

# Achilles Track Club

## New Yorkers Say Running IS For Everybody



Photo  
Courtesy of  
Bill Goidel

THE ACHILLES TRACK CLUB, sponsored by the *New York Road Runners Club*, is a unique program designed to encourage disabled people to participate in running.

Members can have many different kinds of disability: blindness, paralysis, cerebral palsy, amputation, etc., and they can be ambulatory or in wheelchairs, slow or fast, experienced racers or beginners. All that is required is a desire to improve their fitness with regular training.

Coaching emphasizes the basics involved in safely starting a comprehensive exercise program—proper warm-up and cool-down, monitoring heart rate, selection of equipment etc.—including special topics such as:

- \* mastering the hop/skip method of amputee running
- \* prevention and treatment of chafing and blisters
- \* techniques of wheelchair running
- \* training to improve race times

### Coaching

He brought the idea to the N.Y. Road Runner's Club who subsequently sponsored the club and to Bob Glover, presently head coach for Achilles. Glover is president of a fitness consulting firm, Director of Educational Programs, N.Y.R.R.C., and co-author of the best selling *The Runners Handbook*.

The assistant coaches of the Achilles Track Club are experienced working with the disabled. Beckford has 10 years experiences working with wheelchair athletes and coached the 1982 International Wheelchair Table Tennis Team. Sullivan is a physical therapist who has worked in a sports medicine clinic, has worked with amputees and is on staff at a N.Y. hospital.

### Workouts

Achilles workouts include stretching and relaxation exercises (disability specific), outdoor training, and individual advice