



April E-News:

Message from the Executive Director

Happy April, everyone, and welcome to Spring. Lots to showcase in this newsletter, but first, massive congratulations to our very own Capital District Sled Warriors. I had the privilege this last weekend of watching the Warriors retain their New England Sled Hockey title at Amelia Park in Westfield MA. Winning the title last year was amazing, but doing it two years in a row is an incredible achievement and the culmination of a lot of hard work. Well done to the whole team, a special mention to new team Captain Natasha and new team Coach Thad, and thanks as always to Andrea for all her hard work. Also, well done to all who traveled to watch the team play, a brilliant turnout.



As the Winter season comes to a close, I want to thank all our volunteer snow sports coaches at Jiminy, Catamount, and Titus. We couldn't do it without you. Your dedication to STRIDE and to our athletes is a lesson to us all. Given the temperatures that had to be faced on the slopes this year, thanks from the bottom of our hearts.

The culmination of our Snow Sports season was our Great Race. Fifty of our athletes took to the slopes and showed how they have improved throughout the season. It was a wonderful showcase of talent and many thanks to Scout Troops 537 boys and 4062 Girls for ensuring we were all fed.

Not to be outdone, our wonderful swim team, the Stringrays, held a very successful and rewarding home meet as part of their build-up to competing in the Special Olympics this month. Save the date: 4/26 for the Capital District Summer Classic. See you there.

Lots to look forward to this month, including the start of the Latham and East Greenbush Spring bowling programs, as well as a Saturday Night Out. Having had a very successful Friday Night Out program, this month we are going to change it up and try a Saturday. Not to mention the start of the highly anticipated Wheelchair Basketball program with support from VENT Fitness in Latham.

Lastly, athlete and volunteer registration is now open for our I Can Bike program in collaboration with our partners I Can Shine. This year not only do we have our traditional program based at Union College in Schenectady, but we are also running a second program for all our athletes in the Adirondacks at Tupper Lake. Details below.

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

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

Well I think that's it from me. **Just one last ask if you love what we do and believe like we do that STRIDE truly does make a difference. Please think about becoming a STRIDE supporter with a monthly donation. As little as \$20 a month makes a massive difference to what we can continue to achieve as an organization. [Support Here.](#)**

March Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank March 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
Alex Brame
Deborah & Peter Collins
James Summa
Heather M Brown

Foundations

Andrew Sabin Family Foundation
Kiwanis Club of Sand Lake Foundation Inc.

Grants

Stewart's Holiday Match

Sled Hockey

Victor Tomelden
Shawn & Nicole Green
Robert Robertson

Wounded Warrior

North Greenbush Memorial Post -

In Memory of John Root

John Mariconti

In Honor of Colin Liebert

Anne Kuppinger

In Honor of Abigail Radliff/Sled Hockey

Dr. Jason Mouzakes

In Honor of Adam & Melinda Kowalski Family

The Michael and Irene M. Sedutto Family Fund

Third Party Fundraiser

Hannaford - Bloomin' 4 Good
Burnt Hills-Ballston Lake Glow Meet

100k Vertical Challenge



STRIDE's Great Race Celebration

On Saturday, March 7th, STRIDE proudly celebrated the incredible athletes of the STRIDE Great Race—50 inspiring competitors who showed determination, skill, and heart on the slopes. These athletes are true heroes. Congratulations to each athlete and their dedicated coaches, whose hard work and commitment throughout the season made these achievements possible. STRIDE also extends sincere thanks to [Jiminy Peak Mountain Resort](#) for 32 years of continued partnership and support in making opportunities like this possible.

To view photos from the Great Race click [here](#)

In-Kind

- Jiminy Peak Mountain Resort
- Lois Whitman
- Joe Russo
- Berkshire Bike & Board
- Ski Fanatics
- Five Wits
- Chipotle
- Friehofer's Baking Company

5-Week Program
WHEELCHAIR BASKETBALL

SUNDAYS STARTING APRIL 19TH
2PM-3PM

REGISTER HERE:

VENT FITNESS LATHAM
195 TROY SCHENECTADY RD.

ANY QUESTIONS : CONTACT ALEX AT ABRAME@STRIDE.ORG

STRIDE
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

Become a Donor Here:

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



The Theresa Foundation supports STRIDE's Wheelchair Basketball Program

STRIDE is grateful to **The Theresa Foundation** for their generous support of our Wheelchair Basketball Programs. Founded in honor of Theresa Alessandra Russo, the Foundation is dedicated to enriching the lives of children with special needs by nurturing their unique abilities through opportunities in recreation, arts, and self-expression.

Thanks to their recent grant, STRIDE was able to purchase two youth-sized sport wheelchairs—opening the door for more young athletes to experience the excitement and empowerment of wheelchair basketball. This support not only expands access to a growing program, but also helps build confidence, independence, and joy for the children we serve.

We extend our heartfelt thanks to **The Theresa Foundation** for helping STRIDE to empower youth with disabilities through the power of adaptive sports.

- Continued Healing and Get Well wishes to Barbara Mark after neck surgery.
- Get Well wishes to Paul Gavriety on his upcoming knee replacement surgery.
- Best of luck to Scott Henricks on his move to California.
- Thanks to ski coaches: Tim Tagan, Kevin Woodbury, Mindy Fairchild, Dick Miller, Jake Miller, Scott Henricks, and Pete Corsi, who will be attending the DAV (Disabled American Veterans) Snow Fest in Aspen this week.
- Congrats to Rich Peters for being the recipient of the John Kittredge Award for his volunteer leadership. Presented by the Central Berkshire Community and Recreation Association.
- Last but definitely not least, Get Well wishes and please don't overdo it, to our Founder and Snow Sports Director, Mary Ellen Whitney, after knee replacement surgery.



STRIDE ADAPTIVE SPORTS

SPRING BOWLING

LATHAM

Saturdays | 10AM - 11AM 4/04, 4/11, 4/18, 4/25
12pm - 1pm on 5/02, 5/23, 5/30, 6/06

KingPin's Alley - Family Fun Center
375 Troy Schenectady Road Latham, NY 12110

\$25 admin fee to register / Financial assistance is available!
Questions? Camille Oliver - programs@stride.org

REGISTER HERE



WWW.STRIDE.ORG/BOWLING



STRIDE ADAPTIVE SPORTS

SPRING BOWLING

EAST GREENBUSH

Saturdays | 12:00pm - 1:00pm
March 28th - May 9th

East Greenbush Bowling Center
570 Columbia Turnpike East Greenbush, NY 12061

\$25 admin fee to register Financial assistance is available!
Questions? programs@stride.org

REGISTER HERE



WWW.STRIDE.ORG/BOWLING





The STRIDE Stingrays made major waves at their meet on 3/21! Swimmers showed off their hard work while competing in events ranging from the 50 yard freestyle to the 500 yard freestyle. Their next meet is 4/26 at Shenendehowa High School for the Special Olympics Capital District Summer Classic! Our swimmers begin competing at 11am. **Let's go Stingrays!**

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 ADAPTIVE SPORTS ADIRONDACKS

iCAN BIKE 2026

About iCan Bike

This unique, 5-day bike riding program is in partnership with iCan Shine's "iCan Bike" program. The organization provides a fleet of adaptive bikes designed to ensure the success of all riders. The philosophy and technology of the program has impressive evidence for success in youth with Autism and other disabilities. The program is integrated with high school students and community volunteers.

Program Dates/Cost

July 6, 2026 - July 10, 2026
 Tupper Lake Memorial Civic Center
 Tupper Lake, NY 12985

Participate in one 75-minute session per day.
 Parent Orientation - Sunday, July 5th @ 10am
 Cost: \$200 - Scholarships are available upon request.

Rider Requirements

- 8 years of age by 7/06/2026
- Able to sidestep to both sides
- Have a disability
- Able to attend camp all 5 days & have a bike
- Able to walk unassisted
- Maximum weight 220lbs
- Willing/able to wear properly fitted helmet
- Minimum inseam of 20 inches

How to Register

STEP #1
Register with STRIDE

STEP #2
Register with iCan Shine

Questions? Contact Camille Oliver programs@stride.org

SATURDAY NIGHT OUT

ADAPTIVE SPORTS
www.stride.org

FOOD - DANCE - SING - GAMES

APRIL 18TH

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+

\$10 SUGGESTED DONATION



STRIDE ADAPTIVE SPORTS CAPITAL DISTRICT ICAN BIKE 2026

About iCan Bike

This unique, 5-day bike riding program is in partnership with iCan Shine's "iCan Bike" program. The organization provides a fleet of adaptive bikes designed to ensure the success of all riders. The philosophy and technology of the program has impressive evidence for success in youth with Autism and other disabilities. The program is integrated with high school students and community volunteers.

Program Dates/Cost

July 20, 2026 - July 24, 2026
Union College: Memorial Field House Schenectady, NY
Participate in one 75-minute session per day.
Parent Orientation - Sunday, July 19th @ 10am
Cost: \$200 - Scholarships are available upon request.

Rider Requirements

- 8 years of age by 7/20/2026
- Able to sidestep to both sides
- Have a disability
- Able to attend camp all 5 days & have a bike
- Able to walk unassisted
- Maximum weight 220lbs
- Willing/able to wear properly fitted helmet
- Minimum inseam of 20 inches

How to Register

STEP #1 Register with STRIDE STEP #2 Register with iCan Shine



Questions? Contact Camille Oliver programs@stride.org



STRIDE ADAPTIVE SPORTS IS LOOKING FOR A VOLUNTEER KAYAK PROGRAM LEADER

Are you a kayaking pro looking to change lives through volunteering? STRIDE Adaptive Sports is a 501(c)(3) nonprofit organization whose mission is to educate and empower individuals with disabilities in sport and recreation programs in the Capital Region of New York.

VOLUNTEER REQUIREMENTS

- Register with STRIDE
- Pass a background check
- Coaching experience
- Life Saving Certification
- American Canoe Association Certification

INTERESTED?

Contact our Program Director to get started! Camille Oliver

programs@stride.org



Volunteers Needed!

7/06 - 7/10/2026

Upper Lake Memorial Civic Center
Upper Lake, NY 12986

Volunteer Requirements

- To sign up, 1.) Fill out STRIDE registration & waivers
- 2.) Fill out iCan Shine Registration

- Walk/run alongside your rider and help reinforce directions
- No experience working with youth with disabilities necessary - we will train!
- Be 15 + before July 6th 2026
- Attend volunteer orientation 7/05 at 10am
- Commit to at least 1 session per day - half/full days encouraged!
 - Session #1: 8:30AM - 9:45AM
 - Session #2: 10:05AM - 11:20AM
 - Session #3: 11:40AM - 12:55PM
 - Session #4: 2:00PM - 3:15PM
 - Session #5: 3:35PM - 4:50PM

Lunch, snacks, and t-shirts provided!

1.) STRIDE Volunteer Sign Up



2.) iCan Shine Sign Up



Questions? Contact Camille Oliver

programs@stride.org



ICAN BIKE WITH STRIDE ADAPTIVE SPORTS



SUPPORT THE MISSION OF STRIDE



VENMO
Please note donation



ON WEBSITE
www.stride.org/make-a-donation

Volunteers Needed!

7/20 - 7/24/2026

Union College Memorial Field House
Schenectady, NY

Volunteer Requirements

To sign up, 1.) Fill out STRIDE registration & waivers
2.) Fill out iCan Shine Registration

- Walk/run alongside your rider and help reinforce directions
- No experience working with youth with disabilities necessary - we will train!
- Be 15 + before July 20th 2026
- Attend volunteer orientation 7/19 at 10am
- Commit to at least 1 session per day - half/full days encouraged!

- Session #1: 8:30AM - 9:45AM
- Session #2: 10:05AM - 11:20AM
- Session #3: 11:40AM - 12:55PM
- Session #4: 2:00PM - 3:15PM
- Session #5: 3:35PM - 4:50PM

Lunch, snacks, and t-shirts provided!

1.) STRIDE Volunteer Sign Up



2.) iCan Shine Sign Up



Questions?
Contact Camille Oliver

programs@stride.org



ICAN BIKE WITH STRIDE ADAPTIVE SPORTS



STRIDE SHARE CENTER Community Wellness Program

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

APRIL 2026						COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY/FRIDAY	SATURDAY						
<p>12:00-1:30 PM Chiara Chiarese Elissa 412 only</p> <p>12:00-3:00 PM Sound Bath Krystal 412 only</p> <p>2:00-3:00 PM Sound Bath Elissa 412 Only</p>	<p>9:00-9:30 AM Barre Lois</p> <p>9:30-10:00 AM Barre Lois</p> <p>10:00-10:45 AM Restorative Yoga Lois</p> <p>11:00AM - 12:00PM Senior Strength Lauren</p> <p>12:10PM-1:00PM Beginner Mat Pilates Lauren</p> <p>4:00 PM Kids Aerial Yoga Elissa Not 412</p> <p>5:15 PM Gentle Aerial Yoga Elissa Not 412</p> <p>6:30 PM Aerial Hammock Elissa Not 412</p>	<p>8:00-10:00 AM Weight Training Mary</p> <p>4:30-5:30 PM YOGA Keri</p> <p>6:00-7:00 PM Barre Kara/Kristen 414, 422 only</p>	<p>9:00-10:00 AM Zumba Mary/Kara</p> <p>6:00-8:00 PM Beginner Mat Pilates Lauren From 418</p> <p>6:00-7:00 PM Barre Kara/Kristen 41, 422 only</p>	<p>THURSDAY</p> <p>9:00-10:00 AM Weight Training Mary</p> <p>3:45-4:30PM Zumba Mary</p> <p>4:45-5:45PM Cardio Dance Fitness Lauren</p> <p>6:00-7:00PM Bootcamp Kara/Kristen</p> <p>FRIDAY</p> <p>8:00-10:00AM Cardio, Core and Strength Mary</p> <p>4:04 only</p> <p>3:30-4:30 PM Senior Strength Rebecca</p>	<p>11:15-12:00 PM Core Blast Lauren</p>						

PRERANA YOGA - Elissa Voigt (email: Preranyoga108@gmail.com)

GROUP & 1:1 TRAINING - Rebecca Armsby (email: silverstrongliving@gmail.com) / Lauren Bertrand (email: laurilzifits@gmail.com)
YOGA - Keri Stern (email: kstern550@gmail.com) / Jennifer Delaney (email: jendelaney1205@gmail.com) / Kara Morsini (email: karita1973@icloud.com)
CANDLELIGHT SOUND BATH / REIKI - Krystal Mercadante (email: healingwithkrystal19@gmail.com)
TIBETAN SOUND HEALING - Samantha Demick (email: sthamilton16@gmail.com)

STRIDE COMMUNITY FITNESS 4482 NY-150, West Sand Lake, NY

MONDAY MORNINGS - APRIL 2026 with Lois Whitman

9:00-9:30 AM BARRE



9:30-10:00 AM BOXING

10:00-10:45 AM GENTLE YOGA



COST: Classes are ALL INCLUSIVE no matter gender or ability.
We suggest a \$15/class tax deductible donation to STRIDE ADAPTIVE SPORTS.
There is a DONATION Drop box inside the front door of the SHARE Center.

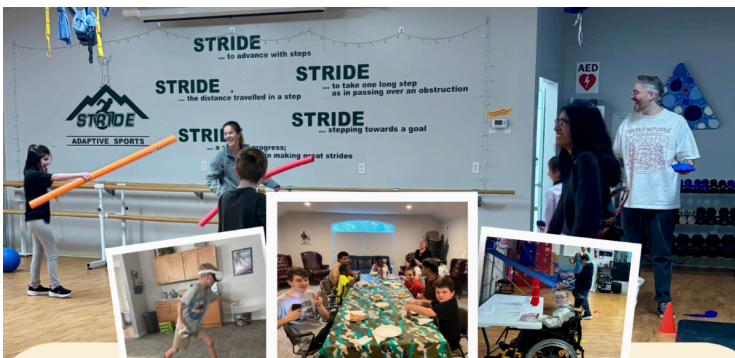


SEFA Campaign

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.



Youth Club Volunteers Needed!

3 hours of fun! Begin with a fitness activity in the gym, serve and have dinner with participants, enjoy a seasonal craft, then a wind-down activity before pick up.

Where?

STRIDE Share Center
4482 NY-150 West Sand Lake, NY 12196

Where?

One Friday a month
5:15pm - 8:45pm

Requirements

- Fill out a STRIDE interest form
- Fill out STRIDE waiver(s)

AGES 18+

- Complete Abuse Prevention training
- Pass a background check



Make an Impact



Earn Hours



Grow & Learn



Have fun!

Ready to sign up?

Contact our Program Director to get started! Camille Oliver - programs@stride.org



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.

w/Aya & Mary

at STRIDE SHARE CENTER

4482 NY-150, West Sand Lake, NY 12196



For Information Email Mary
at mks519@hotmail.com

Strength/Weight Training Tuesdays/Thursdays 9:00 - 10:00 a.m.

with Mary

at STRIDE Share Center

4482 NY-150 West Sand Lake, Ny 12196



Strength training is any exercise that makes muscles work against an external force (resistance) to build strength, size, and endurance, using methods like body weight, free weights, or machines. It's crucial for increasing bone density, improving metabolism, managing weight, enhancing balance, and boosting overall physical and mental health, benefiting everyone from young adults to seniors

For information,

email Mary @ mks519@hotmail.com

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!