



May E-News:

Message from the Executive Director

The cold weather is giving way to warmth, and with it we begin to focus on our Spring and Summer programming. Thanks to all who contributed to our great days down the slopes and on the ice this Winter. Special thanks to all the volunteers who give their time and create so many opportunities for our athletes.



As we move into the Spring Program, our Wheelchair Basketball program has started. Thanks to all who helped us purchase the chairs, and thanks to VENT Fitness in Latham for hosting us.

Our bowling programs in East Greenbush and Latham continue, as do Swimming and Tennis. Golf has just started. We also look forward to our Dance Recital this month.

In the coming weeks, we will open the SCORE Camp in Chatham with the help of Liberty Torch Bearers. Watch for our camp schedule, which will be published in the coming weeks.

We will also welcome United Way - Day of Service to the SHARE Center this month for a good Spring Clean.

Don't forget to sign up for our Bike Camps in July, especially since we are now running a second program in the Adirondacks. This is a great way for High Schoolers to complete the whole year's volunteer hours in just one week.

Save the Date - July 21st for our Night at The Joe, to watch the ValleyCats and celebrate STRIDE and Adaptive Sports in general. Watch for a ticket link in the coming weeks and there will be corporate boxes available if you want to attend with work colleagues.

Lastly, a massive thanks to our two interns who will be leaving us this month. Amanda Robertson has done an amazing job with our marketing, she graduates this month and we wish her all the best for her future endeavors. Marissa Kearns will be leaving us for the summer, but will be returning in the fall. Marissa continues to be a massive support for all our programming and does a great job in the Stripes mascot costume.

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.

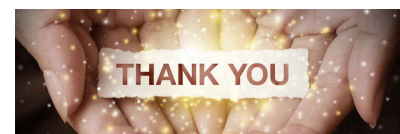
STRIDE & Sled Warriors Merchandise [ORDER HERE](#)

Finally I have signed up to become a STRIDE supporter and now give \$20/month to STRIDE. Please think about becoming a STRIDE supporter yourself with a monthly donation. As little as \$20 a month makes a massive difference to what we can continue to achieve as an organization moving forwards. [Support Here.](#)

Thanks for all you do.

April Donors

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



Individuals

Alex Brame
Deborah & Peter Collins
Darlene DeMott
Beverly and Tom Gilbert
Maithao Le
Mary Ellen & Jonathan Whitney
Danyial Ihsan
Elliott Scull
Gary Nicoll
Romyn Kiernan
James Summa
Victor Tomelden
Carol Keefe
Aisha Shafqat
Amanda Bobel
Lisa Sofia
Samantha Hamilton
David Munguia
Sandra Trudeau
Dale Green

Corporations

NYSTEC Finance

Foundations

Real Dare Foundation Foundation

Grants

Seymour Fox Memorial Foundation

Wounded Warrior

Beverly Folderman

In Memory of John Root

John Mariconti

In Memory of Holly, Alvin & Merry

Thomas Converse

In Memory of Mark Bozzuto

Elizabeth Leslie

Kids Who Care: Mason

Mason made an incredible impact this winter, raising nearly \$11,000 for STRIDE Adaptive Sports through the 100K Vertical Challenge. A newcomer to the event, Mason chose to take on the challenge as his bar mitzvah project, combining determination, generosity, and a passion for making a difference.

Mason and his family, longtime season pass holders, were first introduced to STRIDE while watching the Great Race—an inspiring adaptive snowsports event showcasing athletes of all abilities. That moment sparked something meaningful, leading Mason to get involved in a big way.

“I really enjoyed the STRIDE ski challenge program because it was a wonderful experience the day of the event with all 100kers skiing/riding the slopes at Jiminy Peak Mountain Resort..

As he worked toward his fundraising goal, Mason stayed focused on the impact he could make. “As I was raising all the money for this amazing program, I was thinking about all the people I could help and raise money for them to be able to ski,” he said.

Supported by his family every step of the way, Mason also found pride and joy in the experience itself. “It made me feel very special that so many people donated their money to my cause. I was very proud to raise almost \$11,000 and to be able to ski with my Mom, Dad, and my little brother.”

Mason’s efforts will help expand access to adaptive sports and create more opportunities for individuals with disabilities to experience the freedom and joy of skiing. His commitment is a powerful reminder of how one person can make a lasting difference.




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/>



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](mailto:abrame@stride.org)

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

Our 5 week Wheelchair Basketball program had a swish-tastic start in April! 14 athletes have been putting in the work at Vent Fitness in Latham every Sunday and it surely shows! The smiles, the sweat, and the baskets have been stacking up week after week. We are so thankful to Coach Maddy and [Vent Fitness](#) Latham for donating their time and resources to help make this program happen!

Want to join in on the fun? We still have a few open chairs available! No basketball experience is required, you do not have to use a wheelchair daily to play. Wheelchair Basketball is for anyone with a diagnosis that restricts limb function or balance, there is no age limit. This session ends on May 24th but don't worry - a summer session will be coming!

To express interest in joining, email **Alex** at abrame@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



Making Camp Possible: Thank You to the Seymour Fox Memorial Foundation

Since 2022, the **Seymour Fox Memorial Foundation** has played a vital role in the success of STRIDE's SCORE Camp, providing essential funding that helps ensure the program is ready to open each season. Their generous support has made it possible to complete needed repairs and improvements, provide meals for campers, and offer enriching experiences such as field trips and special performances.

Because of this continued partnership, SCORE Camp remains a safe, welcoming, and accessible environment where individuals with disabilities can connect, grow, and enjoy the full camp experience. We are deeply grateful to the **Seymour Fox Memorial Foundation** for helping make these meaningful opportunities possible year after year.

Thank You JDJ Foundation

A special thank you to **JDJ Foundation** for the generous donation of a youth wheelchair for STRIDE's Wheelchair Basketball Program. **JDJ's** donation of a new youth sports wheelchair has been purchased, providing young athletes with disabilities the opportunity to fully participate in the fast-paced, competitive game of wheelchair basketball.



- Heartfelt condolences to Elizabeth Weissman after the loss of her father.
- Deepest sympathy to LJ Whitney on the loss of his father.
- Congratulations to Volunteer/Warrior Scott Ruck on the purchase of his family's new home.
- Thank you to Ski coaches Kevin Woodbury, Bryce Luktenhaus, Lou Simons, and Bill Hartmena for representing STRIDE at Big Snow indoor ski area, in partnership with the Challenged Athletes Foundation, teaching adaptive lessons in sit equipment.
- Good Luck to Alex Scott, who will be returning to Bariloche, Argentina, with Valor Without Borders and delivering 2 pieces of ski equipment donated by STRIDE.
- Healing wishes to Mary Sapp after hand surgery.
- Congratulations to Board Member Steve Ferro on the purchase of his Family's new home.



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

STRIDE NIGHT AT THE JOE

— Save the Date —

Tuesday July, 21st **Game Time: 6:30 PM**

With any questions contact: abrame@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 12986

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 



SUPPORT THE MISSION OF STRIDE



SCAN ME

VENMO

Please note donation



ON WEBSITE

www.stride.org/make-a-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

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STEP #2
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Questions? Contact Camille Oliver programs@stride.org 



Volunteers Needed!

7/06 - 7/10/2026

Tupper Lake Memorial Civic Center
Tupper 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



Congratulations to our Capital District Sled Warriors on another successful season! They wrapped up the 2025 - 2026 term with a banquet where they celebrated their hard work, including their second championship win in a row at the New England Sled Hockey Tournament, with friends, family, and teammates! Special mention to longtime volunteers Chris Mancuso and Michael Kuzia-Carmel, who will be stepping away from the team to spend more time with their families.

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



FRIDAY NIGHT OUT



FRIDAY MAY 29TH

6 PM - 8 PM

4482 NY HWY 150
WEST SAND LAKE, NY 12196

Ages 15+

\$10 suggested donation

www.stride.org/friday-night-out

Questions? programs@stride.org

FOOD - DANCE - SING - GAMES

SIGN UP HERE!





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.

MAY 2026						COMMUNITY CLASSES ARE OPEN TO THE PUBLIC
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY/FRIDAY	SATURDAY	
<p>12:00-1:00 PM Neuroadaptive Kids Aerial Elissa \$3 only \$17 only</p> <p>2:00-3:00 PM Chiara Cleanse Elissa \$3 Only</p> <p>2:00-3:00 PM SoundBath Elissa \$3 Only</p>	<p>9:00-9:30 AM Barre Lola</p> <p>9:30-10:00 AM Barre Lola</p> <p>10:00-10:45 AM Restorative Yoga Lola</p> <p>11:00AM - 12:00PM Yoga Body Strength Lauren Not \$25</p> <p>6:00 PM Kids Aerial Yoga Elissa Not \$25</p> <p>5:15 PM Gentle Aerial Yoga Elissa Not \$25</p> <p>6:30 PM Aerial Hammock Elissa Not \$25</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/Bootcamp Kata/Kristen</p>	<p>9:00-10:00 AM Zumba Mary/Kya</p> <p>6:00-8:00 PM Beginner Mat Pilates Lauren</p> <p>6:00-7:00 PM Barre Kata/Kristen \$25 & \$27 only</p>	<p>THURSDAY</p> <p>9:00-10:00 AM Weight Training Mary</p> <p>3:45-4:30PM Zumba Mary</p> <p>6:00-7:00PM Bootcamp Kata/Kristen Not \$21</p> <p>FRIDAY</p> <p>9:00-10:00 AM Cardio, Core, Strength Mary</p> <p>5:25 Only</p> <p>3:30-4:30 PM Senior Strength Rebecca</p>	<p>10:00AM-11:00AM Interval Kate \$2 & \$30</p> <p>12:00PM-3:00PM Sound Bath Krystal \$16 only</p>	

PRERANA YOGA - Elissa Voigt (email: Preranyoga198@gmail.com)
GROUP & 1:1 TRAINING - Rebecca Armsby (email: silverstrongliving@gmail.com) / Lauren Bertrand (email: laurilifts@gmail.com)
YOGA - Keri Stern (email: kstern550@gmail.com)
CANDLELIGHT SOUND BATH / REIKI - Krystal Mercadante (email: healingwithkrystal19@gmail.com)
TIBETAN SOUND HEALING - Samantha Demick (email: sthamilton16@gmail.com)



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.



MEMORIAL WEEKEND SPECIAL

Friday, May 22, 2025

CARDIO, WEIGHTS & CORE

with Mary

9:00-10:00 AM

at STRIDE SHARE CENTER

4482 NY-150, West Sand Lake, NY 12196

CLASS DESCRIPTION: This is an easy to follow, total body workout DESIGNED FOR ALL FITNESS LEVELS. We will warm up and start with weight/cardio intervals and end with core strength training and a relaxing stretch.

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.

OPEN TO THE PUBLIC



Try email marketing for free today!