



# The Achilles Heel

#2 June 2, 1983

## SUMMER'S COMING ISSUE

The weather is getting pleasant and every week brings out a few new members. Now that traffic is stopped in the park at 7:00 in the evenings, we can have really nice workouts Wednesday evenings. Another nice thing about summer is that there are a lot of short races, custom-made for people who are just getting their legs firmed up under them. In general race signup will be on Wednesday evenings between 6:30 and 7:00; be sure to get there on time so you can hear the announcements and get involved in whatever is coming up.

If you don't have a copy of the Road Runners Club race schedule for the year, you can pick one up there. But there are also some races that aren't listed on it; you can hear about them Wednesday nights or you can join the Road Runners Club, if you haven't already (it's free to Achilles members), and get the mailings with the race entry blanks.

And remember that if you don't feel like running a race, you can always volunteer to help out at it.

We are getting new members all the time, but we miss some of the old people. Everyone who hasn't been around for a while: call up and let us know what's going on with you, or better yet, come back! If you aren't in shape to run, just come to watch and visit, or maybe walk a little bit. Remember, no one goes too slow or too short a distance for Achilles.

The enclosed updated roster includes some new people and some changes. Note that Pat Griskus' phone number ends in a 6, not an 8 as I had claimed on the last one; that Bob Glover has moved to a new office; that there are two new coaches; and that I will be gone for the summer (doing carpentry in Connecticut and learning Spanish in Cuba). Ann Rugh, also from the Atalanta team, will be taking my place on Wednesday evenings as coach. She has a wide knowledge of physical therapy as well as years of experience teaching running classes, and should be very helpful. Paula Morrell, a physical therapy student, will also be helping with coaching. And Joe Cody, who works in Dick Traum's office, will be taking my place as coordinator. Consequently, the official phone number for the Achilles Track Club is now 398-0348; ask to talk to Joe Cody or Dick Traum. Please feel free to call anytime you have any questions; and if you have questions about your workout schedule or running style, feel free to call Bob Glover or Ann Rugh.

NYC Marathon: If you sent in a request for an entry blank (or had the Club do it for you), be sure to fill it out and return it as soon as you get it. That will likely be around the end of June. If you expect to be away, arrange to have someone do it

such as Joe or Dick. Also remember you must have joined the TAC by the time you fill out the entry form; blanks are available at the NYRRC or call Joe or Dick.

Race Times: Achilles members have participated in the following races since April:

Long Island Marathon	26.2 M	5/1	Natalie Bacon	3:52
Developmental Run	6 M	5/21	Dennis Kendrick	1:09:45
Bayside	5 M	5/22	Sandy Davidson	1:37
			Dick Traum	1:37
			JP Cruz	:58
			Dennis Kendrick	:58
L'Eggs Mini-Marathon	10 K	5/28	Linda Down	1:37:55

Publicity: The Achilles Club continues to make good copy for local and national media. How does it feel to be an inspiration to so many people? The saga of Linda's marathon was rerun on "That's Incredible," and you can expect to see my friend Karen Ranucci from Downtown Community TV the next few weeks, doing a spot for the Today Show. The article I wrote for Running and Fitness, the magazine of the American Running and Fitness Association, just appeared, with a long introduction by Bob Glover. Channel 7 News came out and filmed us, but did anyone ever find out if it was ever on the air? And Bob and I were on Good Morning New York once talking about running, and I was introduced as being coordinator of Achilles. There was a big picture of Linda Down, Alberto Salazar, and a movie actor named Ronnie Reagan in the NY Post; and an article by George Spitz in Our Town about Bob Glover, saying that none of his good deeds were more vital than his work with the Achilles Track Club. Marcia Landsman wrote an article about us which will appear in the next issue of Alternatives, a magazine put out by the Center for Independence of the Disabled. A reporter from the Gannett Westchester Newspapers attended the last workout in May and interviewed everyone very thoroughly. The Bay News carried a lovely photo of JP and Jim Beckford in the Brooklyn Half-Marathon. We were mentioned in the National Masters News and even in the Danville, NY American Legion paper! And I was browsing through the "Talk of the Town" section in the New Yorker and saw this paragraph in the middle of a piece about a tennis player:

"Flora glanced at her watch. 'I saw a jogger this morning, Kenneth,' she said. 'He had only one leg. He had ordinary aluminum crutches for support. But he was going as fast as the rest of them. I don't feel sorry for him.'"

Now who do you suppose she was talking about?

Flora has the right idea. Achilles is not only about other people not feeling sorry for us, but about not feeling sorry for ourselves. As Paula said (I quote her in my Running and Fitness article), "What matters is what you do with what you've got." And there are a lot of people who see Achilles members working out or racing who are grateful for just that lesson.



# Achilles Track Club

9 East 89th Street, New York, NY 10028

212-580-2310

## MEMBERSHIP ROSTER June 1983

<u>President:</u>	Dick Traum	Personnelmetrics, 1001 Ave. of the Americas, NYC 10018	398-0348 w
<u>Head Coach:</u>	Bob Glover	4 E. 75th St., NYC 10021	737-7480w 288-0344h
<u>Coordinator:</u>	Patty Lee Parmalee	2680 Broadway, NYC 10025	663-2911h
	summer:	Dublin Rd., Falls Village, CT 06031	203-824-0029
<u>Coaches:</u>	Natalie Bacon	411 E. Tenth St. # 164, NYC 10009	420-0431
	Marty Ball	Hunns Lake Rd., Stanfordville, NY 12581	914-868-7405 h
		Mobility Unlimited, 38 W. Market St., Rhinebeck, NY 12572	914-876-7038 w
	Jim Beckford	103 MacDougal St. # 34, NYC 10012	477-1036 h
	Ann Rugh	27-23 27th St., Astoria, NY 11102	204-2149
<u>Volunteers:</u>	Paula Morrell	621 W. 69th St. #6F, NYC 10023	927-4462h 694-4082w
	Craig Corwin	31 W. 71st St. # 1108, NYC 10023	580-8060
		<u>ATHLETES:</u>	
<u>Ambulatory:</u>	Anibal Abreu	4-21 27th Ave. # 7A, Astoria, NY 11102	726-8521
	John Paul Cruz	3569 DeKalb Ave., Bronx, NY 10467	519-1612 798-9109
	Sandy Davidson	30 Waterside Plaza # 12D, NYC 10010	532-3394
	Linda Down	80 Park Ave., NYC 10016	687-7659
	(and Laura Down)		
	Pat Griskus	PO Box 2356, Waterbury, CT 06702	203-879-2236
	Fernando Lopez	70-35 Broadway # D-11, c/o Baker, Jackson Heights, NY 11372	565-5779 h 754-8883 w
	John Murphy	3577 Laconia Ave., Bronx, NY 10469	655-7984
	Paula Schillo	1582 First Ave., NYC 10028	737-1917
	Dick Traum	(see above)	
<u>Wheelchair:</u>	Ben Agosto	725 Evergreen St. # 1A, Brooklyn NY 11207	453-1521
	Natalie Bacon	(see above)	
	Marty Ball	(see above)	
	Jose Figueroa	435 E. 105th St., NYC 10029	289-0931
	Pedro Hernandez	255 E. 149th St., Bronx, NY 10451	585-7706
	Jim Rosenberg	2010 Bruckner Blvd., Bronx, NY 10473	823-0354
	Elliot Schloss	155 E. 93rd St., NYC 10028	289-7816
	Fred Trinkle	695 Lincoln Ave., Sayville, NY 11782	516-567-3619 h 516-575-1670 w

Additions to roster, June 1983:

Dennis Kendrick	99 Bank St. #3G, NYC 10014	924-3085
Millie Bardavid	4 E. 89th St. #8G	289-7703h 683-1000 x202w
Niki Theodoropolos LaMarr Durham Tracey White	} Ronald McDonald House, 419 E. 86th St. NYC NYC 10028	876-1590
Jerry Lieberman	1600 Waring Court, Hewlett, NY 11577	516-374-4579
Jane Zirmsky	175 West 13th Street New York, New York 10011	924-5009

Everyone please have a very healthy summer, and I hope to see the faces that go with all the names on this list in September, and some new ones besides. I'll miss you.

*Patty*