



December E-News:

Message from the Executive Director

Happy December to everyone! Snow has arrived, and the slopes are open. That means our Snowsports program is up and running at Catamount, Jiminy Peak, and Titus. Make a reservation today to avoid missing out.

First up for us will be the Snowfest at Jiminy on December 12th-14th. We can't wait to welcome all our Veterans and spend some quality time on the slopes with them.

Massive thanks to everyone who contributed to a wonderful 40th anniversary evening. Special thanks must go to our Development Director, Christine Golden, who truly did an amazing job pulling the whole event together and allowing me to fulfill my dream of becoming an auctioneer...

Hats off to STRIDE Board of Directors for agreeing to match every dollar given to STRIDE through the end of the year up to \$4,000. That means that for every dollar you give, it will be doubled in value. [Donate Here!](#)

A couple of save-the-dates
Friday Nights Out - Holiday Party December 19th
[100K Vertical Challenge February 23rd, 2026.](#)



Unfortunately, **Allison Ryan** will leave her role as Program Director in December to return to college. Allison has been with us for the past three years, during which she has made a tremendous impact on our team, our programs, and the community we serve. Her dedication, professionalism, and passion for our mission have been deeply appreciated, and she will be genuinely missed.

Allison is departing to pursue her Master's in Social Work, a path that reflects her

commitment to continued learning and service.

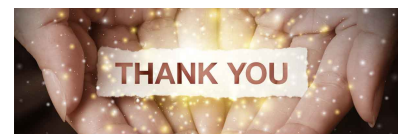
While we are sad to see her go, she will continue to volunteer with STRIDE and run the Friday Nights Out program. We are also excited for this next chapter in her journey and proud of the meaningful direction she is heading.

Please join us in thanking Allison for her outstanding contributions and in wishing her every success in her graduate studies and beyond.

If you feel you could be the next Allison Ryan, or you know someone who might be, details of the role can be found [HERE](#)

November Donors

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



Individuals

Maithao Le
Darlene DeMott
Beverly and Tom Gilbert
William Deakins
Timothy Ciurczak
Heather and John Taggart
Heather Taggart
Dr. Mary Bonitatibus
Sara Kelly
Timothy Moshier
Richard Peters
Mary Ellen Whitney
Michael Trova
Susan Grasso
William Wilkson
Charles Wheelock

Corporate Donors

AVRES Services Inc.

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Diane Unger

In Memory of Dr. Stephen St. Claire

Joseph & Celia Ferro

In Memory of Paul Woodley

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Wounded Warriors/Snowfest

VFW Post 7763 - Sgt. Peter F. Colleran, Jr.
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American Legion Sheffield Post Home Inc
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Gurtler Bros. VFW Post 420
Leon R. Roberts Post 161
American Legion Gerald O'Neil Post #1683
American Legion Raymond Faulkner Cook Post 858
Guilderland Elks 2480 Inc.
Sgt. Walter A. Adams American Legion Post 1021
BPOE Saugerties Lodge 2574

STRIDE's 40th Celebration Sponsors

Please remember that our SHARE Center has full programming through December and is available for your events and parties. Please call the office at 518-598-1279 to reserve the space.

Lastly, we are still looking for Snow Sports Coaches. If this could be you, please don't hesitate to reach out to mwhitney@stride.org. Our ski program is by far our most successful. Snow is here —please join us and be part of it.

STRIDE & CD Sled Warriors Merchandise [Order now the Holidays ORDER HERE](#)

Thank you for everything you do. Happy Holidays, stay safe, and have a wonderful New Year.

Alex

STRIDE's 40th Anniversary Celebration raises over \$13,500!

On November 20th, STRIDE proudly celebrated 40 incredible years of empowering individuals with disabilities through adaptive sports and recreation.

The evening was also a time to honor the heart of STRIDE. *Diane Grugan-Duvall was named STRIDE's Volunteer of the Year* for her outstanding dedication and service, and *Tyshaun Tonic was celebrated as STRIDE's Athlete of the Year* for his inspiring achievements. *Phil Bayly* was honored for his decades of support and promotion of STRIDE. Phil has been Master of Ceremonies for many of STRIDE's events.

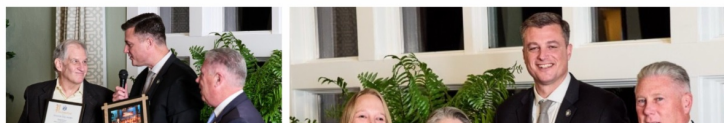
Thanks to the incredible generosity of our community, the live and raffle auctions **raised more than \$13,500** in support of STRIDE's mission.

A heartfelt thank you to our sponsors—[KeyBank](#), [NPA Financial LLC](#), [Girvin & Ferlazzo PC](#), and [Virtual Executives](#)—as well as our many donors who contributed outstanding in-kind prizes.

A special thank you to our Master of Ceremonies, Senator Jake Ashby, and to Assemblyman John McDonald for presenting proclamations.

With four decades of impact as our foundation and limitless potential ahead, STRIDE is stronger than ever—and the future truly looks bright!

View STRIDE's 40th Photo Gallery Click [HERE](#)



KeyBank
NPA Financial LLC
Virtual Executives
Girvin & Ferlazzo, PC
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In-Kind

L.J. & Mary Ellen Whitney
New York Yankees
New York Giants
Girvin & Ferlazzo, PC
National Baseball Hall of Fame
Treehouse Brewing Co.
Tri-City ValleyCats
Gorjana
Thomas Converse
Zuzanna Hitchcock
Lynn Poierier
Theresa Newton
Mary Sapp
Phil Bayly
Lake Bound Bookstore

Unsung STRIDE – Titus

This month, we continue to highlight members of the STRIDE family who are the backbone of our work — introducing Karen Hoover, one of the key volunteers for our Titus Mountain program.

Karen joined STRIDE at Titus part way through year one. When she relocated from New Jersey to also become a professor with Clarkson University's Occupational Therapy program, Beth snatched her right up and the two have been a dynamic duo ever since. Although there is much overlap in their skill sets, each contributes to the program as an individual.

Karen brought with her great skiing perspicacity as well as excellent technical skiing skills. Karen keeps us all on our toes with regard to training and challenges our own knowledge and teaching ability. Karen has stepped up to develop and offer indoor and on-snow training to newer coaches, with an enormous amount of professionalism, knowledge, and skill. This has been invaluable in the early years of the program, not having any "seasoned" coaches as trainers. Karen helped to develop the program that educates master's-level occupational therapy students about adaptive skiing. Karen is a strong supporter of the program and the coaches, aiming to make the STRIDE experience something volunteers want to continue doing for years to come. Karen was one of the first independent coaches at Titus and has justifiable confidence. She also brings all those excellent OT skills, with creative adaptations and solutions, to ensure all our skiers have the best on-snow experience possible. Karen is also willing to take those lessons at oddball times (as Titus has numerous school programs all throughout the week and many of our athletes come from those programs), assuming she can fit them in between her full-time job at Clarkson and her private practice. She really has become our right-hand woman, as we never worry if we need her to step into a leadership role in Mindy's absence. Mindy writes "When I decided to bring the STRIDE program to Titus, I could not have imagined all the little things that would consume my mind, energy and time. Fortunately, I have been

blessed with a group of volunteers who do almost all of that problem solving for me."





January 2026

Purchase a community bag at the
Guilderland Hannaford and STRIDE
receives a \$1 for every bag sold.

Hannaford ~ 239 Western Turnpike, Guilderland



**STRIDE Board will
MATCH every dollar
you donate by
12/31/2025**



Donate Now

www.stride.org/make-a-donation

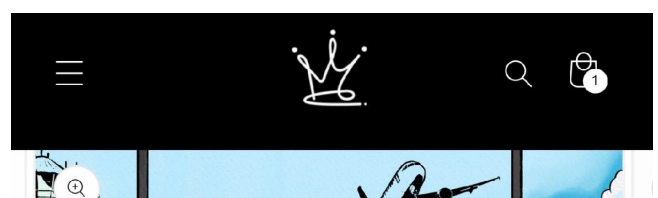
**Donate your Clean NY Bottles & Cans
Mention STRIDE Adaptive Sports –
Your donation is given to STRIDE!**



Donation Locations:

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

Questions contact info@stride.org



HOLIDAY DANCE PARTY

DECEMBER 19TH
6:00-8:00 PM

4482 NY HWY 150
WEST SAND LAKE, NY 12196

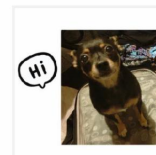
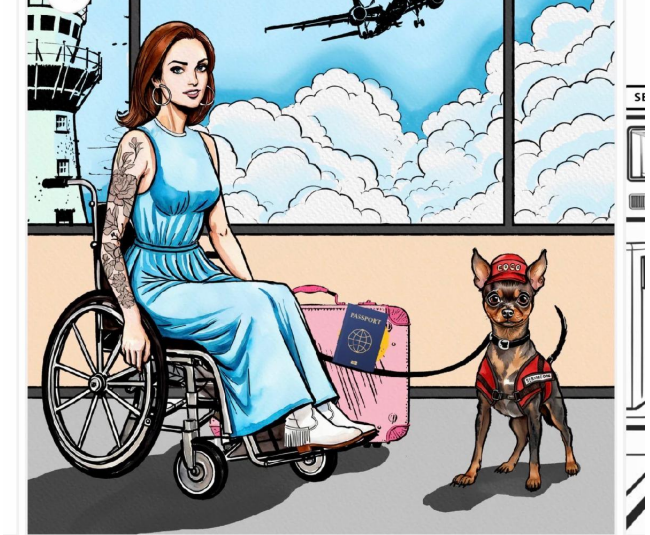
SANTA PIZZA FRIENDS
UGLY SWEATERS ENCOURAGED

SIGN UP HERE

ALL AGES WELCOME
ATHLETES 10 AND YOUNGER MUST
BE ACCOMPANIED BY CAREGIVER

\$10 SUGGESTED DONATION

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

BLUE EYE QUEEN

Children's Coloring Book: A Tale of a Service Animal

\$16.00

Quantity (1 in cart) shop.melissadivietri.com



SNOWSPORT RESERVATIONS NOW OPEN!

Jiminy Peak: Complete reservation request form. Visit, <https://www.stride.org/ski-snowboard/>
OR scan the QR below

Catamount: Call Gail, 860-482-2931

Titus: Email Mindy, mindy@stride.org

aryan@stride.org 518-598-1279




STRIDE Winter Programs December 2025

December Lineup:

- Adaptive Skiing & Snowboarding
- Friday Night Out (Holiday Dance) - December 19th
- * Warfighter Snowfest – December 12-14
- □ Learn to Dance – Waitlist

11:24

Search or ask a question

Vicki Bentley and 2 more

- ☐ Sled Hockey - Sundays @11:25am
- Pickleball - Ending soon
- Adult bowling - Waitlist
- ☐ Coming Soon!
 - Tennis
 - East Greenbush Kids Bowling
 - Latham Kids Bowling
 - Tae Kwon Do

Interested in joining the fun?
Sign up for programs by clicking on the corresponding flyer below, or visiting our website: www.stride.org

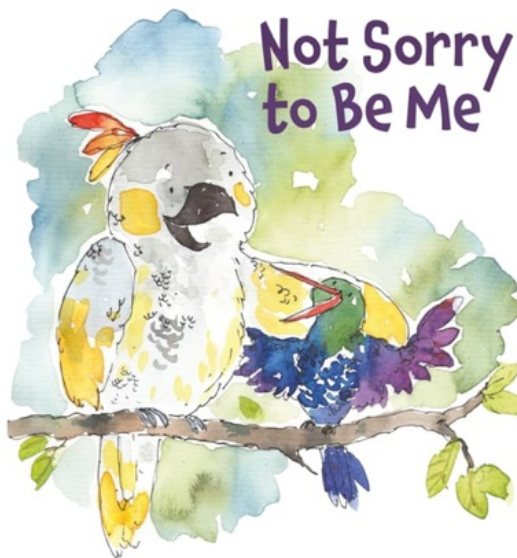


Attention all NY State Employees!

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.

Not Sorry to Be Me
5.0 ★★★★★ (13)



Vicki Bentley and Isla Bentley
Illustrated by
Hirumi Kariyawasam



Format: **Paperback**

\$16⁹⁹



STRIDE SHARE CENTER Community Wellness Program

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

DECEMBER 2025					COMMUNITY CLASSES ARE OPEN TO THE PUBLIC
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
SUNDAY Dec. 7th FLOATING SOUND BATH Elissa 3:00 PM 6:30 PM	9:00-9:30 AM BOXING Mary 9:30-10:00 AM BARRE Mary 10:00-10:45 AM RESTORATIVE YOGA Mary	9:00-10:00 AM WEIGHT TRAINING Mary	9:15-10:15 AM ZUMBA Mary/Aya	9:00-10:00 AM No class 12/25 WEIGHT TRAINING Mary 3:30-4:15 PM Dec. 4th, 11th & 18th ZUMBA Mary	FRIDAY Dec. 5th, 12th & 19th 9:00-10:00 AM CARDIO, CORE & STRENGTH Mary SATURDAY 10:00-11:00 AM No class 12/26 Dec. 6th & 13th

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**



6:00 PM	4:30-5:30 PM YOGA - Kerl	6:00-7:00 PM BOXING Kate/ Kirstein	6:00-7:00 PM No class 12/24 BARRE Kate	6:00-7:00 PM Dec 18th BOOTCAMP Kate/Kirstein	6:00-7:00 PM Dec 18th CANDLELIGHT SOUNDBATH Krystal	CAR & STRENGTH Kate	SATURDAY Dec 13th 10:00-11:30 AM REI Integrated Wellness DR Chrystal Price
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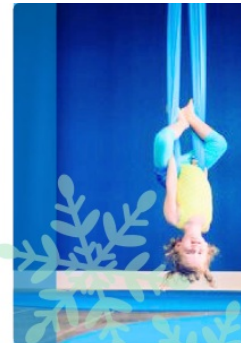
Elissa Voigt (Prerana yoga) - Phone: 517-763-9365 / Email: Preranayoga108@gmail.com

GROUP & 1:1 TRAINING - Rebecca Armsby - Email: silverstrongliving@gmail.com

YOGA & PIYO - Kerl Stern: Email kstern550@gmail.com

CANDLELIGHT SOUNDBATH - Krystal Mercadante - Email: healingwithkrystal19@gmail.com

Zumba & Cardio - Mary Sapp - Email: mks519@hotmail.com



FREE ADAPTIVE AERIAL YOGA FOR KIDS

SUNDAY DECEMBER 14, 230-330pm.

**AT STRIDE ADAPTIVE SPORTS CENTER:
 4482 NY-150, WEST SAND LAKE, NY 12196**

Kids ages 6-11 (outliers considered) will enhance strength, flexibility, and coordination, learn anatomy and physiology, practice aerial yoga techniques for nervous system regulation and have some fun too!!! All children must be accompanied by a caregiver/parent. Pre-registration is required and space is limited. Please RSVP to Preranayoga108@gmail.com

BENEFITS OF ADAPTIVE AERIAL YOGA

- Nervous system regulation
- Improved coordination
- Myofascial Release
- Myofascial Release
- Enhanced vestibular/proprioception



ELISSA VOIGT
 CERTIFIED YOGA INSTRUCTOR
 AERIAL ARTS CERTIFIED INSTRUCTOR
 WHEELCHAIR SPECIALIST
 CERTIFIED ASSISTED STRETCHING
 SPECIALIST
 OWNER, PRERANA YOGA



TO LEARN MORE CONTACT ELISSA AT
PRERANAYOGA108@GMAIL.COM
 PRERANAYOGA.COM



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ON WEBSITE

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- 16-27 years old
- Live in New York State

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- Help make health education more accessible

Free Classes. Real Educators. Remote Learning.

TENNIS @ SPORTIME

2699 CURRY RD, SCHENECTADY, NY 12303

11:00-12:00 PM

ORANGE GROUP

JANUARY: 4TH, 18TH
FEBRUARY: 1ST, 15TH
MARCH: 1ST, 15TH, 29TH
APRIL: 19TH

PURPLE GROUP

JANUARY: 11TH, 25TH
FEBRUARY: 8TH, 22ND
MARCH: 8TH, 22ND
APRIL: 12TH, 26TH

SIGN UP HERE!



OR VISIT, WWW.STRIDE.ORG/TENNIS/



PROGRAM
ADMIN FEE
\$25



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SPH GRADUATE SCHOOL OF
PUBLIC HEALTH & HEALTH POLICY



Visit our website
sunysph.org/steps2-study



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We have a very active "SOCIAL" life at
STRIDE! Join us on [Facebook](#), for all the latest
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As we continue to adapt and develop our social media
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STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 www.stride.org 518-598-1279

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