

## STRIDE News January 2017

### CEO Message

At the start of 2017, we have a new home, a new website, some new and exciting programs, many new athletes and volunteers, and we have a new plan for a big and bright future.

Project SHARE is now underway, in 3 stages for creating our new adaptive multi-purpose gym space, Warrior lounge and training center. SHARE (STRIDE Health and Recreation Education ) Center will be a cornerstone facility for Rensselaer County, offering a space to share with our community, provide more programs and collaboration. We are working with the Town of Sand Lake, our architects at [Studio Seven](#) and our project management team at [PC Construction](#) to build a sustainable vision. We are at the beginning stages for launching Project SHARE Building Fund campaign; and hope you will consider future support in financial, services or goods to help us achieve our goal!

### Join Us! 12th Annual Wounded Warrior Snowfest - March 2-5

Each year we welcome 20 Wounded Warriors with their families, both new and mentor alumni, for four days in camaraderie to learn adaptive skiing and snowboarding. The public is welcomed to join STRIDE to honor 15 new Warriors and their families, for a Welcome Ceremony at the Troy Hilton Garden Inn on March 3 at 6 pm. [Tickets for the ceremony](#) are \$40 and will sell out; get your tickets early or reserve a table of 10 (\$400) for preferred seating. Donations for this event are greatly appreciated and [can be made here](#).

The Welcome Ceremony procession, held at the [Hilton Garden Inn](#), led by [The Schenectady Pipe and Drum Band](#), the LaSalle Institute Color Guard who will escort the Warriors and families to honor and thank them for their service and sacrifices. [WNYT News 13](#) Anchors Subrina Dhami and Phil Bayly, along with many elected officials will give proclamations. Entertainment by Joe Adee and the [Mendelssohn Choir](#). Thanks to generous sponsorship from [DSUSA Warfighter Sports](#), Tenth Mountain Division; Veterans of Lansingburgh; and many VFW's and American Legion Posts.

### New!!!! FamilyYoga is Back!

We are very excited to announce that our Yoga program is being sponsored by [Vent Fitness!](#) The program invites parent and youth participation during the session. It will be held at the Guilderland facility stating Sunday, January, 22nd. Start your year with good vibes and wellness! Contact [mevans@stride.org](mailto:mevans@stride.org) to register.

**Santa & STRIDE /Open House** Hot cocoa, cookies and candy – Oh My! On December 15th, the jolly ole fellow Santa and his Mrs. Claus visited the new HQ! Facility tours were given; photographs were taken of the good little boys and girls with Santa Thanks to Santa (Bradford Evans); photographer Ottmar Klaas; and [Studio Seven Architects](#) for providing the architectural diagram posters of our new projected facility for the tour

### NEW HONORARY BOARD MEMBER: US Congressman Chris Gibson

Chris Gibson grew up in a working class family in Kinderhook and attended Ichabod Crane public schools.

At 17, Chris enlisted in the New York National Guard and later earned an ROTC Commission at Siena College. The first in his family to go to college, Chris graduated magna cum laude and later earned an MPA and PhD in government from Cornell University.

Over the course of his 24 year Army career, Chris rose to the rank of Colonel and deployed seven times including 4 combat tours to Iraq.

After retiring from the Army in 2010, Chris and his family returned home to Kinderhook . He was elected to represent the 20th Congressional District in 2010 and re-elected in 2012 and 2014 to represent the 19th Congressional District. In Congress, Chris served on the House Armed Services, Agriculture, and Small Business Committees.

Chris has been married to Mary Jo, a NYS Licensed Clinical Social Worker, for 20 years and they have three children: Katie, Maggie, and Connor.

STRIDE Is honored to have Chris on our Honorary Board of Directors!

### STRIDE Wish List!

~ Fitness supplies: Steps, hand weights, yoga mats, fitness balls, kettle bells, dyna-bands

~Cleaning supplies: a swiffer; dustbuster; good upright vacuum cleaner!

~ 8 foot racetrack Board table (cherry)

~ 2 small bookshelves (cherry)

### STRIDE Cares!

~ Congratulations to athlete Conger Ferrato - accepted into Medical School!

~Get Well to Kathy Slater, Board member, after TKR surgery

~ Deepest Sympathies to the family of Christopher Gehrre

~Congratulations to Warrior Doug Clifford on his engagement

- **New York Regional Special Olympics - Skiing Competitions@ West Mountain 1/28 Wish our team good luck!**
- **STRIDE Great Race March 18 @Jiminy Peak**
- **Empire State Games @ Lake Placid February 4-5 Wish our Sled Hockey team Good Luck!**
- **STRIDE Stingrays to compete in East Greenbush Lions Swim meet this Sunday@ EG YMCA. wish our Stingray Swim team good luck!**

### 2nd 100k Vertical Challenge

Monday, February 27 marks the 2nd 100k Vertical Challenge event where skiers/riders will test their endurance with 87 runs off the top of the mountain. This 12-plus-hour adventure aims to raise funds for and awareness of STRIDE's adaptive sports programs for youth with disabilities and Wounded Warriors. Participants can do this event as a relay team of 4 people or an Ultra-team of 2. We'll be there to support you all day! The excitement is already mounting!!

When: - Monday, February 27th, starting at 8am

Where: Jiminy Peak Mountain Resort, 37 Corey Road, Hancock, MA 01237

Fundraising Commitment: \$1,000 for teams

[Register Here!](#)

### Winter Program Schedule!!

#### **Bowling (Special Olympics Team also!)**

When: Begins January 21st  
Where: Sparetime in Latham at 10am  
Greenbush Bowling Center at 10:30am

#### **Dance**

When: Began Saturday, January 14th  
Where: Isabelle School of Dance at 5:30pm

#### **Indoor Tennis**

When: In session now on Sundays at 4:30pm  
Where: SPORTIME in Schenectady

#### **Skiing/Snowboarding Lessons (Special Olympics Team also!)**

When: Consult website for various times and days for Jiminy Peak, Catamount and Ski sundown Programs.

#### **Sled Hockey**

When: In session now, Saturdays at 1:30pm  
Where: The Albany Academies Fieldhouse

#### **Swimming**

When: In Session now  
Advanced Session: 10am Beginner Session: 11am  
Where: Greenbush YMCA

#### **Family Yoga**

When: Beginning Sunday, January 5th at 6pm  
Where: Guilderland Vent Fitness

\* To make a reservation for any of our programs you must first have a valid application on file, and a \$25 administrative fee must be collected for multi-week programs. Contact [mevans@stride.org](mailto:mevans@stride.org)

### Featured Athlete - Andy Cummings

Andy , STRIDE's 2016 Athlete of the year, is back in the saddle again, and recently competed in New York Special Olympics first Regional Snowboard competitions held January 7 at Windham Mountain.

Andy and his Coach LJ Whitney have been practicing skills and running gates and earned 2 gold medals in Slalom and Giant Slalom. Adaptive snowboarding is still in it's infancy and Andy and LJ are paving the way in the East for what is possible for disabled snowboarders! Way to go Team! They also were first to don STRIDE's new Race Team uniforms!

### Featured Volunteer - Karen Cook

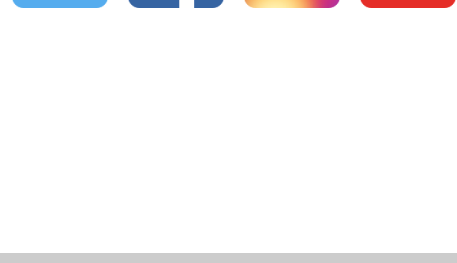
Karen has been involved with STRIDE for over 6 years as a volunteer ski instructor at Ski Sundown in CT and parent of one of our STRIDE athletes, her youngest son Jacob. She took a leadership role in the last few years as director at our Sundown Adaptive program. She is highly organized and energetic and uses her business leadership skills to run a wonderful program. She got her Level I PSIA certification last year!

Karen also is engaged as a camp counselor at our SCORE program in the summer, is heading up a 100K Challenge team, participates with Ski Sundown Race Team, helps STRIDE fundraise and is a business owner at Kozlak Flooring with her husband. Wow! Where does she get her energy? Thank you Karen, can we clone you?

### STRIDE Donations Since January! 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. These contributions help make all our programs possible!

American Legion Henry A. Paszko Post # 96	Greg & Michelle Adams
American Legion Post #1342	Roseann Antonovich
American Legion Ralph J. Davison Post #538	Michael Behrens
Ancient Temple Lodge No. 14, Free & Accepted Masons	Eileen Clinton
Disabled Sports USA	Bob & Aletha Cummings
Essendant Charitable Foundation	Terry & Sandy Cummings
Fredericka V. Slingerland Family Foundation	Ralph Delia Jr.
John J. Curran Council No. 7606 Knights of Columbus	Priscilla Fairbank and Owen Goldfarb
Kinderhook Lodge of Elks No. 2530	Joe & Celia Ferro
Kiskatom Reformed Church	Ann Marie Fitzpatrick
Lavelle & Finn, LLP	Lorenzo Gaggini
New York Capital District Ski Council	Sally Hallock
Sunmark Federal Credit Union	Mark Hatfield
The Chlastawa & Gill Charitable Fund	Susan Jermain
The Evelyn & Paul Robinson Family Foundation	Martin Kaiser
The John E. Sackett Foundation	Maureen Linzi
The Stuart and Joan Seliger Sidney Family Fund	Brian McHugh
VFW Post 7291 IN HONOR OF Elena del Peral:	Linda Milinowicz
Beverly Meginley	James & Marie Moorhead
IN HONOR OF Mark Schmeler:	Brian & Vicki Moran
Wilma & Frank Schmeler IN MEMORY OF Joe Biondo:	Richard & Allison Peters
Allen & Karen Armsby	Mark Vernon Phillips
Roseanna Biondo	Christine Relyea
Genevieve & Robert Callanan	Donald Reutemann
Vivian Clark-Fisch	Karen Rich
Anne Galloway	Toros Shamlan Jr.
Gilbert & Ann Lala	Laura Shore
Patricia Miller	Kristine Sigler
Peg Parfundi & Wayne Ellett	Tom & Kathy Slater
Joseph & Maryann Schittino	Kathryn Snyder
Paul Teufer	Tina Soares
William Wasserbach IN MEMORY OF Christopher Robert Gehrre:	Jennifer Stanley
Alicia Willingham	Mark Stevens
IN MEMORY OF Michael Jennings:	Maureen Sweeney
North Albany Limericks IN MEMORY of Terri Ryan's Father:	Jamie Thomas
Sharon Wiley IN MEMORY OF John Wyszomirski:	Ann & Karl Vehlies
David Johns	David & Jennifer West
	Jenifer Whiston
	James & Mary Whitney
	Frank & Beth Wicks
	Ross & Susan Ziskind



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