NY
Date: Saturday, September 27th
Time: 10-4

Sign Up Here



- Fun, field games, smiles, laughter and food
- This is a drop off opportunity
- Ages 8 - 99



Deepest sympathy to Mare & LJ,
friends and family on the loss of Terry
Arndt, long-time STRIDE supporter.



**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.



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



(\$40 1 session) 3:00-4:15 PM 4:30-5:45 PM 6:00-7:15 PM SUNDAY Sept. 21 LET'S TALK HORMONES Dr. Crystal Price (\$25) 10:00-11:00 AM	10:00-10:45 AM RESTORATIVE YOGA Lois Sept. 8, 15, 22 AERIAL YOGA Elissa (\$90 3-weeks) 4:00-5:00 PM KIDS 5:15-6:15 PM GENTLE 6:30-7:30 PM INTERMEDIATE	6:00-7:00 PM BOXING Kate	9:15-10:15 AM ZUMBA Mary/Aya Sept. 10, 17, 24 6:00-7:00 PM BARRE Kate	6:00-7:00 PM BOOTCAMP Kate
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Elissa Voigt (Prerana yoga) - Phone: 517-763-9365 / Email: Preranayoga108@gmail.com
GROUP & 1:1 TRAINING - Rebecca Armsby - Email: silverstrongliving@gmail.com
GROUP & 1:1 TRAINING - Michele Gamache - email mgamache80@yahoo.com
 Dr. Crystal Price (REI Integrative Wellness) Call or Text: 518-326-0200

LET'S TALK HORMONES with Dr. Chrystal Price, DO

presented by...

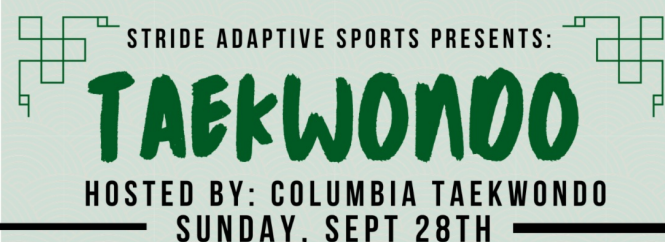
STRIDE COMMUNITY FITNESS
and
REI INTEGRATIVE WELLNESS

Join us for an engaging
discussion on women's
metabolic health,
wellness, and anti-aging
treatments designed to
help you feel strong,
vibrant, and beautiful on
the inside and out!



SCAN TO SCORE YOUR SPOT!

Sunday, September 21st at 10:00 am
Stride Community Fitness | 4482 NY Highway 150
\$25 per person





SIGN UP HERE:



370 COLUMBIA TURNPIKE, EAST GREENBUSH, 12144

AGES 5-7 | 10:30AM
AGES 8-11 | 11:30AM

AGES 12+ | 12:30PM
OPEN TO ADULTS

FOR MORE INFORMATION:

ARYAN@STRIDE.ORG | 518-598-1279
WWW.STRIDE.ORG

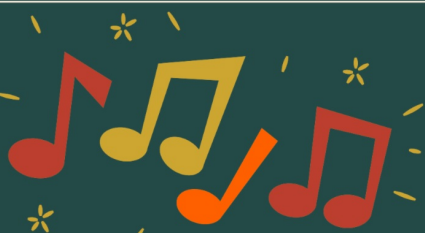
- Physical Ailments
 - Muscle tension and body aches
 - Chronic Pain and inflammation
 - Headaches and migraines
 - Joint stiffness and arthritis
 - Fatigue and Low Energy
 - Insomnia and Sleep Disturbances
 - Digestive Issues
 - High Blood Pressure
 - Circulatory and lymphatic stagnations
- Mental & 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



FRIDAY
NIGHT
OUT



FOOD - DANCE - SING - GAMES

SEPT 26TH

4482 NY HWY 150
WEST SAND LAKE, NY 12196

6 PM - 8 PM

aryan@stride.org | 518-598-1279 | stride.org

SIGN UP HERE!



<https://docs.google.com/forms/d/e/1FAIpQLSf9EP6SqrXm5q4qg3x1jnkPU8T5mqIGvmpHRaH48nVrdZUw/viewform>

AGES 15+

\$5
SUGGESTED
DONATION

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

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



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

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