



March E-News:

Message from the Executive Director

We did it! A massive thank you to everyone who contributed to the 100K Vertical Challenge. When we set the target of \$110,000, we never imagined we would smash it and reach over \$120,000. It's amazing and absolutely humbling. It will allow us to continue growing and diversifying our programming for both our existing and ever-growing number of new participants. What's even more incredible is that, due to the storm, we had to move from Monday to Tuesday at very short notice. Special thanks to our hosts, Jiminy Peak, for being so accommodating, and to everyone who adapted to the change at very short notice.



Next up, please join us on Saturday, March 7, for our Great Race! Come and witness the incredible progress of our snow sports athletes this season and cheer them on as over 50 competitors vie for medals and a position on the podium. A wide variety of refreshments will be available to enjoy during the event. Don't miss this thrilling day of competition and celebration!

At this time, please also be aware that our Bowling, Dance, Taekwondo, and Tennis programs are all continuing full steam ahead. All details are below. We have our next Youth Club on March 13th and our next Friday Night Out on March 27th. Our Snow Sports Director has also assured me that we will be skiing well into April, so get those lessons booked. Conditions are among the best in years.

The Capital District Sled Warriors compete in two tournaments in March, Mountain Man March 6-8 at SUNY Canton, and The New England Tournament in Westfield MA, 27-29 March, where they are the defending Champions.

Lastly, watch out for registration opening mid-March for our two "I Can Bike" programs, Capital Region at Union College and our new Adirondack Program at Tupper Lake. Also, registration and finalized details for our new Wheelchair basketball program.

So much to be a part of, and if you still have time, the Winter Paralympics start on March 6 from Milan Cortina in Italy, with more than 650 athletes participating in Alpine Skiing, Biathlon, Cross-Country Skiing, Sled Hockey, Snowboard, and Curling, all apparently streaming live on Peacock.

Please remember we have a full Community Fitness program at our SHARE Center, monthly schedule below and that the SHARE Center is available to host your events and parties.

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

February Donors

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



Individuals

Maithao Le
Darlene DeMott
Beverly and Tom Gilbert
Sara Kelly
Kara Morelli
Michelle Lee
Alex Brame
James Summa
Deborah & Peter Collins
Dr. Mary Bonitatibus-Garrity
Mary Ellen Whitney

Grants

Theresa Alessandra Russo Foundation

In Memory of Sally Underwood

Kim Wilson

In Honor of Sharon Mosden

Deborah Stayman

Wounded Warrior Snowfest

10th Mountain Division Foundation Inc.

Mary Ellen Whitney Hall of Fame Award

Move United

In-Kind

Joe Russo
LJ & Mary Ellen Whitney
Alpin Haus
The Country Club of Troy
SPAC
Siena Men's Basketball
Tri-City ValleyCats
East Greenbush Bowling
King Pin Bowling
Deli & Brew
Dick's Sporting Goods
Bluebird & Co
Ioka Valley Farms
Potters Bros.
Albany Symphony

Well I think that's it from me, February was an amazing month and March promises to be incredible. Thank you for all your support and everything you do.

Alex



STRIDE 100k Vertical Challenge Raises Over \$120,000

A **HUGE THANK YOU** to everyone who participated, donated, and sponsored this incredible event. Your generosity and dedication make a life-changing impact on STRIDE athletes and their families. Thanks to your generosity we exceed our goal by raising over \$120,00! We are especially grateful to our amazing sponsors: [Jiminy Peak](#), [Reutemann Financial Group](#), [Unity House](#), [GTM Payroll & HR](#), [Mountain Orthotic & Prosthetic Services](#), [Broadview FCU](#), [High Adventure Ski Shop by Alpin Haus](#), [Nine Pin Cider Works](#) and [Freihofers Bakery](#). Thank you to all our community partners who donated items to be used as fundraising prizes (see February In-Kind Donors).

Photos of the 100k are online, [HERE](#)
List of 100k Donors are [HERE](#)

Troy Music Hall
New Era
Ski Blocks
Gripsta Gear

WHEELCHAIR BASKETBALL

STARTING WEEKENDS
IN APRIL

CENTRAL ALBANY LOCATION

WWW.STRIDE.ORG/PROGRAM-REGISTRATION/

STRIDE'S GREAT RACE

SATURDAY MARCH 7TH

JIMINY PEAK



REGISTER:

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

FRIDAY NIGHT OUT



FOOD - DANCE - SING - GAMES

MARCH 27TH

4482 NY HWY 150
WEST SAND LAKE, NY 12196

6 PM - 8 PM

programs@stride.org /
www.stride.org/friday-night-out

SIGN UP HERE!



AGES 15+

\$5 SUGGESTED DONATION



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:

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

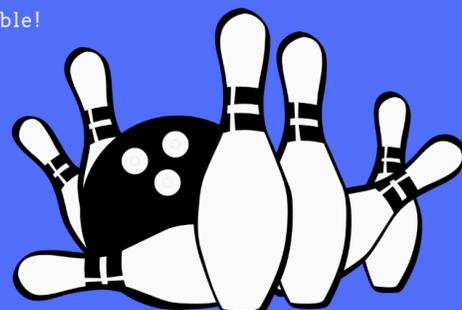
A \$25 admin fee will
secure reservations.
Financial Assistance is
Available!

WE HAVE A NEW WAY TO REGISTER!!

Scan QR Code Below



OR visit:
STRIDE.org/Bowling



- Sympathies to Scott Henricks on losing his brother George.
- Get well wishes to Barbara Mark after neck surgery.
- Congratulations to Dan Rhatigan on his PhD and promotion at work to VP.



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



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.

Congratulations to STRIDE Ski Racers Special Olympics Medalists:

Anthony: Giant Slalom Advanced - Silver, Slalom Advanced - Silver
 Andrew: Giant Slalom Advanced - Bronze, Slalom Advanced - Bronze
 Matt: Giant Slalom Advanced - Gold, Slalom Advanced - Silver
 Noah: Giant Slalom Advanced - Gold, Slalom Advanced - Gold



SUPPORT THE
MISSION OF STRIDE



SCAN ME

VENMO

Please note
 donation



ON WEBSITE

www.stride.org/make-a-donation



ADAPTIVE SPORTS
www.stride.org

Actions speak louder than words:

PLEASE SUPPORT MONTHLY

With a donation of \$20 per month you can make a difference in people's lives



Places to Donate:



<https://www.stride.org/make-a-donation/>



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



APRIL AERIAL YOGA

3-WEEK SERIES CLASSES (MONDAYS) APR 6, 13, 27
\$90/SERIES OR \$35 DROP-IN. REGISTRATION DEADLINE: MAR 31

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

JOINTS & BONES YOGA

AT STRIDE ADAPTIVE SPORTS CENTER:
1819, 4482 NY-150, West Sand Lake, NY 12196



SUNDAY MARCH 8, 10A-1115A

COST: \$35

REGISTRATION DEADLINE: MAR 1

For new and experienced yoga practitioners alike! Enjoy a yoga class that helps you find skeletal alignment in our yoga poses! Suited for anyone working on bone/joint health or looking for relief from chronic pain due to arthritis, joint instability or injury. Learn how to use yoga postures to build bone density, gain relief from musculoskeletal discomfort and prevent injury. Receive specialized attention so that your practice is structured around your needs.

RSVP to Preranayoga108@gmail.com
preranayoga.com.

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

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