



January E-News:

Message from the Executive Director

Happy New Year to everyone. Here's hoping you had a wonderful holiday season with family and friends and feel fully invigorated for the year ahead.



We finished the year with our Snowfest at Jiminy Peak, a weekend of snow sports and camaraderie for our Warriors and their families. Thanks to all who attended and made it such a rewarding weekend. Special mention should go to Steve Pechacek, who turned an evening at the Funny Bone Comedy Club into a very valuable fundraiser for STRIDE.

Thanks also to all who contributed to our successful fundraising board match, and of course, thanks to our Board Members, who work so hard to support us and who pledged the initial \$4K.

2025 was an amazing year for STRIDE. Our 24/25 Annual Report is available to read in full [here](#). But just to get a feel for the numbers. We provided **51,509** hours of adaptive sports and recreation lessons across more than 18 sports and activities, totaling **23,761** volunteer hours. Thanks must go to all our volunteers and staff for an amazing job.

And we are not stopping there. 2026 will see us expand our program offerings with, amongst others, Taekwondo, Wheelchair Basketball, and diversification of our Camping program.

Behind the scenes, we will also lay the foundations for the organization's continued development as we enter our 41st year. We will update our CRM platform and implement program management software, laying the groundwork for our continued success in the years to come.

Lastly, an appeal to you. None of this happens without people like you who give their time to help others. Do you know an individual who would enjoy being part of STRIDE, as an athlete, a volunteer, a program leader, a program helper, a fundraiser, or in any other role that could benefit the organization?

We are always looking for people to join the STRIDE family. Come join us, email me at abrame@stride.org, or call me at 518-598-1279. Let's have a chat about how we can help each other.

The newest member of the STRIDE team:

Welcome Will Dakin - Program Manager

Will brings a thoughtful, mission-driven approach to his work at STRIDE, combining a strong background in public administration, project management, and community engagement. He holds a Bachelor of Science in Business Administration and is currently

December Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank December 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
Susan Jermain
Todd Durocher
Kathy Engel
Sara Kelly
James Summa
Daniel Cook
Sara Kelly
Mary Ann Serlin
Ann Myers
Tina Ujlaki & Rich Marmat
Dick Miller
Lauren Elizabeth
Mary Ann Serlin
Gabriela Shelley
Deborah Kaback
Barbara Hirachian
The Chlastawa & Gill Charitable Fund

Grants

The Hanger Charitable Foundation

Corporate

Broadview Federal Credit Union

In Memory of Marc S Zeplin

Marc S. Zeplin Foundation, Inc.

In Memory of Tom Harack

Paul & JoAnn Gavity
John Pender-Cudlip

In Honor of Matty Coleman

Katherine Edgell

In Honor of Jhoven Tak

Amrita Sareentak

working toward his Master's in Public Administration at SUNY Albany and a certificate in Graduate Studies in Nonprofit Management & Leadership.

With more than 15 years of experience in both the public and private sectors, Will is known for his strategic mindset, collaborative spirit, and focus on creating meaningful impact. His experience aligns closely with STRIDE's commitment to high-quality, inclusive adaptive sports programs and building strong community partnerships.

Will's dedication to STRIDE's mission is also deeply personal. He and his wife, Jaime, are parents to a child with Autism—an experience that fuels his passion for accessibility, inclusion, and empowering individuals of all abilities to thrive through sport and recreation.

Will can be contacted at wdakin@stride.org and in the office at 518-598-1279.

Welcome - Will



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

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 HERE](#)

Thank you for everything you do. Here's to a successful 2026.

Alex

STRIDE's Annual 100K Vertical Challenge Is On!

Mark your calendars for **February 23, 2026**, when STRIDE returns to **Jiminy Peak Mountain Resort** for the **11th Annual 100K Vertical Challenge—STRIDE's premier fundraising event of the winter season**. The mission? **Teams of four take on 87 ski or snowboard runs in a single day**. But make no mistake—the *real* competition happens off the slopes through **peer-to-peer fundraising**, all in support of STRIDE's life-changing adaptive sports programs. This year's **fundraising goal is \$110,000**, and the energy is already building. We're excited to share that **seven teams are already signed up**, with the leaderboard heating up early:

🥇 **Delmar Fire Department** is out front
🥈 **GE Vernova Wind Veterans** are close behind
🥉 **Priority Snow ARC Sparkers** round out the top three

Think your crew can climb the leaderboard? Whether you're chasing vertical feet, fundraising bragging rights, or both—**now's the time to get your team together**.

💥 **The challenge is set. The teams are forming. Let the competition begin!**

👉 **Register today: www.myevent.com/stride100k**

In Honor of Mary Ellen Whitney

Brian Donahue

In Honor of Luca Kraemer

Francesca Pignataro

Wounded Warrior Snowfest

MOAA NYS Capital District Chapter

Marine Corps League Troy Detachment

Marine Corps League, Inc Electric City Detachment

VFW Queensbury Post 6196

Capital District Sled Warriors

Travis Sawade

In-Kind

Dolce & Biscotti

Deli & Brew

Citgo Averill Park

Kevin Woodbury

Sally Diffley

STRIDE ADAPTIVE SPORTS PRESENTS:

WINTER 2026 BOWLING EAST GREENBUSH

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

**Saturday's at 11:00am
Jan 17th - March 7th**

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

For any questions please contact: wdakin@stride.org

REGISTER HERE!!
OR visit: STRIDE.org/Bowling



Unsung STRIDE – Titus

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

Elizabeth is going into only her second year as an adaptive coach at Titus. However, the amount of training she completed in her first year, puts her on par with her third and fourth year counterparts. The team frequently reminds Elizabeth to pace herself so that she doesn't burn herself out. Elizabeth is a retired Canadian Border Patrol Agent. One

**Get your teams together
Registration Now Open for
STRIDE's 100k Vertical Challenge**

Monday, February 23, 2026



myevent.com/stride100k



of her super powers is to fake it until she makes it. She doesn't let her anxieties stop her from trying something new and difficult. Additionally, she has absolutely remarkable people skills. Among her many other contributions, Elizabeth has taken the bull by the horns this summer and fall by coordinating STRIDE's presence at multiple community events to help spread the word that STRIDE is present in the North Country. And watching her network at these events is nothing shy of astounding. No one passing by STRIDE's booth is safe from learning about our mission. This has led to many new connections, including volunteers, athletes and influential community leaders, in the North Country. Additionally, Elizabeth is a skilled seamstress and has created various practical accessories for our students warmth, comfort and

success. Elizabeth came with a bonus. At the end of last season, her husband, Craig, offered to be our equipment manager. Craig stepped right in and, with Elizabeth's help, added shelving, hooks and other accessories to our storage shed to make it so much more functional. Having a volunteer who's sole responsibility is equipment maintenance will free up the coaches for more training and hands on time. Elizabeth is always willing to spend extra time to get a project done, make an extra trip to the mountain to grab some needed item (she is one of only two of our coaches that doesn't live an hour or more away), participate in that extra training being offered, take that lesson scheduled at an odd time, or truly, whatever else is needed. She has also become the group's social advisor, organizing social events and trips over the summer, for those interested.

The Titus crew is a group of motivated, creative innovators and problem solvers who work together flawlessly. They have helped us realize the dream of expanding opportunities for sports participation to more and more people who otherwise would not have that experience.



**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 ADAPTIVE SPORTS PRESENTS:

TAEKWONDO

WINTER 2026 SESSION:

FEB 1ST, FEB 15TH,
MARCH 1ST, AND MARCH 15TH



Athletes to sign up please visit:
www.stride.org/tae-kwon-do

Athletes - A current STRIDE registration, waivers, and \$25 program admin fee are required to reserve your spot in the program. Financial assistance available.



COLUMBIA TAEKWONDO
370 COLUMBIA TURNPIKE, EAST GREENBUSH, 12144

2 AGE GROUPS

AGES 12 AND UNDER
10:00AM-11:30AM

AGES 13+
11:30AM-1:00PM

WDAKIN@STRIDE.ORG

WWW.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.



STRIDE 100K VERTICAL CHALLENGE

Date: Monday, February 23, 2026

Location: Jiminy Peak Mountain Resort
Hancock, MA

Overview: A celebration fund raiser to support, promote, and raise awareness for STRIDE Adaptive Sports; changing lives everyday through sport & recreation programs for individuals with disabilities.

Level	Amount	Your company will receive:
Black Diamond Sponsor	\$5,000	<ul style="list-style-type: none"> Company name & logo on all event printed materials, press releases & social media Exhibit table to distribute branded company literature 2 banners (provided by company) and logo included on thank you boards Copies of photos taken at the event for use in your publications/website Logo placement & linkage on STRIDE website sponsor page 4 Complimentary registrations (1 team)
Blue Square Sponsor	\$2,500	<ul style="list-style-type: none"> Company name & logo on all event printed materials, press releases & media coverage 1 company-provided banner, and logo on the thank you boards Logo placement & linkage on STRIDE website sponsor page 4 complimentary registrations (1 team)
Green Circle Sponsor	\$1,000	<ul style="list-style-type: none"> Company name & logo on event printed materials, press releases & social media Logo included on event thank you boards Logo placement & linkage on STRIDE website sponsor page 2 complimentary registrations on a team
Bunny Hill Supporting Sponsor	<\$500 donations or in-kind	<ul style="list-style-type: none"> (Seeking goodie bag items for registrants) Company name & logo on printed materials, & social media Logo included in thank you board at event 1 complimentary registration on a team

Company: _____

Contact: _____

Address: _____ City/State/Zip: _____

Phone: _____ E-mail: _____

TOTAL SUPPORT: \$ _____

Checks made payable to: STRIDE, INC.

Mailing Address: 4482 NY Highway 150, West Sand Lake, NY 12196

To learn more, visit www.stride.org, or contact STRIDE at (518) 598-1279 or cgolden@stride.org.



Be An *ANGEL*
In Your Community



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 ADAPTIVE SPORTS PRESENTS:

WINTER 2026 BOWLING - LATHAM

Kingpin's Alley Latham
375 Troy-Schenectady Rd,
Latham, NY 12110

Dates: 1/17, 1/24, 2/7,
2/14, 2/21, 2/28, 3/7, 3/14

Age requirement: 5-21

Program Leader: Heather
& Rob Emory

For any questions please
contact: wdakin@stride.org

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



WE HAVE A NEW WAY TO REGISTER!!

Scan QR Code Below



OR visit:
STRIDE.org/Bowling



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**



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



STRIDE SHARE CENTER Community Wellness Program

4482 NY Highway 150, West Sand Lake, NY 12196

Phone: 518-598-1279 / Email: communitywellness@stride.org

January 2026					
COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	<p>9:00-9:30 AM BOXING Mary</p> <p>9:30-10:00 AM BARRE Mary</p> <p>10:00-10:45 AM RESTORATIVE YOGA Mary</p>	<p>9:00-10:00 AM WEIGHT TRAINING Mary</p> <p>4:30-5:30 PM YOGA Keri</p>	<p>6:00-7:00 AM SMALL GROUP STRENGTH TRAINING Rebecca</p> <p>9:15-10:00 AM ZUMBA Mary/Aya</p> <p>4:45 - 5:45 PM CHAKRA YOGA Jennifer No Class 1/7</p> <p>6:00-7:00 PM BOXING Katie/Kirstein</p>	<p>9:00-10:00 AM WEIGHT TRAINING Mary No Class 1/1</p> <p>3:30-4:15 PM ZUMBA Mary No Class 1/1</p> <p>6:30-8:00 PM SOUNDBATH Krystal 1/7 Only</p> <p>6:00-7:00 PM BARRE Katie 1/7 Only</p>	<p>9:00-9:45 AM PILATES Lauren No Class 1/31</p> <p>6:00-7:00PM BOOTCAMP Katie/Kirstein No Class 1/22</p> <p>5:30-8:00 PM SOUNDBATH Krystal 1/22 Only</p>
					<p>SATURDAY 9:00-9:45 AM PILATES Lauren No Class 1/31</p> <p>SATURDAY 10:00-11:00 AM CARDIO, CORE & STRENGTH Kate</p>

PRERANA YOGA - Elissa Voigt (email: Preranayoga108@gmail.com)

GROUP & 1:1 TRAINING - Rebecca Armsby (email: silverstrongliving@gmail.com) / Lauren Bertrand (email: lauri@lifts@gmail.com) / Michele Gamache (email: mgamache80@yahoo.com)

YOGA - Keri Stern (email: kstern50@gmail.com) / Jennifer Delaney (email: jendelaney1205@gmail.com)

CANDLELIGHT SOUND BATH / REIKI - Krystal Mercadante (email: healingwithkrystal19@gmail.com)

TIBETAN SOUND HEALING - Samantha Demick (email: sihamilton16@gmail.com)



SUPPORT THE MISSION OF STRIDE



SCAN ME

VENMO

Please note
donation



ON WEBSITE

www.stride.org/make-a-donation

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/



Aromatherapy CHAKRA CLEANSE

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



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, JAN 18, 4-530PM, \$35.

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

RSVP to Preranayoga108@gmail.com
by JAN 11

Tuesday Evening Yoga 4:30-5:30 PM

January 6, 13, 20 & 27
with Keri Stern (certified yoga teacher)

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



**\$65 (4 classes)
\$20 (drop-in)**

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 one-self. Enhance flexibility through purposeful stretching, relieving tension and leaving the body in a calm, relaxed state.

**REGISTRATION/INFORMATION- email Keri at:
kstern550@gmail.com**



We have a very active "SOCIAL" life at STRIDE!

Join us on [Facebook](#), for all the latest and greatest activities and resources.



Wednesday Morning ZUMBA

9:15 - 10:15 a.m.

January 7, 14, 21, & 28

w/Aya & Mary

at STRIDE SHARE CENTER

4482 NY-150, West Sand Lake, NY 12196



**For Information Email Mary
at mks519@hotmail.com**

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



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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