



## February E-News:

### Message from the Executive Director

There's a lot of irony in waiting a few years for such amazing snow-sports conditions, only to have it so cold that it's difficult to enjoy them. Anyway, I hope everyone is keeping well and warm given this extraordinary weather.



February is a massive month for STRIDE because it includes our biggest fundraising event, the 100K. If you haven't signed up for a team, what are you waiting for? If you are not a skier/snowboarder, get involved by sponsoring one of the participants. Last year, we raised over \$100K. This year, we are aiming even higher at \$110K.

Closely following the 100k in early March is the Great Race, a wonderful day out where our snow sports athletes get to show us how much they have progressed over the season.

As usual, lots of programming continues through the winter months, including bowling, tennis, wellness at the SHARE Center and our new taekwondo program. We also have another Friday Night Out on February 20th.

Our sled hockey heroes, the Capital District Sled Warriors, return to competitive action on the weekend of 6th to 8th February at the Empire State Winter Games. We will be there to support them and wish them luck. And if you would like to be part of our sled hockey team see below for details of how you can get involved.

Two notable announcements:

Our Capital District Wheelchair Basketball Program will commence in April (after the conclusion of the sled hockey season). Our vision is an hour of turn-up-and-play hoops, with the potential to travel to meet and play other teams in NY. See below for details, and please sign up to be part of it.

We have also agreed to host an "I Can Bike" Program at Tupper Lake in the Adirondacks in July, which together with our established program at Union College, will give double the amount of athletes the opportunity to learn how to bicycle. Thanks must go to Mindy Fairchild for all her hard work to get this program over the line. Great job Mindy. Full details will follow in the March Newsletter.

Lastly, some of you may have seen a TV program on Netflix entitled "Love on the Spectrum". Ashley Morgan the casting and field producer reached out to us from Australia, which is where the show originates from. They are starting to cast for their next US show and she asked if we would share the details. So if you know anyone who might be interested in being part of the show, the details are contained within the bottom ad of this newsletter.

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.

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

### January Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank January 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  
Sara Minnick  
Spencer Wohlers  
Sara Kelly  
Brice Skiff  
Romyn Kiernan  
Dr. Mary Bonitatibus-Garrity  
Jennifer (for Georgiana) Everleth  
Ian Boomer  
James Summa  
Wolfgang Blanch  
Judy Douglas  
Aelan Mosden  
Timothy Forbes  
Elizabeth Weissman  
Susan Root  
Danielle Subramaniam  
Katie Zinn  
Barbara Giroux

#### Grants

Adirondack for Kids

#### In Memory of Tom Harack

Norm Sapoone

#### Wounded Warrior Snowfest

Chester James Carnard Post No. 138  
Wm. Deakin Joel H. Cook, American Legion Post 158

#### In-Kind

William Dakin  
Kari Mayzel  
Bruce Romanchak  
Rob Jahn  
Depew Family  
Rob John

I think that's it from me, have a great month, say hello if you see me about and thank you for everything you do.

**Alex**

Clif Mark  
Mary Ellen & LJ Whitney  
JP Rentals  
JP Equipment Shop  
Warren Lutes

## 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 signature winter fundraiser and one epic day on snow.

The momentum is real. **Eighteen teams are already signed up**, and the push is on to help STRIDE reach its ambitious **\$110,000 fundraising goal**. Every dollar raised fuels access, opportunity, and empowerment through adaptive sport and recreation.

And yes—there are **serious bragging rights on the line**.

- Prizes will be awarded to the **top individual and team fundraisers**
- The **top fundraising team** earns the ultimate honor: **wearing Bib #1** on event day

Whether you're in it for the challenge, the cause, or the glory, the 100K Vertical Challenge delivers on all fronts. Rally your team, fire up your fundraising, and help STRIDE continue changing lives—one run at a time.

**Think you've got what it takes? Let's hit \$110,000 together.**

**Click To make a donation for your favorite 100ker or Team: [Donate Here](#)**

## STRIDE'S GREAT RACE

**SATURDAY  
MARCH 7TH**

**JIMINY PEAK**



**REGISTER:**

[www.stride.org/the-great-race](http://www.stride.org/the-great-race)

**STRIDE's Great Race, an entry level Adaptive Snowsport Race, is a competitive event for ski and snowboard racers with disabilities from around the Northeast.**



[www.stride.org](http://www.stride.org)

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**

**REGISTER HERE!!**

OR visit:  
[STRIDE.org/Bowling](http://STRIDE.org/Bowling)



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

For any questions please  
contact: [wdakin@stride.org](mailto:wdakin@stride.org)



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

**Monday, February 23, 2026**



[myevent.com/stride100k](http://myevent.com/stride100k)



**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](mailto:mindy@stride.org)

[aryan@stride.org](mailto:aryan@stride.org)

518-598-1279



- Congrats to James Angermeier on his engagement.
- Congrats to Justin Angermeier on his marriage
- Best wishes to Dr Maithao Le and athlete Dan Chan on their move. We will miss you.
- Healing wishes to Titus Coach Karen Hoover.
- Get well soon, LJ Whitney.



# WHEELCHAIR BASKETBALL

STARTING WEEKENDS  
IN APRIL

CENTRAL ALBANY LOCATION

[WWW.STRIDE.ORG/PROGRAM-REGISTRATION/](http://WWW.STRIDE.ORG/PROGRAM-REGISTRATION/)

**FRIDAY NIGHT  
OUT**

ADAPTIVE SPORTS  
[www.stride.org](http://www.stride.org)

**FOOD - DANCE - SING - GAMES**

**FEB 20TH**  
4482 NY HWY 150  
WEST SAND LAKE, NY 12196  
**6 PM - 8 PM**  
[wdakin@stride.org](mailto:wdakin@stride.org) | 518-598-1279 | [stride.org](http://stride.org)

**SIGN UP HERE!**

**AGES 15+**  
**\$5 SUGGESTED DONATION**

<https://forms.gle/x7JqISJPZKG4Qyag8>



# 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.**

## CDR WINTER CLASSIC

*Congratulations to members of the STRIDE Race Team*

- ANTHONY:** GS GOLD, SLALOM SILVER
- MATT:** GS BRONZE, SLALOM GOLD
- NOAH:** GS SILVER, SLALOM GOLD



**Be a part of the 100k Challenge by donating a Donate Gift Card.**

**contact Christine, [cgolden@stride.org](mailto:cgolden@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](mailto: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](mailto:communitywellness@stride.org)

February 2026						COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
3:00-4:15 PM Float Aromatherapy Elissa 2/1 Only	9:00-9:30 AM BOXING Mary	9:00-10:00 AM WEIGHT TRAINING Mary	6:00-7:00AM SMALL GROUP STRENGTH TRAINING Rebecca	9:00-10:00 AM WEIGHT TRAINING Mary	FRIDAY 3:00-4:00 PM Senior Strength Rebecca	4:00-5:30PM Chakra Cleanse Elissa 2/15 Only	9:30-10:00 AM BARRE Mary	4:30-5:30 PM YOGA Keri	9:15-10:15 AM ZUMBA Mary/Aya	3:30-4:15PM ZUMBA Mary	3:00-5:15 PM Sound Bath Krystal 2/27 only
4:30-5:45 PM Float Aromatherapy Elissa 2/1 Only	10:00-10:45 AM RESTORATIVE YOGA Mary	4:30-5:30 PM YOGA Keri	6:00-7:00 PM Barre Kate/Kirstein 2/11 Only	6:00-7:00PM BOOTCAMP Kate/Kirstein	SATURDAY 10:00-11:00 AM Interval Kate	6:00-7:15 PM Float Aromatherapy Elissa 2/1 Only	4:00 PM Kids Aerial Yoga Elissa	6:00-7:00 PM Barre Kate/Kirstein 2/11 Only	4:45 - 5:45 PM CHAKRA YOGA Jennifer	10:00-11:30AM Core and Pelvic Floor Elissa 2/14 only	12:00PM-1:00PM Tummy Hearts Elissa 2/14 only
6:00-7:15 PM Float Aromatherapy Elissa 2/1 Only	5:15 PM Gentle Aerial Yoga Elissa	6:00-7:00 PM Barre Kate/Kirstein	5:30-8:00PM Sound Bath Krystal 2/25 only	6:00-7:00PM Yoga Niina/Sound Bath Kara 2/7 only	2:00 PM Yoga Niina/Sound Bath Kara 2/7 only	6:30-7:00 PM Aerial Hammock Elissa	6:30 PM Aerial Hammock Elissa	3:30PM-5:00PM Partner Stretch Elissa 2/14 only	3:30PM-5:00PM Partner Stretch Elissa 2/14 only	3:30PM-5:00PM Partner Stretch Elissa 2/14 only	3:30PM-5:00PM Partner Stretch Elissa 2/14 only

PRERANA YOGA - Elissa Voigt (email: [Preranyoga108@gmail.com](mailto:Preranyoga108@gmail.com))  
 GROUP & 1:1 TRAINING - Rebecca Armsby (email: [silverstrongliving@gmail.com](mailto:silverstrongliving@gmail.com)) / Michele Gamache (email: [mgamache80@yahoo.com](mailto:mgamache80@yahoo.com))  
 YOGA - Keri Stern (email: [kstern550@gmail.com](mailto:kstern550@gmail.com)) / Jennifer Delaney (email: [jendelany1205@gmail.com](mailto:jendelany1205@gmail.com)) / Kara Morelli (email: [karita1973@icloud.com](mailto:karita1973@icloud.com))  
 CANDLELIGHT SOUND BATH / REIKI - Krystal Mercadante (email: [healingwithkrystal19@gmail.com](mailto:healingwithkrystal19@gmail.com))  
 TIBETAN SOUND HEALING - Samantha Demick (email: [sHamilton16@gmail.com](mailto:sHamilton16@gmail.com))

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](http://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](mailto:WDAKIN@STRIDE.ORG)

[WWW.STRIDE.ORG](http://WWW.STRIDE.ORG)

## Be Beautiful You & Have Fun with Fitness

**Boxing: Mondays 9:00 - 9:30a.m.**

A full-body workout blending boxing techniques (punches, footwork, defense) with cardio and strength training, using heavy bags and mitts, suitable for all levels to build fitness, coordination, stress relief, and confidence.

**Barre: Mondays 9:30 - 10:00 a.m.**

A low-impact, full-body workout blending ballet, yoga, and Pilates, using a ballet barre for support in small, isometric movements (tiny pulses) that build strength, flexibility, and muscle endurance, leading to a toned physique without bulk, often incorporating light weights and small props for challenging deep muscles and improving posture.

**Restorative Yoga: Mondays 10:00 - 10:45 a.m.**

A deeply relaxing, passive practice using props like bolsters, blankets, and blocks to support the body in gentle poses held for extended periods, aiming to calm the nervous system, release tension, and promote healing. Stretching, strength, and stillness, integrating physical comfort with mental ease, making it accessible for stress relief and recovery for all levels.

with Mary

at STRIDE Share Center

4482 NY-150 West Sand Lake, NY 12196



For information, email [Mary@mks519@hotmail.com](mailto:Mary@mks519@hotmail.com)

Or Call STRIDE @ 518-598-1279

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](mailto: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](http://STRIDE.org/Bowling)



## FREE ADAPTIVE AERIAL YOGA FOR KIDS

SUNDAY MARCH 8, 12-1245p

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](mailto:Preranayoga108@gmail.com)

### BENEFITS OF ADAPTIVE AERIAL YOGA

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



ELISSA VOIGT  
YOGA THERAPIST  
AERIAL ARTS CERTIFIED INSTRUCTOR  
WELFLOW FASCIA SPECIALIST  
CERTIFIED ASSISTED STRETCHING SPECIALIST  
OWNER, PRERANA YOGA



TO LEARN MORE CONTACT ELISSA AT  
[PRERANAYOGA108@GMAIL.COM](mailto:PRERANAYOGA108@GMAIL.COM)  
[PRERANAYOGA.COM](http://PRERANAYOGA.COM)





## SUPPORT THE MISSION OF STRIDE



SCAN ME

### VENMO

Please note donation



### ON WEBSITE

[www.stride.org/make-a-donation](http://www.stride.org/make-a-donation)

## ZUMBA

A high-energy, dance-based fitness program that combines Latin and international music with fun, choreographed dance routines, making exercise feel like a party.

**Wednesdays @ 9:15-10:00 a.m.**

**With Aya & Mary**

**Thursdays @ 3:45-4:30 p.m.**

**With Mary**

**at STRIDE SHARE CENTER**

4482 NY-150, West Sand Lake, NY 12196



**For Information:**

**Email [mks519@hotmail.com](mailto:mks519@hotmail.com)**

**Or call STRIDE @ 518-598-1279**



# 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/](http://WWW.STRIDE.ORG/TENNIS/)



PROGRAM ADMIN FEE  
**\$25**

## MARCH AERIAL YOGA

**3-WEEK SERIES CLASSES (MONDAYS) MAR 2, 9 & 16**  
**\$90/SERIES OR \$35 DROP-IN. REGISTRATION DEADLINE: FEB 23**

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



### Kids Aerial Yoga

Kids will develop balance, body/brain organization, and nervous system regulation while playing games and having a confidence boosting experience in the aerial hammock. **Ages 7-11. 4-5pm**

### Gentle Aerial Yoga

Newer and experienced practitioners alike will enjoy using the yoga hammock to find gentle releases and subtle strengthening through yoga postures and aerial techniques. Learn how to use the yoga hammock to support the needs of your body. **515-615pm.**

### Aerial Hammock

Ready to take your balance, memory, flexibility and strength to new heights? Learn how to safely use the aerial hammock to find inversions and yoga poses in the air! This class is suitable for those who have aerial yoga experience or with authorization from instructor. **630-730pm**

RSVP

[Preranayoga108@gmail.com](mailto:Preranayoga108@gmail.com)

# CAPITAL DISTRICT SLED WARRIORS



## LOOKING FOR NEW PLAYERS

**When:** Sundays, 11:25-12:25

**Where:** Albany County Hockey Facility

- ✓ Weekly Practices
- ✓ Season Tournament Play
- ✓ Become Part of a Team

Equipment provided

☎ 518-598-1279 🌐 [www.stride.org/sled-hockey/](http://www.stride.org/sled-hockey/) ✉ [leugemors@yahoo.com](mailto:leugemors@yahoo.com)



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



ALBANY COUNTY VETERANS SERVICE BUREAU

# STRENGTH BEYOND SERVICE

February 27, 2:00 pm  
Camelot Room at the Events & Athletic  
Center on the Saint Rose Campus  
420 Western Ave., Albany, NY

- 🗨 A dedicated space for Veterans with limb loss to connect, share experiences, and navigate the journey of recovery together.
- 🍽 Join us, **THE LAST FRIDAY OF EACH** month for food and fellowship, featuring complimentary catering from Chick-fil-A.
- 👥 Find camaraderie and understanding with fellow Veterans who face similar, unique challenges.
- 🗣 Engage in honest, confidential conversations in a safe and welcoming environment. Storytelling, humor, and peer support will help bring growth beyond SERVICE.
- 🔧 Exchange valuable information on prosthetics, adaptive technology, accessibility, and VA benefits.

SCAN HERE TO REGISTER OR VISIT:  
[www.albanycountyny.gov/veterans/events](http://www.albanycountyny.gov/veterans/events)



Daniel P. McCoy  
Albany County Executive

ALBANY COUNTY  
*Cares* about our Veterans

NP

Northern Pictures is looking for participants for a potential new season of the Emmy Award winning series

## Love on the Spectrum U.S.

We are looking for SINGLE people living in the United States, who are on the autism spectrum and are interested in dating.

You may have no history of dating, or you might be an experienced dater – either way feel free to get in touch and say hello.

We are hoping to represent the great diversity of the autism spectrum, and are keen to hear from a range of people.

As with the previous series, we aim to make an honest, sensitive and insightful documentary.

If you or someone you know might be interested in speaking with us, please send an email with a brief description of yourself (and a photo) to: [production@northernpictures.com.au](mailto:production@northernpictures.com.au)



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

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