

STRIDE Adaptive Sports



2024-25

Annual Report



A message from the **Executive Director**



We are **40** years
STRONG

Dear Friends and Supporters of STRIDE Adaptive Sports,

This year marks 40 years since Mary Ellen started Project STRIDE, providing children with disabilities the chance to participate in sports and recreation programs. Over time, STRIDE has grown significantly; we now have full-time staff, offices, the SHARE Center, and the SCORE Camp. Our programming has evolved and we now also support both veteran and adult programming. Everything in this report—the impact it has made and continues to make—is a testament to the vision of our Founder and the support she has received on this remarkable journey.

Mary Ellen continues to play a vital and active role in the organization as Snowsports Director and Chair of the STRIDE Board, and it is with great pride that her work will be recognized as she is inducted into the Adaptive Sports Hall of Fame.

This year has been another successful year for STRIDE. Our ski program, our most extensive offering, continues to expand each year. Titus Mountain in the Adirondacks is now a fully established program and joins both Catamount and Jiminy Peak as key locations for our adaptive athletes.

The SHARE Center has continued to grow with the addition of many varied and diverse classes and now offers programming every day of the week. The Center has been further improved by the creation of a Sound and Body room to facilitate personal and small group training. The doors of the SHARE have also been opened to two additional day habilitation programs, allowing extensive use of the facility. We have further expanded our utilization of this amazing resource with monthly Friday Night Out and Youth Club,

Our Camping program continues to evolve to meet the needs of our athletes. This year, we successfully tested both single-night stays and day camps with great success. In addition to all our current programming this year, we were also able to add Wheelchair Basketball, Taekwondo, and Pickleball.

Finally, to support all the extraordinary work being done, we now look to the future by developing our systems and processes, focusing on both our Program Management and CRM to stay ahead of the game and to make interaction with STRIDE ever easier.

We have a fantastic organization serving thousands of families, supported by over 300 selfless volunteers. Our impact continues to grow, and we are recognized on both a local and national stage.

Here's to another 40 years.

Alex Brame

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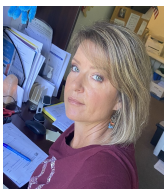


300+ trained
and dedicated volunteers

Board of Directors



President
Mary Ellen Whitney
Founder
STRIDE Adaptive Sports
Wynantskill, New York



Secretary
Kerrie Williams
Pediatric OT and Assistant Director
Unity House
Rensselaer, New York



Medical Counsel
Dr. Steve Ferro
Emergency Physician
Meridian, Idaho



Counsel
Patrick Fitzgerald, III
Attorney and Partner
Girvin & Ferlazzo, P.C.
Loudonville, New York



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Bond, Schoeneck & King
Castleton, New York



Board Member
Tom Gilbert
Ski Area Owner/
Operator (Former)
Lenox, Massachusetts



Board Member
Deborah Collins
Recruitment and Management Consultant
Catskills, New York



Vice President
Dick Miller
Partner
American National Insurance (Retired)
Menands, New York



Treasurer
Linda Wager
Director and Treasurer
East Greenbush School District (Retired)
Sand Lake, New York



Board Member
Richard Peters
SABIC Chief Scientist (Retired)
Hinsdale, Massachusetts



Board Member
Daniel Rhatigan
Executive Director
Regeneron Pharmaceuticals
Delmar, New York



Board Member
Daniel Bopp
Owner AVRES Services
Kinderhook, New York



Board Member
Curtis Butler
Founder and Career Coach
Darien, Connecticut

Our Mission

STRIDE's mission is to educate and empower Individuals with disabilities in life-changing sport and recreation programs to sustain active, healthy, and fun lifestyles.

Our Vision

Building a community with equal opportunity and access for sport and recreational activities. No one should be left behind because of a disability!

Our Priority

Safety, health and well-being of everyone in our STRIDE community

Our Core Values

CREATE opportunities and provide outlets for individuals with special needs to make friends, increase self-esteem, develop life skills, realize their potential and become productive members of society.

EDUCATE volunteers, families and communities about opportunities that exist for individuals with special needs.

PARTNER with leading professionals, educational institutions, agencies and communities in order to create top-tier recreational programs for individuals with disabilities.

LEAD in the arena of adaptive sports by providing opportunities for STRIDE participations that are safe, fun and help achieve personal goals.

ENGAGE a committed team of volunteers, parents, family, friends and community members in our services and mission.

CHALLENGE the status quo by removing boundaries and breaking down barriers of ignorance and attitude that can block the path of independence for individuals who have disabilities.

Who we are *and what we do*



Sled Hockey

1,916+ STRIDE Athletes

- A volunteer non-profit educational organization founded in 1985
- Provided **51,509** hours of free/low-cost adaptive sport and recreation lessons
- **25,030** hours of these lessons are new SHARE Center community fitness classes
- Over 300 skilled sport instructors and volunteers
- Served over **2500** families in 2024-25
- Offered programs in **18** sports/activities in **24** locations in **2** states
- Focus is on education for individual life-time sports
- 80% of funding goes directly to programs with a modest operating budget
- Operates with a paid staff of **4** FTE and **5** PTE hourly coaches
- Chapter member of **Move United Sports**
- Member of **Professional Ski Instructors of America / American Association of Snowboard Instructors**
- Member of New York Special Olympics; an official Red Cross provider; members of **USHA, USTA, USSA, USCA, USGA**
- Recognized as one of the largest adaptive sport organizations in Eastern US & among the leading adaptive organizations in the USA
- Collaborates with school districts, colleges and other non-profits
- Partnerships with **Warfighter Sports/Move United** providing rehabilitative sports to regional Wounded Warriors and veteran communities
- Programs are primarily cost-free or low-cost for participation with scholarships available when cost is prohibitive
- Operates a tent-camping facility in Chatham NY, on 86 environmentally protected wooded acres with miles of trails, ponds, camping areas, and a large pavilion/main lodge
- Funding is diversified and comes from grants, private donations, fund-raisers, and corporate sponsorships. No government grants are solicited.
- Operates a 5,300 sq. ft. adaptive fitness and community facility - SHARE Center (*STRIDE Health and Recreation Education Center*) opened in 2019
- Dave & Marisa Clark Memorial Foundation awarded **13** athletes with skiing and bike camp awards
- Receive 21% of revenues through in-kind services and goods



2024-2025 Highlights

sport & recreation programs

- Our Ski/Snowboard program continued at Jiminy Peak, Catamount and Titus, serving over 890 athletes.
- Sled Warriors practiced Sept-June with 4 competition tournaments including a home tournament through another grant from the Dralla Foundation.
- Tennis continued both indoor and out for Fall/Winter/Spring sessions.
- We hosted 5 camping weekends at SCORE Center, with day trips and outings.
- Successfully organized Wounded Warrior Bootcamp weekend and Wounded Warrior Snowfest with good attendance at both.
- The Share Center continued to grow as a community resource offering Yoga, Zumba, Barre, Boxing, Pilates, Weight Training and Cardio, Core and Strength classes.
- Dance continued at Isabelle School of Dance, with Fall and Winter sessions.
- Swimming attendance grew rapidly at Mohonasen High School.
- Our bowling programs for Youth and Adults continue to attract increasing numbers of athletes, the Adult Bowling especially having over 46 participants, participating over 30 weeks of the year.
- iCan Bike at Union College was again fully subscribed with the support and dedication of 48 volunteers.
- We hosted a very successful 100K Vertical Challenge fundraiser at Jiminy Peak, which raised over \$100K.
- Arranged monthly teen dances "Friday Nights Out" at the SHARE Center and equally successful monthly "Youth Club" for the younger members of the STRIDE family.
- Our golfers continued to tee it up at Route Fore in East Greenbush.
- An end-of- season banquet was organized for our swimmers.

62 veterans participated
in STRIDE Wounded
Warrior Programs

2024-2025 Highlights

sport & recreation programs

The nucleus of our winter programs continues to be alpine skiing, snowboarding, and sled hockey. This year we taught **5,214 hours** of lessons in a season at our 3 mountains. The Great Race was once again a big hit. Our sled hockey team had **15** total members including **3** Wounded Warriors totaling **5,232 program hours** of lessons with 4 tournaments. Summer program nucleus is our SCORE Camp in Chatham, NY yielding 5 weekend programs & family or group use of the ground.

Programs & Activities Offered

Archery, Bowling, iCan Bike, Dance, Disc Golf, Fitness Training, Golf, Hiking, Swimming, Zumba, Skiing, Sled Hockey, Teen Dances, Snowboarding, Tennis, Yoga, Individual Fitness, Tent Camping, Alter-G Training, Water Skiing, White Water Rafting, Wheelchair Basketball, Wounded Warrior Events, Taekwondo.



STRIDE night at The Joe



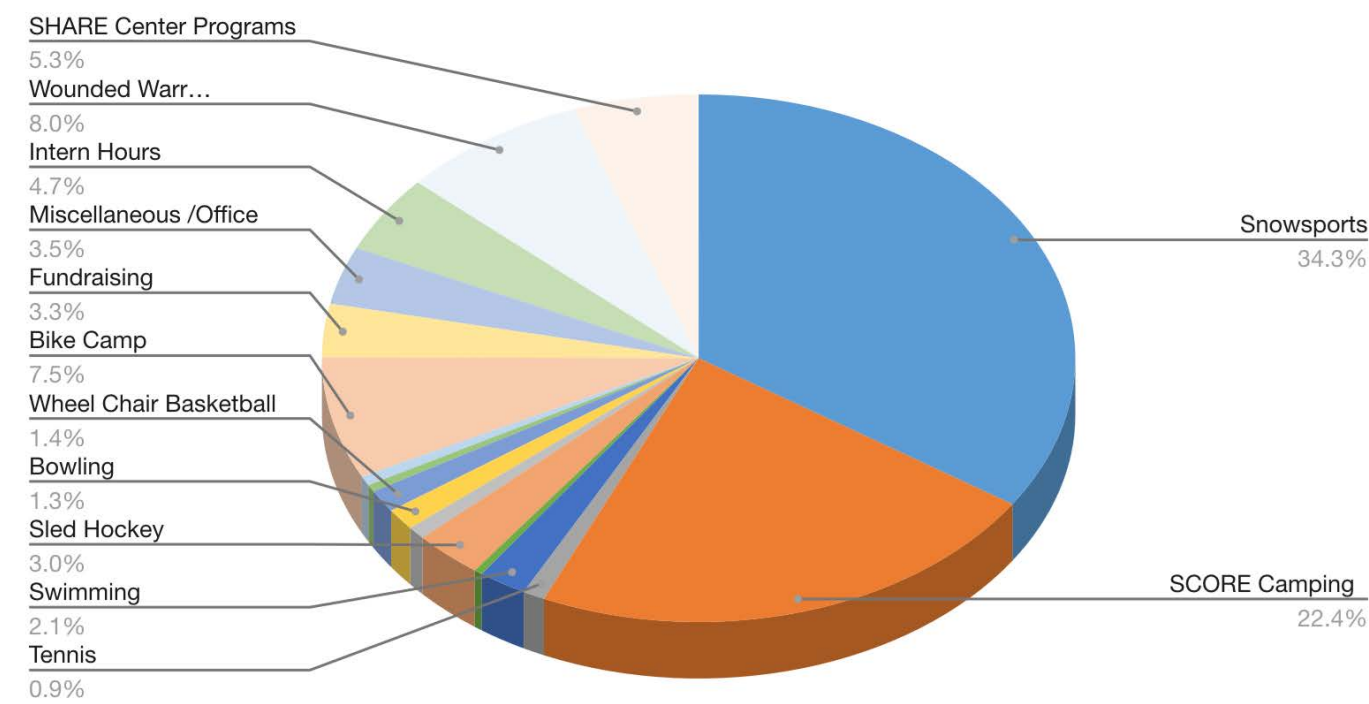
Members of the STRIDE Ski Team

5,214 Hours of adaptive ski and snowboard lessons provided

Volunteer hours = \$ 941,413

Volunteer hours expressed by dollar amount per program for NY and MA.

Volunteer Values



51,509
Hours of adaptive sports lessons



STRIDE 100K



Taekwondo

2024-2025 Highlights

STRIDE Adaptive Sports

Staff:

- ~ STRIDE Administrative team operates with 4 full-time staff with oversight from a 13 person Board of Directors.
- ~ We had four college interns; and two volunteer office staff and hired five hourly fitness instructors and sport program coaches.
- ~ We utilized resources of corporations and agencies who provided employees for outdoor work days at our facilities.
- ~ Wildwood, Living Resources, Community Based Services and CFDSNY came weekly for office services.

Development:

- ~ Program revenue from administration fees helps with our planning and implementation of all we offer.
- ~ In-kind donations continue to help maximize our impact.
- ~ Corporate sponsor support increased in fund-raising events and will remain a focus to grow in the next financial year.
- ~ Growth in the 100K Vertical Challenge increased to over \$100,000.
- ~ New for 2025 was our Night at the Joe.
- ~ Grants and individual contributions remain steady streams of revenue.

Communications/Marketing:

- ~ Our social media presence continues to evolve, we focus on Facebook, Instagram and growing LinkedIn.
- ~ We continue to make improvements in IT, we are now fully Cloud based and utilizing a Google platform.
- ~ STRIDE's presence in the community continues to grow in awareness through many avenues including media, event attendance and Chamber membership.
- ~ We partnered with SBANYS, Endless Highways, Hudson Crossings Park, Rochester Adaptive and On the Canals.
- ~ We have fully updated MAPP (Minor Athlete Abuse Prevention Policies) together with criminal background checks.
- ~ We are rated Platinum level for transparency by Candid (GuideStar).



Tennis

104 new athlete applications
received this year

Athlete of the Year

Tyshaun Tonic



Wheelchair Basketball

This year's Athlete of the Year began his journey with STRIDE at the age of 16, joining his very first program—bowling. He quickly caught on and discovered a deep passion for the sport. By age 17, he joined STRIDE's Competitive Bowling Team, where his talent truly began to shine. Over the years, he has earned multiple medals and awards, including a Best Sportsmanship Trophy and an impressive high score of 227.

Through bowling, he not only built confidence but also formed lasting friendships. Each week, he stands proudly beside his teammates—now some of his closest friends—encouraging and cheering them on with enthusiasm and positivity.

His adventurous and competitive spirit didn't stop at bowling. He has since explored several other STRIDE programs, including golf, Friday Night Outs, and most recently, the STRIDE Stingrays Swim Team.

Whether he's on the lanes, on the greens, showing off his dance moves at Friday Night Outs, or making waves in the pool, he always gives it his all, has fun, and cheers on others along the way.

We are proud to recognize the 2025 STRIDE Athlete of the Year — Tyshaun Tonic!



18 adaptive sport
and recreation programs
offered year round



Volunteer of the Year Diane Grugan-Duvall

STRIDE Adaptive Sports is thrilled to highlight the amazing contributions of our Adult Competitive Bowling Program Leader, Diane Grugan-Duvall. Diane and her husband Randy have two boys, Christian and Anthony. Diane's journey with STRIDE started over 20 years ago, when Christian joined STRIDE bowling at 9, and over the last 20+ years, he has tried his hand at various activities, including golf, archery, camping, and skiing. However, Diane believes his favorite was attending Isabella's Dance classes and performing at the Palace Theater. Diane became the director of the Saturday bowling program in 2013. Under her leadership, the program has grown into a competitive team within Special Olympics and now has just under 50 athletes participating in a full-season bowling league. This makes our Adult Bowling Program one of the largest in the organization and highlights its potential for community growth moving forward. Last year at the New York State Games, Diane had five athletes qualify for the 2026 National Games in Minnesota. Diane's dedication to STRIDE extends well beyond the lanes; she has an incredible commitment to her athletes and their families, working tirelessly to raise funds and ensure her program is well supported. Not a month goes by without a visit to HQ from Diane, bringing plenty of fundraising dollars. When she is not volunteering for STRIDE, Diane also volunteers with Albany Cougars Special Hockey, plays for the Albany Angels, and creates various crafts. Thank you, Diane, for everything you do, especially the time you dedicate to helping and supporting others.

Congratulations, Diane Grugan-Duvall. STRIDE 2025 Volunteer of the Year.

over **23,761**
volunteer hours



STRIDE honors our 300+ volunteers for making a huge difference in the community. Whether they run a lap with a biker, rake leaves, clean the gym, teach a ski lesson, decorate for an event, take a child camping, or collect a raffle prize; every single volunteer hour has a ripple effect that positively affects the lives of individuals with disabilities in our communities. Our program services wouldn't exist without the assistance we receive from so many big-hearted people. Calculated volunteer hours given for the year were 23,761 at an NY and MA average value from Independent Sector, equaling \$941,413 given in time! The intrinsic rewards received from volunteering for STRIDE are valued much higher than any tangible award. We honor all those who help us throughout the year.

Strategic Plan

Goals for 2025-2028

Our Strategic initiatives:

The plan concentrates on developing an evolving plan for staff development and program expansion to ensure that all individuals can find a program built for them and their needs. This plan will be executed over the following years:

Productive Leadership

1

- Source and implement fit-for-purpose CRM and program management software
- Create a work staff team that promotes and sustains growth and productivity
- Build community activity in the SHARE center for awareness

Long Term Sustainment

2

- Develop a long-term diversified funding plan and solidify funding relationships
- Measure success through quantitative and qualitative means
- Full use of the SHARE center as an for income stream

Growth In Sustainable Relationships

3

- Build a base of volunteers to enhance the quality of programs and allow growth
- Partner with other organizations to meet mission goals
- Maintain quality administrative staff with long-term career goals to meet the needs of organizational growth and sustenance

Program Expansion

4

- Develop a full schedule of community activity in the share center
- Develop and strengthen new and existing athletic and recreational programs, working with partner organizations and the community
- Strategic growth in developing competitive elements in existing programs, such as competition or tournaments, to further athlete skills

STRIDE is recognized as one of the largest and most trusted Adaptive Sports Organizations in the Northeastern US. We will grow to be known as the best in the industry! **2025-2028**



SCORE Camp

22

active partnerships with
educational organizations
through Partners in Education

STRIDE Honorary Board

Greg Adams

Vice President, Americas, SABIC
Houston, Texas (retired)

Phil Bayly

Anchor, WNYT News Channel 13, NBC
Clifton Park, NY (Retired)

Robert Braverman

Attorney/Partner Braverman/Greenspun
New York, NY

Tyler Fairbank

CEO, The Fairbank Group Jiminy
Peak Hancock, MA

Pat Flaherty

NFL Consultant Coach
NY Giants

Chris Gibson

President of Siena College
Former U.S. Congressman, 19th District, NY
Kinderhook NY

John Gray

News 10 ABC Anchor
North Greenbush, NY

Kathleen Jimino

Rensselaer County Executive (retired)
Averill Park, NY

Geoff Krill

Professional Adaptive Athlete
North Woodstock, NH

Brian P. McLane

CEO Paradigm Solutions
Syracuse, NY

Dr. Ann Myers, Ed.D.

Director of Doctoral Programs, The Sage Colleges
Rensselaer, NY

Honorable David Paterson

Former NYS Governor
New York City, NY

John Robinson

CEO, Our Ability
Glenmont, NY

Chaplain (Major General) Donald L.

Rutherford, US Army

23rd U.S. Army Chief of Chaplains Averill
Park, NY

CSM Frank Wicks

Command Sergeant Major (Retired), US Army
West Sand Lake, NY

STRIDE Adaptive Sports Staff

Alex Brame

Executive Director

Joe Russo

Chief Operations Officer

Christine Golden

Development Director

Allison Ryan

Program Director

Part-time Coaching Staff

Emelia Carlino
Stefon DeSantis
Lois Whitman
Aya Smith
Mary Sapp

Thank You Major Sponsors & Funders

Major Corporate Sponsors (\$1,000+)

Bank of America
Broadview Federal Credit Union
Don Reutemann
County Waste
Jiminy Peak
KeyBank
NPA Financial LLC
Phillips Hardware
Regeneron Pharmaceuticals
The Isabelle School of Dance

Major Donors (\$1,000 +)

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Dick Miller
Frank & Wilma Schmeler
Gwyn Welles
James Duffy
Jeff Frame
Jeff & Kim Sutton
Jon Phillips
John Baackes
Joseph Guy
Mary Ellen Whitney
Michael & Irene M. Sedutto Family Fund
Paul O'Leary
Robert Clark
Sigrid Gray
Thomas O'Pandick
Todd Durocher
Veterans of Foreign Wars

Grant Makers

10th Mountain Division Foundation
A Still Small Voice
Andrew Sabin Family Foundation
Broadview Cares Foundation
Capital District Physician's Health Plan Christopher
& Dana Reeve Foundation Inc. Crane Charitable
Funds
Dake Foundation for Kids
Dick's Sporting Goods Foundation
Dralla Foundation
JDJ Foundation
J.M. McDonald Foundation Inc.
John E. Sackett Foundation
Killington World Cup Foundation
Marc S. Zeplin Foundation
Move United
REI Foundation
Seymour Fox Memorial Foundation
Stewart's Holiday Match
Sunmark Charitable Community Foundation
U.S. Tennis Association Eastern (USTA) William
Gundry Broughton Charitable Foundation, Inc.

Third Party Fundraising Events

Allied Brewing Company
Burnt Hills/Ballston Lake Track Team
Data Device Corporation
East Schodack Fire Department
Hannaford
North Colonie Schools
Phillips Hardware
The Society of the Friends of St. Patrick
The Vermont Agency Foundation

Major In-Kind Donation

Amy Earing - BSK
Boy Scouts Troop #537
Catamount Ski Resort
Center without Walls
Common Roots Brewing Co.
Community Based Services
David Feingold
Elevance Health Foundation
Hannaford
Heims Auto Repair
Gary & Deb Favro
Girvin & Ferlazzo
High Adventure Ski Shop
Indian Meadows Courts
Jeff Dunham
Jiminy Peak Mountain Resort
KeyBank
Liberty Mutual
Living Resources
Ottmar Klaas
NYSEG
Patrick Fitzgerald
Paul O'Leary
Regeneron
Route Fore Golf Facility
Saratoga Lake Yacht Club
Steve Ferro
Times Union
Titus Mountain
Union College
Vent Fitness
Veterans Miracle Center
Wildwood Programs

Foundations

Adirondack Foundation
Kiwi Foundation
Marc S. Zeplin Foundation
Real Dare Foundation
The W.J. Barney Foundation
The Picotte Family Foundation
WASWOS Wishes

STRIDE, Inc does not apply for government grant funding; we are solely supported by individual, corporate, foundation and event funding.

Together we change lives!

Financial Performance & Outlook

As a 501 (c) 3 nonprofit organization, STRIDE depends on the generosity of its donors and funders to support our athletes and programs, without government funding.

STRIDE now operates with a budget over \$600,000, making us one of the larger and strongest independent adaptive sport organizations in the Northeastern USA. Being good stewards of the money we receive, we put our athletes and people first. We are family. For every dollar we receive, more than 80 cents goes directly into our programs, better than the national average, earning STRIDE

the highest Candid (Guidestar) Platinum ranking.

21% of STRIDE program resources are supported by in-kind donations (non-cash items such as food, venue rental, professional services, equipment, and auction items or prizes) and other donated services. This helps maximize our impact. This year, we succesfully completed the transition to retirement of our Founder, Mary Ellen Whitney.

	2022/23	2023/24	2024/25
Total Revenues & Program Support	\$561,060	\$741,047	\$685,399
Total Expenses			
Program Services	\$547,561	\$579,088	\$525,031
Management & General Operating	\$98,695	\$96,775	\$77,145
Fundraising	\$36,501	\$44,768	\$41,740
Total:	\$682,787	\$ 720,631	\$ 643,916
Change in Net Assets	(\$121,697)	\$20,416	\$41,483
Net Assets - Beginning of Year	\$1,479,603	\$1,357,906	\$1,378,322
Net Assets - End of Year	\$1,357,906	\$1,378,322	\$1,419,805

We feel a great responsibility to our donors, large and small.

That is why we are proud of our efficient operations.

Over 80% of our budget is a direct expense to our programs that provide life-changing experiences for individuals with disabilities through participation in adaptive sports and recreation. We are masterful at keeping costs low with our leverage of in-kind donations!

Thank you to every one of our donors!



iCan Bike

\$145,588
donated in-kind
products and services



STRIDE CENTER FOR OUTDOOR RECREATION & EDUCATION

STRIDE Adaptive Sports

4482 NY Highway 150 West Sand Lake,

New York 12196

518-598-1279 / info@stride.org

www.stride.org