

STRIDE E-News April 2017

And a GREAT RACE It Was!

On March 18, once again STRIDE was back in the saddle for the Great Race showcase event for all our differently abled athletes on the slopes at Jiminy Peak Mountain Resort, where all abilities shine in a fun and competitive day on the mountain. Over 40 participants stood on the podium to receive their medals after flying down the race course with their instructors..The Race is open to all abilities and all levels. STRIDE instructors creatively find a way to ensure every athlete gets a turn on the course in order to be in the limelight and introduce the sport in a friendly competition. Much thanks to George Rutelege for building our new podium; and to [DSUSA](#) for a supportive grant from the Dianna Golden Race Series!

Afterwards, a colossal BBQ lunch is enjoyed, hosted by [Hannaford Markets](#), [Freihofer](#) and BSA Troop #537 in the courtyard.

Check out our Race Day videos!!

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. Winners for each age category and division will receive custom medals and other prizes All runners who register by May 31st will receive the official 2017 Strides 4 STRIDE dri-fit t-shirt, a racer swag bag, and special offers from local businesses.

Sponsors wanted! contact jwhiston@stride.org for details.

The funds raised at the 8th Annual Strides 4 STRIDE 5K/2K Run, Walk 'n' Roll will support STRIDE's sports programs.

[Register Now!](#)

SPRING HAS SPRUNG! Check out everything STRIDE is offering as the weather begins to warm up!

SWIMMING~ Sunday's @ 10am (Team) @11am (Beg.) March 5-May 7th in East Greenbush. Beginnings are encouraged to sign up to learn basic swim instructions, water safety, and sensory transition according to American Red Cross Standards.

DANCE~ Saturday's @ 5pm April 8-May 27th in Hudson. Dancers ages 4-21 are welcome to join instructor, Katie Almon in the studio!

FAMILY YOGA~ Sunday's @1pm April 9- June 25th at VENT Fitness in Guilderland. 10 and up, all participants are to be accompanied by a parent/guardian/caregiver.

BIKE CAMP~ June 26- June 30th at Union College. Sign up and find more information at <http://icanshine.org/>. Act now, spaces fill up quickly!

SHOOTING PROGRAM ~Sunday's 1:30-3:30 RPI Mueller Center basement range

BIKE CAMP! Accepting applications now for "ICan Ride' Bike Camp, hosted at Union College the week of June 26-30, 2017. Contact mevans@stride.org for info. Don't delay, it fills fast!

SPRING GOLF - dates TBD @ Hiawatha Course in Guilderland.

SPRING TEEN DANCE @Union College - Set for May 20!

Capital District Sled Warrior Discovery Day! Open to Veterans!

When: April 22 @ 3 pm
Clinic sponsored by [DSUSA](#)

Come try our sport...get into a sled and see what skating is like in a seated position...join the team!

Where: Albany County Hockey Facility, 830 Albany Shaker Rd, Albany, NY

The Sled Warriors will play in the Amelia Park New England Invitational on Fri, April 28 – Sun, April 30 in Westfield, MA

Go Warriors!!

What's new at the STRIDE office...NEW faces!

Since we have more space available and more computer stations in our new location, we now have the opportunity to put some of our STRIDE participants in employment opportunities, learning work ethics. Luke Wilson, a sled hockey player, is joined by his helpful aide Justin, to assist our staff in completing tasks around the office. Molly McEviley and her aide also join us once a week to tidy up our office. Luke and Molly were both athletes in multiple sports for many years. Now adults, they have been a part of our family for several years, we are excited and proud to now work along side with them!

Also joining the team, Suzanne Mangroo, who came to STRIDE as a summer intern in 2016 working on her BS in Marketing from Siena College. She assists in community events planning, youth programs, and digital marketing. She always strives to have a positive attitude and a good time in whatever she is tasked to do. Most of all, she is excited to be working with us here at STRIDE Adaptive Sports as the new Development Assistant!

We have appointed Sgt. Donald Tallman as our new Wounded Warrior Program Liaison. Don will work with all our Warriors and veteran programs and keep everyone informed of events and programs through social media and networking/collaborating with veteran organizations.

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
- ~ dustbuster
- ~ 8 foot racetrack Board table (cherry)
- ~ 2 small bookshelves (cherry)
- ~ a BIG office shredder
- ~Keurig coffee cups!
- ~ small toaster;electric can opener
- ~ set of silverware;
- ~set of dishes (Corelle or easy stack)
- ~ mugs for our new kitchen
- ~8 foot ladder
- ~propane deck grill

Hooray for Keller Williams Red Day!

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 each other and to the cities and towns where we live and work.

Project SHARE Building campaign is underway, for creating our new adaptive multi-purpose gym space, Warrior lounge and training center. SHARE Center will be a cornerstone for Rennselaer County, offering a space to share and collaborate with community partners. We are so excited to have been selected by Capital region Keller Williams Real Estate for their national RED DAY project!

200 volunteers will descend upon the STRIDE HQ to do some major renovations to our exterior and interior, including our patio, landscaping, taking down the interior walls and building out the storage area in our new building.

STRIDE Cares!

~ Deepest Sympathy to the family of Dick Miller, Board member, on the loss of his mother and his sister.

~ Deepest Sympathy to the family Mark Moran on the passing of his father.

~ Congratulations to ski racer Heather DeDecko on her gold medal at Windham Mountain with her VI Guide, Mark McClenahan

~ Congratulations to former Board member Wynn Englisbe on his engagement.

~ Congratulations to John Rotondoro and David Salz on passing PSIA Adaptive Level I certification.

~Congratulations to Scott Henricks and LJ Whitney on passing the first part of their AASI Level II Adaptive Snowboard certification.

~ Thank you to our amazing photographers for the Great Race Mike Hoffman, and Matt Whalen!

Siena Inspire Club Gives Back to STRIDE Youth!

Siena College's Inspire Club put on a wonderful carnival for our STRIDE athletes and their families. Although the weather was inclement the games continued inside Snyder Hall. The club members had organized the entire event themselves providing games, activities, and snacks for all ages and abilities. Our athletes had a fun afternoon playing giant soccer, bowling, and ring toss amongst other tried-and-true carnival games. A big thank you to the entire student volunteers for their hard work for putting on this great event for our families!

May 11~ KW Red Day!

Strides 4 STRIDE 5K June 17 @ Corning Plaza Albany 8 am

Sled Hockey Clinic and Discovery Day, April 22 @ 3pm. Join the Team!

Special Thank You to our Major Sponsors and Grant Makers

Disabled Sports USA for the Great Race

Autism Speaks for Swimming program

NRA for Archery and shooting equipment

Disabled Sports USA/Warfighter Sports for Wounded Warrior Snowfest and Boot Camp

John E. Sackett Memorial Foundation for Executive Director's salary

Disabled Sports USA for Sled Hockey clinics and Fitness programs

United Heroes Laegue for Sled Hockey Equipment

Stewarts Holiday Match for general programs

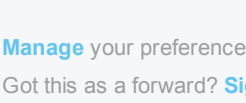
STRIDE Donations Since March! We Are Grateful!

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

- David Antolowitz
 - Anonymous
 - Sandra & George Bandura
 - Ian Bensley
 - S.J. Caradine
 - Carolyn Daley
 - Lynn & Joelean Dearstyn
 - Kathy Erickson
 - Carol Furman
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 - Patricia Verwood
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 - Mary Yates
- DSUSA
- Jane Rose Revocable Trust
 - John J. Curran, Council No. 7606, Knights of Columbus
 - Lavelle & Finn, LLP
 - Northgate Chrysler Dodge Jeep
 - Stewarts Holiday Match
 - John E. Sackett Memorial Foundation
 - The Clay & Bernie (Douglas) Loveday Children
 - The NRA Foundation
 - The Ross Planning Team
 - United Heroes League
 - Wilson Brothers HVAC

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