



October E-News:

Message from the Executive Director

Hi, everyone. That's a picture of me from 1985. Yes, there was a time when I had hair. At that time, I still lived in the North of England and was aiming to become a professional soccer player like my father had been.

For context, the US President in 1985 was Ronald Reagan; a gallon of gas cost \$1.19, and Wham was the most successful pop group in both the US and the UK. The Live Aid concert took place, the wreck of the Titanic was discovered, and Halley's Comet returned for the first time since 1910. Some things, however, did not change: Ryder Cup winners in 1985 were Europe, enough said.

What about you? What were you doing in 1985? What did you look like? What were you wearing? And what music were you listening to?

In 1985, in Upstate New York, a young woman from Pennsylvania was about to make a massive impact on the Greater Capital Region. That was the year Mary Ellen started the Project STRIDE skiing program at Ichabod Crane School District in Valatie, with a vision to build a community that provides equal opportunities and access to sports and recreation for individuals with disabilities.

And 40 years later, here we are, STRIDE is a fantastic organization operating over 20 sports, continuing to change the lives of thousands of athletes, with the support of thousands of volunteers. And it is this that we will be celebrating on Thursday, November 20th, at Troy Country Club. Join us as we share stories of the past, offer insights from the present, and explore ideas for the future.

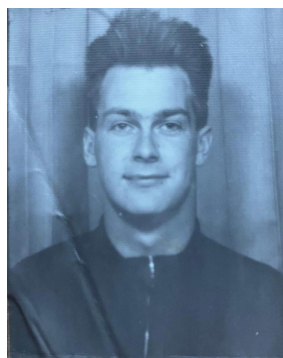
Please consider becoming a sponsor for this event or joining the honorary committee (details below). Every dollar we receive helps us move forward in fulfilling the dreams of our athletes and their families.

And if you are still in contact with anyone who has been part of STRIDE over the past 40 years, whether they are an athlete, volunteer, or family member, please share the details with them as well.

As you will see below, our 40th celebrations also coincide with Mary Ellen being inducted into the [USA Adaptive Sports Hall of Fame](#), allowing her to sit alongside other colossi of the adaptive sports world. Congratulations its well deserved.

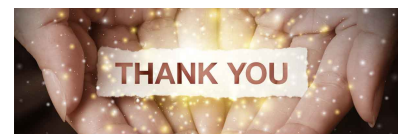
Many great programming opportunities continue at STRIDE as we move into the Fall, including programs at our SHARE Center

in West Sand Lake, which continue to grow. Please also remember that our SHARE Center is available for your events



September Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank September 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
Joseph Pierson
Anika Royalwashington
Luke Williams
Sara Kelly
Elliott Scull
Daniel Bryant
Gilson De Jesus
Timothy Ciurczak
Wolfgang Blanch
Craig Hamelink

Corporate Donors

Lakeview Inn on Crystal Lake Inc.
NYSEG

Third Party Fundraiser

The Vermont Agency Foundation - NPA
Data Device Corporation

Grants

Killington World Cup Foundation
DSUSA-MoveUnited Sport

In-Kind

Sally Diffley
Sharon Mosden
Mirror Lake Inn
Lakeview Inn on Crystal Lake Inc.
Bark Box
The Sagamore Resort


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 snow sports program is by far our most successful. Good levels of snow are already being forecast for this winter, so please join us and be part of it.

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



4th

Anniversary Celebration

Thursday, November 20th

5:00 to 8:00 PM

The Country Club of Troy

Lite Fare/Business Casual

Volunteer & Athlete of the Year Awards

Honorary Committee (2 names/tickets): \$175

Honorary Committee (1 name/ticket) \$100

Single Ticket: \$55/pp

Sponsor a Volunteer to Attend: \$55/pp

Organization Name: _____

Contact Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Names of Attendees: _____

4482 NY Highway 150, West Sand Lake, NY 12196 | (518) 598-1279 | cgolden@stride.org | www.stride.org

STRIDE Founder Mary Ellen Whitney to be inducted into Move United's Hall of Fame

The Move United Adaptive Sports Hall of Fame honors athletes and contributors who have made a lasting impact in adaptive sports.

This year, STRIDE is proud to celebrate Founder Mary Ellen Whitney, will be inducted for her extraordinary contributions to winter sports. Since starting STRIDE in 1985 with a small ski program, Mary Ellen has grown the organization into



20 programs across 24 locations, serving thousands of athletes and families at little or no cost. Her vision also created the Wounded Warfighters Snowfest, a life-changing event for veterans and their families that combines adaptive skiing and

Halloween

DANCE PARTY

October 24, 2025

6:00pm - 8:00pm

4482 NY Highway 150, West Sand Lake, NY 12196

AGES

15 & UP

SUGGESTED

DONATION

\$10

**** COSTUMES ENCOURAGED ****

REFRESHMENTS * GAMES * DANCING

BEWARE, the WITCHES of WEST SAND LAKE

will be there!!

Send questions to Alli at aryan@stride.org

TO REGISTER

SCAN HERE






21st Annual Wounded Warfighter

SNOWFEST

December 12-14, 2025

A three day event with the Wounded Warfighters

Friday Evening: Meet & Greet/Comedy Club
Saturday Day: Adaptive Snowsport Lessons
Saturday Evening: Army v. Navy football game viewing
 Followed by Celebration Dinner
Sunday Day: Adaptive Snowsport Lessons

Sign-Up HERE!



Or Visit

<https://www.stride.org/stride-wounded-warrior-snowfest/>

Questions?

abrame@stride.org

Day Camp Wrap-Up at Camp SCORE



Athletes and volunteers

now boarding with camaraderie and healing.

Mary Ellen's leadership and passion have empowered generations of athletes, families, and veterans, leaving a legacy that embodies the true spirit of adaptive sports.

Congratulations Mary Ellen!



from Albany Medical College came together for a fun-filled day at Camp SCORE to close out the camping season. Some campers showed their competitive side during a friendly game of kickball, while others explored their creativity by making colorful tie-dye shirts.

The woods were alive with laughter, and the day was full of friendship, fun, and lasting memories. A big thank you to the Albany Medical College students for making it all possible! Curious about camp but not sure about an overnight? Keep an eye out for Day Camp opportunities next season.



40th Anniversary Celebration Partnership Opportunities

November 20, 2025 @ The Country Club of Troy

*Celebrating 40 years of empowering
individuals with disabilities through sports.*

Summit Sponsor
\$2,500

8 Tickets

Event naming rights; Speak @ event; event signage @ entrance and in venue; event tabling; logo on website, included in social media posts, newsletter, exclusive signage, full page back cover ad in program book (8" h x 4 1/4" w)

Champion Sponsor
\$1,500

6 Tickets

Event signage; Logo on website, included in social media posts, newsletter, signage, half page ad in program book (4" h x 4 1/4" w)

Trailblazer Sponsor
\$500

4 Tickets

Logo on website, included in social media posts, newsletter, logo in program book.

Count us in as a STRIDE Partner

☐ Summit Sponsor ☐ Champion Sponsor ☐ Trailblazer Sponsor

Organization Name: _____
Contact Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ E-mail: _____
Names of Attendees: _____

Please send your logo in a jpeg, png format to cgolden@stride.org;
To receive all sponsor benefits, please reply by 11/3/2025

4482 NY Highway 150, West Sand Lake, NY 12196 | (518) 598-1279 | cgolden@stride.org | www.stride.org

STRIDE Fall Programs October 2025

October Lineup:

- ☐ East Greenbush Youth Bowling – October 4
- ☐ Latham Youth Bowling – October 4
- ☐ Learn to Dance – October 4
- ☐ Sled Hockey – October 5
- ☐ Youth Club – October 17
- ☐ Friday Night Out (Halloween Party) – October 24

Coming Soon!

- ☐ Learn to Swim (Mid/Late October)
- ☐ Adaptive Skiing & Snowboarding (Late November/Early December)
- * Warfighter Snowfest – December 12-14

Interested in joining the fun?

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



Talk



Tuesday
Oct. 7
6pm

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

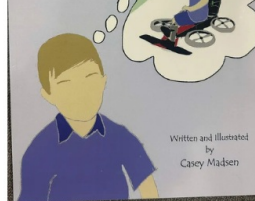
BENEFITS: SEASON'S PASS, DISCOUNTS; UNIFORM; THE BEST JOB YOU'LL EVER HAVE, WITH THE BEST PEOPLE!

ORIENTATION: MONDAY, OCTOBER 20TH

**CONTACT: MWHITNEY@STRIDE.ORG OR 518-598-1279
WWW.STRIDE.ORG**



Book



Sand Lake
Town
Library



Meet author Casey Madsen

Join us for a visit with local author Casey Madsen. Casey will talk about his book "Hovering to New Heights: Simon's Invention," a book about wheelchair accessibility and creative ways to overcome limitations.

Call 518-674-5050 to register.

Sand Lake Town Library ~ 8428 Miller Hill Road ~ Averill Park



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.



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



STRIDE SHARE CENTER Community Wellness Program

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

OCTOBER 2025					
COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUNDAY Oct 5 FOATING SOUND BATH 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	9:00-10:00 AM WEIGHT TRAINING Mary Oct. 7 & 14 4:30-5:30 PM YOGA Keri (\$65 4-weeks or \$20 walk in)	6:00-7:00 AM STRENGTH TRAINING Rebecca (\$65 4-weeks) 9:15-10:15 AM ZUMBA Mary/Aya 6:00-7:00 PM BARRE Kate Oct. 8 6:30-7:30 PM CANDLELIGHT SOUND BATH Krystal \$27	9:00-10:00 AM WEIGHT TRAINING Mary 6:00-7:00 PM BOOTCAMP Kate/Kirstein	Oct. 31 HALLOWEEN SPECIAL 9:00-10:00 AM CARDIO, CORE, COSTUMES & STRENGTH Mary

Elissa Voigt (Prerana yoga) - Phone: 517-763-9365 / Email: Preranayoga108@gmail.com

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

YOGA - Keri Stern (Certified Yoga Instructor) - Email: kstern550@gmail.com

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

STRIDE ADAPTIVE SPORTS PRESENTS:

FALL 2025 BOWLING EAST GREENBUSH

East Greenbush Bowling Center



FLOATING AROMATHERAPY SOUND BATH

With E-RYT Elissa Voigt

\$45. SUNDAY, OCT 5

2 TIME SLOTS: 430 & 6PM

570 Columbia TPK,
East Greenbush, NY 12061

Saturday's at 11:00am

Oct 4th - Nov 22nd

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/>



Join E-RYT Elissa Voigt to experience a gentle state of rest in the yoga hammock as you receive aromatherapy, gentle massage and vibrational healing. Sway to the relaxing sounds of a carefully curated healing vibrational tone playlist that will clear your energy. Enjoy the combination of essential oils, gentle massage techniques and soothing eye masks will have you floating on cloud 9 in no time.

Soundbaths using binaural beats help to reset your nervous system, and are a great tool for assistance in managing stress, anxiety, and depression. Please bring anything you need to feel most comfortable. Optional inversion at the end to boost serotonin, endorphins, and dopamine while improving mental clarity and blood circulation.
*Blankets and eye masks will be provided

AT STRIDE ADAPTIVE SPORTS CENTER:
4482 NY-150, West Sand Lake, NY 12196

RSVP to Preranayoga108@gmail.com

Sound Bath by Candlelight

Wednesday, October 8th

6:30-7:30pm

Stride Adaptive Sports

4482 NY- 150, West Sand Lake, NY 12196

\$27 per person

Mats, blankets and eye masks available

Bring your own pillow/blanket for extra comfort

Join this candlelit sound bath limited to 10 spots

RSVP Required

RSVP: Healingwithkrystal19@gmail.com
or message me directly

Bowling
KINGPIN'S ALLEY LATHAM
375 TROY SCHENECTADY RD, LATHAM, NY 12110

SATURDAYS 10:00AM

Aromatherapy

CHAKRA CLEANSE

with E-RYT Elissa Voigt & Christy McCormick, RN, LMT,
Reiki Master, owner at REI Integrative Wellness

OCTOBER 4TH - DECEMBER 13TH

(NO BOWLING 11/29 OR 12/6)

Sign Up **HERE!**



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

\$25
Program
Admin Fee



ALLI RYAN ARYAN@STRIDE.ORG | (518) 598-1279



An immersive healing experience combining aromatherapy, gentle yoga and therapeutic sound vibration. In this 90 minute workshop you will discover the connection between the chakras (or energy pathways) and essential oils for mind-body connection. Experience support and alignment as you cleanse energetic blockages, balance emotions, and enhance physical well-being with the power of chakras and essential oils.

SUNDAY, OCT 19TH, 4-530PM, \$30.

AT STRIDE ADAPTIVE SPORTS CENTER:
4482 NY-150, West Sand Lake, NY 12196

RSVP to Preranayoga108@gmail.com

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



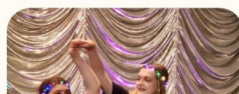
ISD + STRIDE
Adaptive Sports

DANCE AND MOVEMENT PROGRAM!

We are excited for another year of dance, games, and fun movement all leading up to our recital in June! Open to new and returning dancers, the class offers a chance for children with special needs to get one on one partners and have fun in a class geared towards inclusion and expression.

Class Details:

The class will take place on



The class will take place on Saturdays between 3:15 and 4:00 at the Isabelle School of Dance in East Greenbush.

Our recital will take place in the Spring



You can register now using this link! If you have any questions please feel free to reach out!

Contact Kaitlyn Farron or Ally Ryan to register or with questions!
kaitlynfarron@gmail.com
or aryan@stride.org
More Information
www.stride.org



3:15-4:00
BEGINS SAT
10/4

**THE ISABELLE
SCHOOL OF
DANCE**
1 SPRINGHURST DR BLDG 2,
EAST GREENBUSH, NY 12061

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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