



# THE ACHILLES HEEL

Summer 2010

## NEW YORK CITY CHAPTER

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all year long!

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Freedom Team member Andrew Kinard crossing the finish line of the Boston Marathon (photo courtesy of Jeremy Fucile)

## A MESSAGE FROM THE PRESIDENT

Having completed thirty-eight marathons during the past thirty-four years, I was excited to discover that there is still a fantastic joy in competing. The Boston Marathon was on April 19th and I began increasing the frequency and distance of my workouts in late February. Once a week, my time over a five-mile course was measured and typically continued to improve. Each minute taken off was a success story. As the middle of April came close, there were two concerns: first, it was necessary for me to finish in my hand-crank wheelchair in under 2 hours and 30 minutes to qualify for next year's race. Last year, I just made the cut. My second concern was not to finish near the back of the pack of wheelchair athletes.

On race morning, feeling great, my announced goal was 2 hours and 20 minutes. My real goal was 2:15, something I'd not accomplished the last several years in Boston. It was a beautiful day and my training was sufficient. As usual, my start was quick, and the first half was completed in just over one hour. Two Achilles members from Walter Reed Army Medical Center caught and passed me. I couldn't keep up with them and was really annoyed. Then again, they were forty years younger and were probably impressed that this old guy had been ahead for the first hour.

Heartbreak Hill at 21 miles wasn't as terrible as last year. It was even a little fun. I passed a wheelchair just after getting over the crest. Next came my favorite part of Boston, the last five miles, which are basically downhill with a few small inclines – great for passing. Lo and behold, 200 yards ahead was another wheelchair athlete. Like pulling in a fish with a rod and reel, I kept advancing. Coming close, there was a downhill and subsequently an uphill. Going downhill with 100% effort and extending that to the uphill, I passed my competitor as if he was standing still. You never want to pass and find out 100 yards later that this person is catching up. The idea is to destroy the athlete so there is no chance of his coming back. Did it!

Within a half mile of the finish line another wheelchair athlete was ahead of me. Increasing my speed stealthily as we approach the finish line, I summoned all my strength and surged ahead. Amidst the screaming crowds my time flashed: 2 hours, 13 minutes, 53 seconds. It was a great, successful, fun day. In my heart, there is still a sixteen-year-old.

# CHAPTER NEWS

## International Chapters

Congratulations to **Jorge Perez de Leza** from our Achilles Spain Chapter. Jorge, a paraplegic, used a handcrank to compete in the Barcelona Marathon on March 7th. Jorge and five other athletes with disabilities were among the 13,000 runners in this very exciting race. Jorge is a prominent advocate for the disability community in Spain, and we look forward to working with him to increase the presence of Achilles in the Barcelona Marathon in the future.

Achilles is excited to announce the opening of the Malaysia Chapter. **Chris Stewart** is the new chapter head. They have already hosted a "Walk for Sight" and plan more events in the future.

Achilles' wonderful Brazilian athletes continued to participate in local races, including the São Paulo Marathon. Chapter head **Prof. Mário Mello** is doing an amazing job of organizing and motivating athletes with disabilities. He has helped to change the perception of those with special needs in Brazil.

Achilles Ecuador has been busy with a number of races and had top three finishers at one event. Achilles Dominican Republic has also been active with races including the Gatorade 10k.

## National Chapters

- **Simone Adair** represented Achilles in the Oakland Marathon on March 28, 2010.
- South Florida athlete **Renzo Martinez** proudly represented Achilles at the Nautica Triathlon.
- Also in South Florida, Achilles was included in "United We Serve" – a national volunteer day at Nova Southeastern University

## Tri Team

**Heidi Chadwick** offers the following report from the March Madness Duathlon on March 27 and Du Nationals on April 25: March Madness: The distances were Run 2 miles, Bike 12 miles, and then Run 2 miles. Achilles was represented by **Lamar Brown**, and **Carlos Guzman**. We were proud to field two strong athletes early in the season after a tough winter.

We welcome volunteers **Gene Gurkoff** and **Miranda Holmes** to our tri family. Gene guided Lamar, and Miranda was a handler for Carlos. **Nina Delgado** helped to handle Carlos and acquaint Miranda with the basics of transfer, which necessitates the use of three separate wheelchairs. **Ricardo Corral** began as a volunteer and later in the morning raced in the Colon Cancer 15k.

At our usual pre-dawn meeting it was chilly but calm. Conditions were tough for standing and waiting, but excellent for racing. Each leg of the course began with a climb up Cat Hill, which takes some solid strength if you're in a push-rim chair. The rolling hills and turns in Central Park present a challenge to a nine foot tandem bike weighing in over 350 lbs, but Gene and Lamar rode safe and swift. Lamar took second place in his division, while Carlos took first in his.

Afterwards, Carlos had the help of Ricardo, reporting to the start of the Colon Cancer 15k and made short work of that one as well. Hope you got some rest in the afternoon, Carlos! Lamar and I stayed for the awards ceremony, where he was able to enjoy his moment at the podium.

In late April, four athletes from Achilles Tri, and four volunteers gathered for the long but fruitful road trip to the Duathlon National Championships in Richmond, Virginia. We were thrilled to compete at a national level, represented by the talents of **Joe Dowling**, **Lamar Brown**, **Ben Simmons**, and **Dale Layne**. The distance is 5k run, 35k bike, 5k run.

We stayed outside of Richmond in a town called Mechanicsville....but for a while there it was looking like we made a wrong turn and had a one way ticket to "mechanicals-ville"! The race seemed to be cursed with mechanicals, and it wasn't just us. On the pleasantly temperate race day, flat tires seemed to be the new black, as racers everywhere were blowing out on the many bridge articulations.

Ben, who competes in Category Tri2 (severe leg impairment) had transition assistance from super-competent handler **Richard Gasparro**. But Ben was on his own when he flatted early on the course. With only one spare tube, and 20 miles to go, Ben rediscovered some childhood prayers as he covered the rest of the course unscathed. Ben's readiness paid off, and he rode away with a clean World Championship qualifying time.

**Joe Dowling**, the only Tri1 (Para/handcyle) in the game, upped the ante by having not one but two flats on his racing chair due to rough course conditions. Unruffled, he pressed on to the bike portion, switching to his newly outfitted handcyle with side mirror, in the recumbent position, adhering to the new ITU regulations. Then it was back to the racing chair through the arduous finish – gravel followed by uphill on grass. The crowd roared as Joe inched through the finish chute, switching to his everyday wheelchair to make the final climb. Despite his obstacles, Joe left Virginia a Worlds qualifier, and it was an honor to have been his handler.

**Dale Layne** smiled all the way to a Worlds Qualifying time, guided by newbie **Andy Huh**. Dale provided a great photo op that became the lead story in the Richmond Observer and his story was profiled on the USAT website as well. Lamar was guided by Pro triathlete **Arland Macasieb**. The duo thundered to a first place finish in his division, and of course, a ticket to Worlds.

## 5 Boro Bike Tour

Achilles was honored to field a formal team in the 5 Boro Bike Tour, held on May 2. Handcrankers **Dick Traum**, **Carlos Guzman**, **Cristobal Rivera**, **John Devine** and **Mike Fradera** joined six tandem bike riders to field a strong Achilles contingent among the 32,000 riders. Sixty-seven charity riders also represented Achilles. The funds they raised will help our work of providing mainstream athletic opportunities for athletes with disabilities. Congratulations to Achilles board member **Ken Podziba**, new president & CEO of Bike New York, and his staff for the excellent event. It is a wonderful and exciting way to see New York and we look forward to increasing the numbers of Achilles athletes and charity riders in 2011!

Achilles Tandem is now in the capable hands of **Anthony Green**, who assumed the leadership role held so expertly over the past two years by **Dan Shefelman**. The group continues to meet for regular rides. Captains and stokers are always welcome! Special thanks go to **Rich Conroy** of Bike NY for repairing the fleet and keeping it in tip-top shape.

# NYC CHAPTER NEWS

**Carmelo Puccia** with guides **Rebecca Boone** and **Mimi Maher** bridged the past with the present representing Achilles in the **Emerald Nuts Midnight Run** on New Year's Eve. The New York Chapter welcomed 2010 with a New Year's party at Go Fish in Manhattan and awarded nine "golden running shoe awards" to outstanding members. Various members participated in the Fred Lebow Classic and the NYRR Half Marathon Grand Prix in January.

In February, **Nick Roumonada** smoked the 4-mile Gridiron Classic with a 6:50 pace, followed by **Bruce Katlin**, **Jill Schreier**, **Carmelo Puccia**, and **Dodi Blumstein** on handcycle. NYRR's Run for Haiti was popular with Achilles athletes and volunteers **Mark Weiss**, **Eddie Montanez**, **Lamar Brown** and **Jill Schreier**, all of whom performed admirably.

Participating in the NYRRC Half Marathon in March were New York runners **Nick Roumonada** and **David Isaacson**, and **Kristina Ament** from Virginia. **Dodi Blumstein** and **Ricardo Corral** completed the race on handcycles. Special thanks goes out to guides **Richard Olsen**, **Grace**, **Wanda**, **Aman Gupta**, **Danielle Pare** and **Barrett Wilson-Murphy**.

Achilles spearheaded a new program at the **Terence Cardinal Cooke Health Care Center** in April. Over the course of 12 weeks, team members **Jawanda Baker**, **Dudley Bolton**, **Caesar Ross**, **James Woolridge** and **Elliott Young** collectively completed more than 60 miles and lost a total of 13.2 pounds! Achilles volunteers **Herb Biern** and **Daryn Foster** kept the athletes on track with team leaders **Kat Bateman** and **Ellie Cox**.

Achilles International athletes competed in the **Aspire 10K** in Plainview on April 27 and won two trophies! **Ben Simmons** and **Nick Roumanada** took first place in their categories, above and below knee amputees, respectively. **Allan Tyson** and **Dale Layne** with guides **Rhiannon Price** and **Jessica Elengical** finished strong! All funds from the race went to the **Aspire Program** for the rehabilitation of young amputees and Aspire's **Stanley Kramberg Memorial Scholarship Fund**. "I like to think we're all winners every time we start and finish a race, but I have to admit, it felt really great to have trophies in the van on the return ride home," said NY Chapter director **Ellie Cox**.

The various distances of the NY Colon Cancer Challenge on March 28 brought out 20 athletes and their guides. In the 15K **Ricardo Corral** and **Carlos Guzman** took first and second place in the handcycle division while runner **Hakan Durantas** with guides **Daryn Foster**, **Laura Brown** and **Katherine Kneier** finished strong, as did **Carmelo Puccia** with guide **Kate Bernhardt**. Returning member **Julius Wilson** made his comeback in the 15K with guides **Aman Gupta**, **Joyce Sturges** and **Will O'Connell**. **Helen Cech** of the **Running Your Life/Friedman Diabetes Institute** program completed her first 15K with guide **Lina Gonzalez**. Other RYL members taking part in the 4 mile distance were: **Ricardo Gonzalez**, **Carlos Gonzalez**, **David Isaacson** and **Barbra Moskowitz**. **Justin Gennaro**, **Carolyn Atlas**, **Joan Fowler**, **Elinor Berger** and **Josephina Colonel** completed the 1.7 mile walk/run.

The Scotland Run 10K on April 3 and Healthy Kidney 10K on May 15 provided Achilles athletes with a benchmark for performance comparison. Almost all athletes who participated in both races improved their times and **Bill Reilly** shaved 12 minutes from his 10K best.

At New York Road Runner's Club Night, Achilles honored **Nadine McNeil** and **Lamar Brown** as our performers of the year. Nadine was recognized for her personal best finish in the ING New York City Marathon while Lamar was duly celebrated for his incredible performances including those at the Cigna Falmouth Road Race, the Fifth Avenue Mile, the NYRR Holiday 4M, the Run for Central Park, the Harlem Renaissance Road Race, and the Terry Fox Run.

Congratulations to **Eddie Montanez**, who ran the London Marathon with guides **Robin Harding** and **Grace Low**. The team crossed the finish line in a very impressive time of 4:14. England native **Richard Whitehead** – the world record holder for double amputees in the marathon – ran the race in a – for him – leisurely time of 3:32. We are greatly looking forward to having Richard join us in New York for the Hope & Possibility.



Achilles mourns the loss of **Maximo Rodriguez**. A member since 1994, Maximo will be remembered for his infectious smile and un-ending good cheer. His fellow handcrankers will miss a true competitor and all Achilles members will miss a dear friend.

**Yuki Goto** offers the following report from Tokyo, where he continues to improve as a marathon runner. Yuki, who came to Achilles through our partnership with NYU Rusk, is much missed in Central Park:

I finished the Tokyo Marathon on Feb 28! I completed it in 3 hours 50 minutes. This was my first time running a marathon without guides. When I woke up at 5 am to get ready to go to the starting point, it was raining. It was still raining and freezing cold when I was on the train. It got colder and it also started sleeting during the race. Even in this condition, I kept my pace by checking how fast I was running. After injury, I need someone to guide because it's hard to focus on multiple tasks (self-management such as thinking how fast I can run, keeping my pace, amount of water I drink... and run at the same time.) I also needed assistance after finishing for the last 2 out of 3 marathons.

This time, I ran by myself. I especially focused on observing my pace, not to push myself too much and have enough water to avoid dehydration. During the race, I pulled a muscle in my left thigh after running 14 miles. It was difficult to keep warm and I stopped to do some stretching exercise and slowed the pace so that I would be able to keep running.

It was a very good experience (considering running without a guide and the horrible weather). Yes! It became another accomplishment for me. Thanks to Achilles International, the guides and my counselors from Rusk who helped me in the past. I owe what I had accomplished in this race to these people who had helped me come this far from the first time I started running after my injury. Thank you!

Yuki Goto

### Disney Half Marathon

Achilles was thrilled to bring the Freedom Team of Wounded Veterans to the Cigna Disney Half Marathon on January 9, 2010. Fourteen veterans and their families stayed at Shades of Green, the military resort in Disney, and the staff provided us with excellent hospitality. We enjoyed a team dinner at Epcot, fireworks, and two days of rides and character-sightings in the theme park. It was the first race of the New Year for the Freedom Team, who made the most of the experience. Everyone from experienced racers **Dustin Tuller** and **Mike Fradera** to first timers **Dan Cnossen** and **Zach Dunn** completed the 13.1 miles in speedy times. Runners **Michael Kacer** and **Kent Solheim** (who competed with his son **Brook**) joined the field of handcrankers. Flights from Walter Reed were provided by **Air Compassion**. The trip was generously sponsored by **The Bob Woodruff Foundation**. We look forward to returning to this fun and exciting race in 2011.

### Florida Marathons

Achilles kept warm through the winter with a series of races in Miami, Melbourne and Ft. Lauderdale, Florida. Achilles continues to grow in participation thanks to the **Spinal Cord Support Group** of South Florida.

At the ING Miami Marathon on January 31, Achilles was the official organization coordinating the handcrank division. Thirty five athletes from the Freedom Team and the South Florida chapter of Achilles joined teams from Brazil and Colombia. We were thrilled to increase our participation from the 15 who participated last year. Special thanks to **Dr. Gerald Glass** who underwrote the weekend for the team. Among the female Achilles handcrankers posting impressive times were **Kirstie Sykes** (1:59:01), **Peggy Sprouse** (2:07:25), **Taylor Golzbein** (2:36:31), **Christine Kent** (3:01:32), and **Dodi Blumstein** (3:54:15). **Mike Fradera** (1:33:20), **Arno Vergara** (1:42:44), **Mike Sprouse** (1:49:41), **Charles Tachack** (1:51:16), and **Anthony Radetic** (1:56:04) were among the male handcrank leaders. The Colombia team was sponsored by the **Landorne Corporation**. Achilles athletes from our Brazil chapter excelled; congratulations to **Carlos Neves de Souza** (2nd place), **Carlos Roberto de Oliveira** (4th place), and **Jaciell Antonio Paulino** (6th place) who were dominant among push-rim competitors. Dedicated Achilles athlete **Kevin Counihan** participated in Miami as well. Kevin also joined Achilles for the Boston Marathon – his 100th race at that distance!

For the first time, there was a wheelchair division in the Melbourne FL marathon, featuring handcranks. An elite field turned out to take advantage of the new venue. **Dane Pilon** represented Achilles and took 2nd place!

The South FL season wrapped up with the A1A Ft. Lauderdale Marathon. Twenty-six wheelchair athletes participated, including **Lydia Rock** who was able to compete with specialized equipment made available to the Achilles team. The race had a particularly thrilling photo finish between **Mike Sprouse** and **Mike Fradera**. Both registered the exact same time on their chips. Mike Sprouse was a shade quicker and was first in the results. Competition motivates our athletes to train harder, eat well, and be good sports along the way! **Peggy Sprouse** held her championship title as she placed first in the women's handcrank division.

**Suffolk Construction** continues as the lead South Florida sponsor. We are grateful to the volunteers who are dedicated to helping us have safe, successful racing events, including **Dan Doucette**, **Laura Barry** and her students from **NOVA**, **Chris Holcomb**, **Alex Lutin** and **Christine Kent** of SCISGSF. Everyone looks forward to next winter's full racing schedule. We kick off with the Palm Beaches Marathon Festival December 5-6, where Achilles is the official charity.

### LA Marathon

On March 21st, 24 Achilles athletes took on the LA Marathon. Many participants were Freedom Team members from Balboa Naval Hospital. **Boston Scientific** hosted an incredible pre-marathon dinner at ESPN Zone at which new Achilles



L-R 1st row: Jake Keezlar after the San Diego Marathon with his guides; David Rohde; Achilles is ready for take-off!; L-R 2nd row: Michael Kacer and Sammy Lugo L-R 3rd row: Pete Rooney in his hometown in LA; Mary Bryant receiving the check from Suffolk Construction at Fenway Park; tuning up the handcranks L-R 5th row: sweet

# ON TOUR



is medal; Dick Traum and Maureen Dunn; Kevin Counihan and w: Go Achilles!; handcranks begin; Genna Griffith with Michael own Marathon - Boston; Mike and Susy Roman with Sam Holiday n; L-R 4th row: Dick Traum in Boston; the team being honored in success in LA; the scenic course in San Diego; racing in LA.

member Mike Roman – a professional race car driver – spoke to the team about the challenges and triumphs he experienced after losing his leg to a staph infection. Although Mike competes in numerous car racing events, this was his first marathon and he was pumped. Upon completing the race, he found his wife at the finish line, and was overcome with tears. Even given his great athletic success, Mike said "completing the LA Marathon with The Freedom Team is the greatest accomplishment of my life."

Also in LA, **Dane Pilon** won the handcycle division for the second consecutive year with a time of 1:13. Our fastest Freedom Team runner on foot was **Jonathan Copsey** who clocked a 3:20. Post race the **LAFD** hosted a Mexican Fiesta at the firehouse. Thank you to **Roy Griffith, Evan Griffith, Corinne Salchunas** and **Angie Kaighin** for volunteering throughout the weekend.

## Boston Marathon

A group from Achilles, including many Freedom Team members, was thrilled to tackle the legendary Boston Marathon on April 19th. In total, 21 Achilles athletes enjoyed an incredible weekend. First class hospitality, the opportunity for fun, and a challenging and prestigious race were the essential ingredients for a memorable experience.

For the Freedom Team, the trip began with a luxurious ride provided by **Reston Limo** from Walter Reed to Dulles, where 2 private jets courtesy of **Veteran's Airlift Command** departed for Boston. **FBI** and **Ironworkers** provided transportation to and from Logan Airport. Once at the Constitution Inn, the team was greeted by the Commissioner of Veterans Affairs who hosted a welcome dinner in conjunction with the **Dave Powers Foundation**. Saturday brought more excitement as the team was honored on the field at Fenway Stadium before a Boston Red Sox game. Team members and their families enjoyed the game from the partner's box seats. Proving there are no limits to her talents, Achilles' own **Genna Griffith** managed the logistics inherent in planning the trip and also sang God Bless America during the 7th inning stretch. Genna was celebrating her 31st birthday and serenading the team and her family was the experience of a lifetime. After the game it was off to the Union Oyster House for a delicious Boston meal of chowda and scrod. For the third consecutive year, MIA/POW wife and veteran's advocate **Maureen Dunn** made these special arrangements. We are extremely grateful for her continuing support.

The Patriot's Day race was beautiful. Everyone crossed the finish line to cheers and applause from the supportive home town crowd. After reuniting with family and friends and repairing to the hotel to shower and change, **Jay Cashman** and **Yankee Bus** sponsored a gourmet dinner at Anthony's Pier 4. Thank you's also go to **Dunkin Donuts** for providing breakfast and a post race lunch; **Pepsi** for donating cases of water and Gatorade; and **U-HAUL** for supplying trucks to transport the handcycles. We offer our deepest gratitude to incredible volunteers **Jeremy and Kathryn Fucile** and **Bill McGreal**. Finally, our heartfelt appreciation extends to the **BAA** for providing special accommodations.

## Rock 'n' Roll Marathon San Diego

This year our team at the Rock 'n' Roll San Diego Marathon tripled in size. A total of 23 Freedom Team and Achilles members completed the full and newly added half marathon on June 6th. It was an exciting opportunity for many first time competitors coming from **Balboa Naval Hospital** and the **San Diego VA**. Saturday night **Meghan McCain** generously sponsored a pre marathon dinner at Buca di Beppo. Her support allowed the veterans and their families to fuel up before the big event. These dinners are also an important opportunity for the group to bond. Building strong relationships between athletes, their families and caretakers, volunteers, and Achilles staff are an essential component of every trip, so thank you Meghan! Thanks to additional sponsors **Price Charities, Lexicon, Inc.** and **Jack McGrory** for making this rehabilitation event possible. Also thank you to our wonderful volunteers, **Roy Griffith, Todd Gould, Dena Geller,** and **Christina Sharp** of Invacare. We also want to thank **Competitor Group**. Every year they make special race accommodations for this team of heroes.

# ACHILLES KIDS KORNER

## Achilles Kids Weekend Program

The Achilles Kids weekend program has been as active as ever, running, walking and rolling at our fun Saturday workouts. The Kids ran for touchdowns at a Super Bowl party that ended with a joyous parade reminiscent of Mardi Gras celebrations enjoyed by the NFL Champion New Orleans Saints. They brushed up on history at an educational President's Day workout and frolicked in beautiful "snow" at a gorgeously decorated winter wonderland. Shamrocks and Leprechauns abounded at the Saint Patrick's Day Fun Run. Flowers and sunlight greeted everyone at the Spring Fling. The roar of lions and squawks of parrots could be heard at the Zoapoloza workout at which the kids build nests like penguins, fluttered beautiful feathers, and leaped like frogs in a stunning "jungle."

Most exciting was the Reading and Writing workout at which a very special guest star – **Judy Cavanaugh** (aka **JANET'S MOM**) – regaled the kids with renditions of two favorite books performed with animation and joy. The children also enjoyed a performance of *Nobody's Perfect* at the Skirball Center. The show emphasized the core lesson of Achilles: that DISabled in no way means UNable. The children enjoyed the singing, dancing, costumes, and especially the sign language that was a key part of the performance. Those interested in learning about the program, whether to volunteer or to enroll a child with a disability, should email us at [kids@achillesinternational.org](mailto:kids@achillesinternational.org).

## Achilles Kids School Program

Achilles Kids is deeply grateful to the **Heckscher Foundation for Children** for their generous support of our work. Their grant will be used to reward students who complete the virtual marathon – 26.2 miles accumulated during their adaptive physical education classes throughout the year – with a free pair of sneakers. We are thankful to **Virginia Sloane** and the staff at Heckscher for their commitment to improving the quality of life for children with disabilities.

On Friday May 28, the brilliant late-spring sunshine paled in comparison to the beaming faces of the children at P.S. 369K. Months of hard work on the part of the elementary and middle school students with disabilities culminated with an end of the year celebration of fitness and achievement. Sixty-two students received sneakers for completing the 26.2 mile virtual marathon that is the centerpiece of the Achilles Kids curriculum. Achilles staff members **Karen Lewis** and **Megan Lombardo** joined P.S. 369K Principal **Rudy Giuliani**, Assistant Principals **Janine Nardone** and **Elizabeth Rueda**, Adaptive Physical Education teach **Robert Basinger**, parents, para professionals and support staff including physical, occupational, and speech therapists for the heart-warming ceremony.

The event was the culmination of a year of hard work - celebrating students who have run and walked in the snow, rain, hail, cold, and heat, racking up laps in an asphalt parking lot and through the streets of their Brooklyn neighborhood. For most of the children, 26 miles was just the beginning. During their presentations, each unit of 7-12 students presented banners with their mileage totals – and the numbers kept soaring upwards – 30, 37, 46, even 53 miles! Faces beaming with pride told the story when words could not be summoned. One banner highlighted the spirit of the day perfectly: thank you Achilles Kids for moving our feet, opening our minds, and helping our hearts! Each child proudly displayed their new shoes before running off with a new spring in their step to

enjoy the festive carnival and healthy snacks following the ceremony.

Achilles Kids provides 4,000 children with disabilities in 150 schools the health benefits of regular exercise and the increased self-esteem that comes with conquering an ambitious goal. Many of the students – and even the teachers – are daunted by the 26.2 miles at the outset of the program, and the thrill of surpassing everyone's expectations transforms the children in untold ways. Karen and Megan witnessed as the children proudly identified themselves as marathoners. The energy was contagious – many school staff members reported feeling inspired by the kids to improve their own fitness.

Our most heartfelt thank you goes to **Steve and Ely Hammerman** who generously donated significant funds towards the purchase and distribution of the sneakers.

As another school year closes, we reflect on the accomplishments of the incredible children who we are proud to call Achilles Kids. This year for the first time we reached 4,000 students! In addition to several new outposts in NYC, new chapters were established in Providence, RI, Eastchester, NY, Bronxville, NY and as of June 1, Auckland, NZ.

Of those children a record number conquered the virtual marathon – 26.2 miles throughout the year – and received running shoes for their incredible efforts. Thanks to **Saucony** for shipping us 1,863 pairs of sneakers! And thanks to our **Joe, Chip, Erik and Andrew**, for sorting and sending those shoes across the city and state!

Any member who completes two or more marathons is an ULTRA marathoner. Two members from our Roanoke, Virginia, chapter set an all time Achilles record: **Miranda Dean** completed 6 marathons and **Emily Bradshaw** also finished 6 marathons and is 18 miles into her 7th!!! WAY TO GO!

Under the leadership of **Diane Storm**, 44 members from Rye Lake BOCES crossed the finish line in an exciting grand finale race. Among other upcoming end of year ceremonies are PS 23Q at St. Mary's on June 11th; Virginia Road BOCES on June 15th; Meeting Street School in Providence, RI on June 17th; and MS 258 in Manhattan on June 21st.

Once again, Achilles held its annual T-shirt design contest. **Lukau Lukelo** from Queens O.T.C was the winner of the school t-shirt division with an awesome design depicting the Achilles Kids Virtual Marathon. **Yulissa**, from PS 201Q, will see her design used as the official Hope & Possibility Fun Run shirt. Congratulations to both of these talented artists!

More than 200 Achilles kids from school chapters in Queens and Brooklyn ran in the Queens Race For Glory on May 17th. This amazing event is held in partnership with the Department of Education's Adaptive Physical Ed program. Handcyclist **Fabrizio Shao** set a course record for the handcycle, completing the 400 meter in a blazing 51.9 seconds.

As the school year comes to an end, we are humbled by the accomplishments of our Achilles Kids. Their enthusiasm and perseverance fill us with admiration. We look forward to an action packed summer and resuming our miles in the fall!

# FREEDOM TEAM

Achilles International and **No Greater Sacrifice** are pleased to announce a partnership devoted to serving veterans injured and disabled during the wars in Iraq and Afghanistan. No Greater Sacrifice ([www.nogreatersacrifice.org](http://www.nogreatersacrifice.org)) was founded to bridge the educational development for the children of our nation's fallen heroes by raising funds to pay for college tuition and graduate degree programs. As recent legislation enacted by the federal government will now provide this support, NGS is transitioning its mission and funding to improving the quality of life for wounded veterans. As an important step in this transition, the NGS Endurance Team will donate funds raised from the Army 10 Miler (October 24), Marine Corps Marathon, and the Marine Corps 10K (October 31) to the Achilles Freedom Team of Wounded Veterans. NGS and Achilles look forward to meeting the needs of our wounded veterans and their families.

## ACHILLES SCRAPBOOK



Left column: Dale Layne and Andy Huh; the Duathlon team during a rare quiet moment; Mario Mello of Achilles Brazil; Joe Dowling in fine Du form; Center Column: Suleiman Rifai and Achilles board member Mark Weiss cross the half marathon finish line; Achilles at the Step Ahead Race; Achilles athletes of the year Lamar Brown and Nadine McNeil Right Column: Simone Adair with her guides; the Achilles team at Terence Cardinal Cooke Health Care Center; Achilles Kids at PS 369 gets their sneakers; one class at PS 369 walked 55 miles!



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### ADDRESS SERVICE REQUESTED



*Elite wheelchair athletes Dane Pilon, Brian Mitchell and a friend in Florida.*

- A *Ambition to focus on strengths*
- C *Caring to learn about others different from you*
- H *Helping others to achieve their new goals*
- I *Inspiration that fuels an uphill push*
- L *Learning about our sport*
- L *Loving life with all its challenges*
- E *Emerging each day with a fresh start*
- S *Support from the team, for the team*

## LATE BREAKING NEWS!

### Hope & Possibility 5 Miler

The 2010 Hope & Possibility will be held on June 27, 2010 in Central Park. For the first time, the race will count as a qualifier for the ING New York City Marathon. We hope to have our largest crowd ever, so sign up today! Join Achilles athletes, supporters, volunteers, and runners of all abilities for a celebration of community and achievement. The race was inspired by the best-selling memoir of Achilles' founding board chair Trisha Meili, *I Am The Central Park Jogger: A Story of Hope & Possibility*, and it continues to be a highlight of the summer racing series. In addition to the 5 mile race, there are free kids races, family activities, music, celebrity guests, and exciting raffles. All who complete the course receive a medal and there is prize money for top finishers. Slots are moving quickly so don't delay. Register online at <http://nyrr.org/races/2010/r0627x00.asp>.

### 2010 ING New York City Marathon

The 2010 NYC Marathon is just around the bend. If you would like to be considered for a position as a Volunteer Guide please fill out the Marathon Guide Application, which can be found here:

[http://achillesinternational.org/sites/default/files/2010\\_Guide\\_Letter\\_Application2.pdf](http://achillesinternational.org/sites/default/files/2010_Guide_Letter_Application2.pdf).

Send it back to Russell Koplin [rkoplin@achillesinternational.org](mailto:rkoplin@achillesinternational.org) by Wednesday, September 1, 2010. As a guide, you are there in support of the Achilles athlete participating in the marathon. You do not pay an entry fee but please note that you will not receive your own chip or published time. However, you do walk away with an incredible sense of achievement and an overwhelming feeling of having done something for and with someone else that will have a profound impact on you and them...forever.

## Upcoming Events

<i>NYC Hope &amp; Possibility</i>	Jun 27
<i>Madison Hope &amp; Possibility</i>	Jul 25
<i>ING NYC Marathon</i>	Nov 7
<i>Marathon of the Palm Beaches</i>	Dec 5

**For more information, please call 212-354-0300**