



June E-News:

Message from the Executive Director

First of all, a massive thank you to our friends at Picotte Companies, who joined us for 518 Day, organized by United Way of the Greater Capital Region. The group did a brilliant job of deep-cleaning the SHARE Center and refreshing all the landscaping around HQ. An amazing day, and we thank them for their time dedicated to STRIDE.



So the sun is now out, and HQ has been spruced up; let's get active. First, mention must go to our Dance Program and congratulations on a marvelous recital; the months of hard work really paid off. Well done.

Wheelchair Basketball continues at VENT, and our Summer Golf and Bowling Programs are starting, so come and be part of it. I Can Bike 2026 is also filling up, so if you want to cycle, now's the time to get signed up. We've also got the dates confirmed for White Water Rafting; again, don't miss a great day out.

Starting this week, we will be spending time in Chatham preparing the SCORE Camp for visitors. See the camp schedule below. We have swimming trips, theater trips, visits to an animal sanctuary, adaptive waterskiing, and the Jiminy ropes course, so there really is something for everyone, as well as the usual campfires and enjoying the great outdoors together. I'll be there, and I look forward to seeing you there as well.

Lastly, mark July 21st on your calendar. Not only is it the birthdate of both Ernest Hemingway and Robin Williams, about the only common link I could think of between the two, but it's also the date of our Night at the Joe, a night to celebrate Adaptive Sports and to watch our local baseball team. Let's go Valleycats. Ticket details below.

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

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

Finally, Mrs Brame has now signed up to become a STRIDE supporter and to give \$20/month to STRIDE. Please consider becoming a STRIDE supporter yourself with a monthly donation. As little as \$20 a month makes a massive difference in what we can continue to achieve together. [Support Here.](#)

Thanks for all you do.

Alex

May Donors

HEARTFELT THANK YOU TO OUR DONORS!!! We want to take this opportunity to thank May 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
Nneka Ndubisi
Craig Hamelink
Victor Tomelden
Sara Kelly
James Summa
Aydan Williams
John Mariconti

Corporations

SalesForce
County Waste & Recycling

Foundations

Libelula Charitable Giving
Creating Healthier Communities

STRIDE Night @ The Joe Sponsors

Davis Office Refurbishing

In-Kind

Joe Russo
Picotte Companies
Wildwood
Community-Based Services
CFDSNY

- Congratulations to Liz Gross on her engagement.
- Get well soon, Scott Ruck, after surgery.

- Mike Fairchild, best wishes for a speedy recovery after surgery.



STRIDE ADAPTIVE SPORTS CAMP SCORE 2026

6/26 - 6/28 | Adult Camping Weekend (21+)
Start the weekend with your dancing shoes with a **disco dance** in the great outdoors! **Swim with friends at Crellin Park**, and have fun roasting marshmallows over the fire. **Have a Comm Hab worker who wants to join in on the fun? They're welcome too!**

7/11 - 7/12 | Music and Movement
Warm up your vocals for your best karaoke performance, enjoy a **live production of The Secret Garden at the Mac-Haydn Theatre**, sing and dance around the campfire with friends and **musical guests**, and make your own music inspired by the sounds of nature!

7/17 - 7/19 & 8/7 - 8/9 | Veterans Retreat
Bond with fellow veterans on the ropes course at Jiminy Peak Aerial Adventure park, feel the therapeutic calm of Equine Therapy, and relax with guided yoga in the fresh forest air. **These camps are for veterans and family members.**

8/15 - 8/16 | Animal Lovers
Meet with rescued farm animals and learn their stories with a **private tour at Catskills Animal Sanctuary** and enjoy a vegan lunch on their property, paint animal rock pets to bring home, and practice your best furry impressions for **charades around the fire!**

9/04 - 9/06 | Aquatic Adventure
Beat the summer heat with all things aquatic! From **water balloon fights** to tie-dye t-shirts, you'll have a blast! Wrap up the weekend with **adaptive water skiing with Leaps of Faith** in Connecticut - **wheelchair users are especially encouraged to participate!**

CAMPER REGISTRATION **VOLUNTEER REGISTRATION**

Camille Oliver - programs@stride.org | stride.org/score-center
2182 State Route 203 Chatham, NY 12037
Across from John Deere dealer

Nature is Calling at Camp SCORE!

Are you ready to get back into the great outdoors? Our SCORE Camp is ready for you! Whether you're looking for a disco dance party, a musical at Mac-Hayden Theatre, bonding with fellow veterans and their families, rescued farm animal snuggles, or adaptive water skiing - STRIDE has a camp for everyone. Comm Hab workers are welcome to attend camps!

As always **our volunteers make our camps possible!** Are you interested in joining in on the fun and keeping our campers safe while having a blast? Sign up today!

[Athletes & Volunteers - sign up for camp here!](#)



STRIDE ADAPTIVE SPORTS
WHITewater RAFTING ADVENTURE

AUGUST 16TH | 9:00AM - 4:00PM
Beaverbrook Outfitters - 3921 NY-28 North Creek, NY 12853

FREE for athletes & STRIDE Wounded Warriors | Ages 12+ | Guest Cost: \$69
Athletes must be accompanied by a caregiver. Lunch provided!

Please RSVP by August 10

www.stride.org/whitewater-rafting
Camille Oliver - programs@stride.org

Ready for Adventure? Let's Ride!

Our annual Whitewater Rafting trip is scheduled for August 16th, are you ready to get out on the water? **Ages 12+.** **FREE** for athletes and warriors, \$69 for guests. All athletes must be accompanied by a caregiver.

Sign up through the QR code above, [or sign up here!](#)

Community Partners Make All the Difference - County Waste & Recycling

Thank you to [County Waste & Recycling](#) for their continued support of STRIDE's iCan Bike Program. Their generosity helps provide children with disabilities the opportunity to learn how to ride a two-wheel bicycle independently, often in just one week. For many riders and their families, iCan Bike is truly life-changing, opening the door to greater confidence, independence, and inclusion. [County Waste's](#) ongoing commitment helps ensure more youth in our community can experience the joy and freedom that comes with riding a bike. We are grateful for their partnership and dedication to empowering athletes of all abilities.



Our dancers are Walkin' on Sunshine!

On Saturday May 30th, our dance program took the stage at the Isabelle School of Dance annual spring recital! For 5 months, our athletes worked hard with student volunteers on their routine. The confidence, dedication, and pure joy of each dancer on stage was beautiful to say the least.

We are so thankful to the Isabelle School of Dance for hosting this program every year, and every student volunteer who spent time teaching, laughing, and dancing their way through each practice. A **HUGE shout out to:**

Program leaders Kaitlyn & Sydney Farron. Volunteers Emily Hilt, Sophia Cotrell, Bellamy Cotrell, Abby Harriman, Bella Cunningham, Grace Boomhower, Surabi Thurambarajah, Lauren O'Neil, and Amelia Rattigan.



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 ★

Night @ "The Joe"

JULY 21, 2026 ~ 6:30 PM



Game Only \$12-\$14/pp
Game & Food Voucher \$18-\$20/pp

TRI-CITY VALLEYCATS

OTTOWA TITANS



SCAN FOR TICKETS
GROUP PASSCODE: SAS

A fundraiser to support STRIDE Adaptive Sports. Changing lives every day through sport and recreation programs for individuals with disabilities.

Hey batter, batter, swing!

STRIDE Night at the Joe is July 21st at 6:30pm! This fundraiser supports STRIDE's mission and changes lives every day while rooting on the Tri-City Valleycats as they take on the Ottawa Titans!

Ticket Cost:

- **Reserved Box Seat Ticket \$18** - Includes 1 ticket in a reserved box and a voucher for a hot dog, chips, and a soda
- **Premium Ticket \$20** - includes 1 ticket in a premium seat and a voucher for a hot dog, chips, and a soda

To purchase tickets, use the QR code above or [click here!](#)
GROUP PASSWORD: SAS

Volunteers Needed!

7/20 - 7/24/2026

Union College Memorial Field House
Schenectady, NY



STRIDE Night @ The Joe!

Tuesday, July 21, 2026

BECOME A SPONSOR!

Your sponsorship helps athletes with disabilities to participate in life-changing sport and recreation programs

Home Run Sponsor
\$2500

Luxury Suite with 16 tickets with food voucher
Video Board & Streaming Recognition
Home Plate Style Sign in Stadium Entrance

Triple Sponsor
\$1000

Premium Box seats with 8 tickets and food vouchers
Home Plate Style Sign in Stadium Entrance

Double Sponsor
\$500

Premium Box Seats with 4 tickets and food voucher
Home Plate Style Sign in Stadium Entrance

Single Sponsor
\$250

Home Plate Style Sign in Stadium Entrance with your logo or shout out to your favorite program leader, athlete or volunteer



SPONSORSHIPS ARE LIMITED ~ RESERVE TODAY
Sponsorship Commitment Deadline: July 1, 2026
Contact Alex, abrame@stride.org; 518-598-1279
www.stride.org

A fundraiser to support STRIDE Adaptive Sports; Changing lives every day through sport and recreation programs for individuals with disabilities

Scan to sponsor
Select STRIDE Night @
The Joe in dropdown

Want to support at a higher level? Become a Sponsor!

With 4 sponsorship tiers option, you can help make a huge difference for the youth and veterans we serve!

Questions? Email Alex Brame - abrame@stride.org

Ready to become a sponsor? [Sign up here!](#) Make sure to select "STRIDE Night @ the Joe Sponsorship" in the drop-down.



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/>



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



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.



The Capital District Comets are Having a Ball!

Week after week, our team are learning and sharpening their skills. From side passes to wheel ball pick-ups, they're looking great out on the court so generously donated by Vent Fitness Latham. **Our team name? The Capital District Comets!**



SUPPORT THE MISSION OF STRIDE



SCAN ME

VENMO

Please note donation



ON WEBSITE

www.stride.org/make-a-donation



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

STRIDE ADAPTIVE SPORTS SUMMER GOLF



ROUTE FORE GOLF

391 North Greenbush Road
Troy, NY 12180

Sundays | 9:30am - 10:30am
July 12th - August 9th

Ages 8 - 21

\$25 program admin fee for full 5 weeks
Financial assistance is available!

Space is limited! Priority is given to new participants

SIGN UP TODAY!



www.stride.org/golf

Questions? Email our Program Director
Camille Oliver programs@stride.org



Summer Golf is on it's way! Space is limited - to sign up, please use the QR code above or by visiting www.stride.org/golf

Volunteers - we need you! Next date is June 16th!

Are you interested in joining our Youth Club one Friday a month? **Just 3 hours a month** gives our athletes a fun Friday night. Held at our SHARE Center in West Sand lake, you'll start the night with a fun fitness activity in the gym or outside as weather permits, share a meal with to refuel, then end with a seasonal craft and wind-down activity before pick up.

Make an impact! To get started, email Program Director Camille Oliver - programs@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

June 2026						COMMUNITY CLASSES ARE OPEN TO THE PUBLIC					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY/FRIDAY	SATURDAY						
<p>12:30-1:30 PM Adaptive Kids Aftel Elissa 67 only</p> <p>2:30-3:30 PM Cox & Pence Floor Elissa 674 only</p> <p>7:00-8:30 PM Soundbath Elissa 67 Only</p> <p>8:00-9:00 PM Chiara Classes Elissa 614 Only</p>	<p>9:30-10:30 AM Barre Lois</p> <p>9:30-10:00 AM Barre Lois</p> <p>10:00-10:45 AM Restorative Yoga Lois</p> <p>11:30AM - 12:15PM Total Body Strength Lauren</p>	<p>6:00-7:00 AM Weight Training Mary</p> <p>6:30-8:30 PM YOGA Keri</p> <p>6:00-7:00 PM Barre/Bootcamp Kate/Kristen Not 619 & 616</p>	<p>8:00-10:00 AM Zumba Mary/Aye</p> <p>6:00-7:00 PM Barre Kate/Kristen Not 624</p>	<p>THURSDAY</p> <p>9:30-10:30 AM Weight Training Mary</p> <p>9:00-7:00PM Bootcamp Kate/Kristen Not 611</p> <p>FRIDAY</p> <p>9:30-10:30 AM Cardio, Core, Strength Mary 815 Only</p> <p>3:30-4:30 PM Senior Strength Rebecca</p>	<p>10:00AM-11:00AM Interval Kate Not 627</p> <p>10:30AM - 10:45AM Stretch & Mobility Lauren Not 613</p> <p>3:00PM-4:30PM Sound Bath Krystal 629 only</p>						

PRERANA YOGA - Elissa Voigt (email: Preranayoga108@gmail.com)
GROUP & 1:1 TRAINING - Rebecca Armsby (email: silverstrongliving@gmail.com) / Lauren Bertrand (email: laurlt2ifts@gmail.com)
YOGA - Keri Stern (email: katers50@gmail.com)
CANDLELIGHT SOUND BATH / REIKI - Krystal Mercadante (email: healingwithkrystal19@gmail.com)
TIBETAN SOUND HEALING - Samantha Demick (email: sthamilton16@gmail.com)



SUMMER BOWLING EAST GREENBUSH

Saturdays | 12:00pm - 1:00pm

June 6th - August 15th
NO BOWLING 7/04 or 7/18

East Greenbush Bowling Center

570 Columbia Turnpike East Greenbush, NY 12061

REGISTER TODAY!



\$25 admin fee for the whole session
Financial assistance available!

Questions?

Camille - programs@stride.org
www.stride.org/bowling



Participants Needed for Developmental Disability Research Study

Do you have a developmental disability? Do you use disability services from your state? This can include services like self-direction, care coordination, day programs, and more. The University at Albany is looking for people with developmental disabilities to help us learn more about making websites easier to use. Parents and guardians are also welcome to participate.

You May Qualify If You

- Are 18 or older
- Have a developmental disability
- Use disability services from your state
- Can talk with us on ZOOM
- Can use a website
- Can read with or without help

You May Also Qualify If You Are:

- 18 or older
- A parent or guardian of someone with a developmental disability who uses disability services from your state

Participation Involves

- Talking on ZOOM for 45 minutes
- Answering questions about using your state disability services website
- Looking for information on some state websites
- Telling us what you think about Artificial Intelligence
- You can have a support person help you participate.

Participants will receive a \$40 Amazon gift card.

Please email Grace DiBacco at gdibacco@albany.edu if you are interested.

Strike your way through summer!

East Greenbush summer bowling is here. To sign up, please use the QR code above or by visiting www.stride.org/bowling



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



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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