

STRIDE E-News June 2017

8th Annual Strides 4 STRIDE 5K - Huge success at Albany Jennings Landing!

Over 300 participants and a roller division of 15 hand-cyclists were present at the 5K/2K Run, Walk 'n' Roll . the event raised nearly \$25,000. Funds raised at **Strides 4 STRIDE 5K/2K Run, Walk 'n' Roll** directly support STRIDE's sports programs. Thanks to all who came out, especially the USA Curling team for Olympic Day!!



STRIDE WELCOMED USA Paralympic Wheelchair Curling Team!

Watch the video above!
Big NEWS!! STRIDE was thrilled to welcome the entire USA Paralympic Wheelchair Curling team to stay with us for 4 days at our SCORE camp for off-ice team training this June! They competed in our roller division 5K for Olympic Day in Albany on June 17th!

STRIDE Largest Whitewater Rafting trip Ever!

Thanks Whitewater Challengers on the Upper Hudson!
Over 40 attended our trip this year, and had the best rapids ever! Integraed Warrior and youth trip, with family and volunteers.

Congratulations to Rob Jahn, STRIDE Volunteer of the Year 2017!

Steadfast and dedicated, Rob joined STRIDE as a military volunteer interested in assisting with Warrior programs, and quickly got drawn into the year-round programs that keep him engaged through all seasons. He has been particularly great at SCORE programs as a camper volunteer and cook, and maintenance, and also as a fund-raiser working with the 100K challenge, gala and Warrior Snowfest. Way to go Rob! Can we clone you?

STRIDE Wounded Warrior Program Still GROWING!

Read more
<http://www.troyrecord.com/general-news/20170627/veteran-takes-disability-in-stride>

Anthem Foundation Chooses STRIDE for \$25,000 Grant for 2nd Year

The Anthem Foundation (Empire Blue Cross/Blue Sheild) has chosen to support STRIDE with a \$25,000 donation. There were 8 chapters chosen from over 130 chapters nationwide at Disabled Sports USA. The funding will go to support our SCORE Camp programs and general sport programs throughout the year. Thank you Anthem!!

On May 10, a energetic group of Empire Blue Cross employees spent the day at our SCORE camp cleaning and clearing trails for the start-up camping season! Our relationship with Empire continues to grow!

STILL TIME TO SIGN UP!

Tent Camping at SCORE ~ best weekend vacations around for volunteers and youth athletes. Join us in the woods and for awesome activities all summer long

June 23rd – 25th --- Autism Weekend
-horseback riding/ dance

July 7th – 9th --- Paralympics Weekend -sports galore

July 21st – 23rd --- Music & Movement Weekend
- yoga, drumming, dance, beach and musical play Saturday Night Fever

August 4th – 6th --- Ornithology/Woodworking
– Birds of Prey/ Woodworking – building bird houses.

August 24st- 27th--- Warrior Boot Camp (by invitation)- marching, KP and all thing civics and military.

September 15th – 17th --- Nature Weekend –microscopes to telescopes; study the stars and the earth!

TBD - Veterans Family Camp and *Intro to Camping* for Families with a child with Special needs - coming this fall

Contact mevans@stride.org to make your reservation!

STRIDE Wish List!

Seeking items new or gently used to offset expenses:

- ~ Fitness supplies: Steps, hand weights, fitness balls, kettle bells, dyna-bands
- ~ coffee cans; musical instuments (percussion)
- ~ folding wheelchair ramps
- ~ 8 foot racetrack Board table (cherry)
- ~ ~Keurig coffee cups!
- ~ dustbuster
- ~12 foot ladder
- ~ gas weed whipper
- ~new golf cart
- ~ painting supplies

New ! Adaptive Boxing program coming soon!

Thanks to our friends at FocusMaster, our Discovery Day for learning to box was a huge success. New program planning is underway.

STRIDE Cares!

- ~ Congratulations to all the graduates out there! Onward and upward!
- ~ Get Well Wishes to Bradford Evans, recuperating from neck surgery
- ~ Get Well Wishes to volunteer Chele Teabout recovering from surgery.
- ~ Get Well wishes to Tyler Fairbank, Honorary Board member, recuperating from surgery.
- ~Get Well wishes to Gail Tagan, volunteer, after surgery
- ~ Congratulations to 3 Warriors getting married this summer; Doug Clifford, Chelsea Valente and Pedro Rosado..we are thrilled for you!

Hooray for STRIDE StingRays Swim Team!

STRIDE is very proud of our Stingray swim team performance at this year's Special Olympics National and State Games. At State competition at Siena College last week, the Stingrays blew the other teams out of the water and brought home a total of 6 golds and placed 2nd in the team 4x25 relay. Each swimmer had improved tremendously through practice and competitive swimming with other teams throughout the season, including new personal bests. The Stigray Team has grown and is quickly becoming a force to be reckoned with in NYS Special Olympics!

Volunteer Profile - Katie Almon, Dance Instructor

Letter from a parent: This was our first experience with STRIDE. My 19 year old daughter, Laura, wanted to take dance class because she loves to dance when she was young, until she couldn't keep up with the other children. Although she danced beautifully, she became distracted and could not keep up. Our daughter suffers from an intellectual disability, anxiety disorders, autism spectrum and emotional disabilities.

We were very excited to hear that STRIDE has a dance program at Isabella's, and met Katie Almon. Katie is 17 yrs old advanced dancer at Isabella's who volunteers for STRIDE. The first week, Katie noticed that Laura was older and more advanced, so she offered to teach Laura privately. We were all thrilled!

Katie took Laura under her wing and allowed her to pick her favorite contemporary song to choreograph herself, then teach her the dance.

I cannot tell you how impressed we are! Katie, who went above and beyond for my daughter, with a very busy high school schedule and dancing herself, took the time and energy to make my daughter feel special. It takes a very mature and extremely compassionate person to do what Katie Almon has done, and our family will always be grateful. You can't imagine how happy we are as parents of a special needs child to see our daughter dancing again. Thank you Katie and STRIDE, from the bottom of our hearts!!!

Peter and Karen St. Germain

Volunteer Appreciation Saturday, June 3

Did you serve STRIDE in some capacity this year to help brighten lives? We thank you from the bottom of our hearts

In celebration, we hosted a catered BBQ dinner at our SCORE Camp and with a donated keg from local micro-brewery [S & S Brewery](#) in Nassau, in recognition of all the Volunteers 2017! Hope you were there!

Fourth of July

The staff at STRIDE would like to say Happy Independence Day to all our members and honor with gratitude all those who have served our country.

As we enter into the Holiday weekend, remember why we celebrate!

SCI

Archery Day

The Spinal cord support group of Berkshire spent a day at SCORE in adaptive archery lessons, with thanks to our amazing certified archery instructors Stefon Stilwell and Roman Goddeau. Much was experienced and this group is anxious for more!

STRIDE Donations Since May! We Are Grateful!

We would like to take this opportunity to thank the following groups, clubs and individuals for their financial and in-kind support:

- AE Ski Club
 - La Salle Institue - 8th Grade Class
 - Sigma Phi Society
 - Union College Veterans Appreciation Club
 - VFW Post # 357
 - Molly Fay
 - Tony Garufi
 - Joanne Little
 - Richard Lundstrom
 - Leahanna Pelish
 - Patricia Sibilia
 - Lawrence Zeglen
- IN MEMORY OF Joseph P. Armstrong**
- Empire Wine & Spirits
 - Peter & Pat Burkart
 - David & Linda Cairns
 - The Conroy Family
 - Jeffery & Denise Ferrara
 - Jean Gutbrodt
 - Denise Hernas
 - Angelo & Mary Lou Serafino
 - Jerry & Elnor Sokaris
 - Eugina & Augustine Sperrazza
 - Sheila Sullivan
- Kinderhook Bank Jeans Day for Wounded Warriors**
- Kinderhook Bank
 - Jennifer Donoghue
 - Ann Finnegan
 - Alicia Gonzalez
 - Gertrude Schupp

Share this email:

Manage your preferences | [Opt out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

4482 NY Highway 150
West Sand Lake, NY | 12196 US

This email was sent to .
To continue receiving our emails, add us to your address book.

