

STRIDE E-News May 2017

8th Annual Strides 4 STRIDE 5K - June 17 at Albany Corning Preserve!

5K/2K Run, Walk 'n' Roll is a USTA Sanctioned 5K, AND a 2K awareness walk, bringing together local runners, STRIDE participants, volunteers and community leaders to support equal opportunity in sport, regardless of disability.

This fun, flat, fast course is a great start for a personal best 5K time! New this year are additional age categories, and para-athlete divisions of runners, wheelchair racers and hand-cyclists with winners for each category and division. All runners who register by May 31st will receive dri-fit shirt, racer swag bag. **Sponsors wanted!** Contact : jwhiston@stride.org.

Fnds raised at **Strides 4 STRIDE 5K/2K Run, Walk 'n' Roll** directly support STRIDE's sports programs.

[Register Now!](#)

Watch the video!

STRIDE WELCOMES USA Paralympic Wheelchair Curling Team!

Big NEWS!! STRIDE is 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 will also compete in our wheelchair division 5K for Olympic Day in Albany on June 17th! Come out and meet the team! Show your Olympic spirit!

STRIDE Wish List!

Seeking items new or gently used to offset expenses:

- ~ Fitness supplies: Steps, hand weights, yoga mats, fitness balls, kettle bells, dyna-bands
- ~ bike pump; gasoline can, propane tank
- ~ dustbuster
- ~ 8 foot racetrack Board table (cherry)
- ~ a large paper shredder
- ~Keurig coffee cups!
- ~ small toaster;electric can opener, set of silverware; set of dishes (Corelle or easy stack)
- ~12 foot ladder
- ~propane deck grill
- ~ gas weed whipper

STRIDE Cares!

~ Get Well Wishes to Mare's mother in a nursing home in PA.

~ Congratulations to Suzanne Mangroo on graduation from Siena.

~ Congratulations to ski instructor Leah Paulson for her artwork award from Sage Colleges.

~ Congratulations Reporter John Gray from News 10, winning his 2nd emmy for his story on Steve Ferro "*Paralyzed by Nothing*"

May19-21 - First Annual Veteran's Family Camping Trip at SCORE

May 29- Lansingburgh Memorial Day Parade - STRIDE!

June 3~ Discover Adaptive Boxing/Kickboxing

June 3 - Volunteer Appreciation BBQ @ SCORE 3-9pm

June10 - SCI Support Group Archery Day @ SCORE

Volunteer Appreciation Saturday, June 3 3 pm-9 pm

Did you serve STRIDE in some capacity this year to help brighten lives? Then we want to appreciate you with a delicious BBQ and fun times at SCORE camp.

Come join us! Dinner , music and more.

Help us recognize the Volunteer of the year 2017!

First Annual Warrior Family Camping Trip

Hosted at SCORE, our Warrior families will be treated to a family fun weekend this May 19-21 which will include horseback riding at High & Mighty in Ghent; Sunday morning family outdoor Yoga, archery lessons, drive-in movie night and a trip to downtown Chatham for a visit to the micro-brewery and other shops on Main Street.

32 campers of all ages will enjoy the great weather ahead this weekend around the campfire, with masterful chef Rob Jahn at the smoker for a special treat for Saturday night dinner!

Welcome Honorary Board Member - Tyler Fairbank

Tyler Fairbank is the CEO of The Fairbank Group, LLC, the entity that manages Jiminy Peak Mountain Resort, LLC (Hancock, MA), Cranmore Mountain Resort, LLC (North Conway, N), Ski Bromley, LLC (Peru, Vermont), EOS Ventures, LLC (Hancock, MA), Bullwheel Productions, LLC, SnowGun Technologies and various other endeavors. In addition, Tyler serves as the President of Jiminy Peak overseeing day to day operations.

Previously, he was the president of the Berkshire Development Corporation. Before BEDC, Mr. Fairbank was the NAFTA Director of New Business & Sales for TÜV America, the US-based subsidiary of the global organization TÜV SÜD, headquartered in Munich Germany.

Tyler has a rich history with STRIDE, where we host our largest adaptive snowsport program.

STILL TIME TO SIGN UP! Check out everything STRIDE is offering as the weather begins to warm up!

BIKE CAMP~ June 26- June 30th at Union College. Sign up and find more information at <http://icanshine.org/>. Accepting applications for "I Can Ride" Bike Camp, hosted at Union College Contact mevans@stride.org for info. Don't delay, it fills fast!

Tent Camping at SCORE ~

May 19th- 21st --- Warrior Family Weekend

June 3rd - Volunteer Appreciation Day

June 10 - Spinal Cord Injury Archery Day!

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

July 7th - 9th --- Paralympics Weekend

July 21st - 23rd --- Music & Movement - yoga, horseback riding

August 4th - 6th --- Ornithology/Woodworking

- Richele Ford - Birds of Prey/ Woodworking - build bird houses.

August 24st- 27th--- Warrior Boot Camp

September 15th - 17th ---- Nature Weekend -microscopes to telescopes

Hooray for Keller Williams Red Day!

We are so excited to have been selected by Capital region Keller Williams Realtors for their national RED DAY project! Introduced in 2009, RED Day, which stands for *Renew, Energize and Donate*, is Keller Williams Realty's annual day of service. Each year on the second Thursday of May, associates celebrate Mo Anderson's birthday by spending the day away from their businesses serving worthy organizations and causes in their communities. RED Day is just another example of KW commitment to the cities and towns where we live and work.

Project SHARE Building campaign is underway, for our new adaptive multi-purpose gym space, Warrior lounge and training center. SHARE Center will be a cornerstone facility for Rensselaer County, offering a space to collaborate with community partners .

Approximately 70 volunteers were deployed to STRIDE HQ and accomplished major renovations to our exterior and interior, including our patio, landscaping, and taking down the interior walls

New Bocce court

New Outdoor Patio

Congratulations Marleah Lybolt , 13 Kid Who Cares!!

St. Peter's Health Partners, [WNYT-NewsChannel 13](#) and the [Times Union](#) "uncover" and honor youth in the Capital Region whose volunteer work touches the lives and improves the quality of life in this area.

The program, "13 Kids Who Care," is now in its 19th year of recognizing truly exceptional kids who cast a bright light on our future.

Meet Marleah Lybolt, a senior at Columbia High School has given four years of her great spirit, particularly in STRIDE's swimming and camping programs. She enrolled as a youth with a serious anxiety disorder, and quickly discovered that if she mentored other kids along the way, it helped her overcome her own challenges. So Marleah set out to guide young kids in camping and swimming, and now takes leadership roles in these programs. On her 16th birthday, she chose to give donations to STRIDE in lieu of gifts, and raised over \$500 dollars for the programs she so loves. The honor of being one of 13 out of hundreds of nominees, really sets her apart from other kids!

You can watch Marleah's story on News Channel 13 , airing Monday May 22! We LOVE you Marleah!

STRIDE Donations Since March! 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:

IN MEMORY OF James Moran - Mary Ellen & LJ Whitney

IN MEMORY OF Edward O'Brien - Carlos & Susan Burroughs

IN HONOR OF Jim Wickham - Tricia Heinze

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