



# 2022 Annual Report: Reframing What's Possible

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*ALT TEXT: Cover depicts collage of eight photos of Achilles athletes, guides and donors. Second page depicts two photos, two Achilles male runners, and a male Achilles Freedom Team handcyclist with a text overlay, Go Achilles!*

## MISSION STATEMENT

Achilles International transforms the lives of people with disabilities through athletic programs and social connection. Since our founding in 1983, we have empowered over 150,000 athletes of all ages and ability levels to participate in endurance events around the globe. We break down barriers to race start lines and empower the disability community to cross the finish line.

To volunteer as a guide runner, join as an athlete with a disability or donate, visit [www.achillesinternational.org](http://www.achillesinternational.org).

*ALT TEXT: Background image of an amputee Achilles athlete and a handcyclist at the 2022 Hope & Possibility® race.*

## LETTER FROM THE PRESIDENT AND CEO

If you have ever run with us or cheered on the sidelines of a race or local workout, you understand the magnitude of a “Go Achilles!” as a bright neon yellow jersey whisks by. You have been a major part of our journey from our early beginnings as a track club in New York City's Central Park to the international powerhouse we are today. In 2022, we:

- Empowered 10,000 athletes with disabilities.
- Engaged 4,500 volunteers.
- Hired Chapter Leads in Boston, Chicago, Houston and Washington, D.C. to grow our vibrant community in major U.S. running markets.
- Empowered 100 veterans with disabilities from the Achilles Freedom Team to cross marathon finish lines.
- Launched an International Scholarship program to support even more athletic goals.
- Expanded our in-person youth workouts in Houston, TX and our adaptive cycling program in underserved boroughs of NYC.

Proud of our impact and accomplishments in 2022, this is only the beginning. Achilles has even greater goals for the year ahead. As we celebrate our 40th Anniversary, we aspire to reach even more youth, adults and veterans with disabilities and provide greater access to adaptive equipment and racing opportunities.

Thank you for your energy and dedication to Achilles and our mission. You make our success possible.

*ALT TEXT: Photograph of Emily Glasser at the podium speaking at the 2022 gala.*

## OUR IMPACT

- 66 chapters in 18 countries
- 3,100 Workouts
- 4,500 Volunteers
- 10,000 Athletes Served
- 74% of Achilles members say their mental health has improved.
- 75% say before joining Achilles, their physical activity was severely limited because they did not have a supportive group to train or socialize with.

*ALT TEXT: Purple background with icons of adaptive athletes, sneakers, hands in front of a heart and a map of the world; background photograph of two Achilles Ecuador athletes on a track holding up a medal and sign.*

## RACES TO REMEMBER

### Marathon Tour

Each year, civilian Achilles athletes and military veterans of the Achilles Freedom Team participate in a series of major races we call a "Marathon Tour."

- January: Walt Disney World Marathon Weekend
- March: Los Angeles Marathon
- April: Boston Marathon
- September: BMW Berlin Marathon
- October: Bank of America Chicago Marathon
- Detroit Free Press Marathon
- Marine Corps Marathon
- November: TCS New York City Marathon

*ALT TEXT: Timeline graphic depicts the below text with a corresponding photo of athletes and guides on the course for each month.*

## 20 YEARS OF HOPE & POSSIBILITY®

The 20th Achilles Hope & Possibility® 4M Presented by TD Bank and operated by New York Road Runners (NYRR) on June 26, 2022 was the largest field yet with 6,750 finishers and over 8,600 total registrants.

For the first time in the race's history, the Mayor of New York City attended. Mayor Eric Adams welcomed racers at the start line and provided a proclamation declaring June 26 as Achilles International Day. Top finishers with disabilities were celebrated during the post-race award ceremony.

According to Achilles NYC handcyclist Ricardo Corral, the Achilles Hope & Possibility® race is special because it feels "like a family. We all start together. Kids, blind people, amputees, handcyclists, runners. It's not just a race. It's a party for us."

He has completed the race every single year, from its early beginnings as a 5-mile race in 2003 to a virtual 10-mile version in his home during 2020. This year was extra special as he came in first place in the men's handcycle division.

*ALT TEXT: Group photo of Achilles New Jersey athletes and guides; handcyclist crossing the finish line in first place; New York City Mayor Eric Adams at the podium with ASL interpreter; female athletes and guides on the course; background transparent photo of Trisha Meili high fiving athletes.*

## CHAPTER HIGHLIGHTS

### Welcome New U.S. Chapter Leads

Achilles International recently welcomed new Chapter Leads: Joe LeMar in Boston, Kristen Cassarini in Chicago (which has already doubled in size), Michaela Cueto in Houston and Hannah McFadden in Washington, D.C. They manage their chapter's operations, delivering high quality workouts to youth, adults and veterans with disabilities.

*ALT TEXT: Collage of headshots of Hannah in Team USA jersey, Kristen rock climbing, Joe giving two thumbs up and Michaela at USA powerlifting; orange icons of adaptive athletes inside gray boxes.*

### Highlights Across America

- NYC competed in the 24th Annual Race for Rehab 5K hosted by New York Medical College students, which raised more than \$6,200.
- Philadelphia celebrated its 10 year anniversary.
- New Jersey grew to over 100 athletes.
- Utah completed a 200-mile bike ride from Logan, UT to Jackson Hole, WY.
- Los Angeles resumed workouts after a pause during the pandemic.
- Connecticut raised over \$16,000 at the Eversource Hartford Marathon.

*ALT TEXT: Group photo of Achilles Connecticut; group photo of Achilles Boston.*

### Achilles Around The World

We launched an International Scholarship program, donating over \$25,000 to help Achilles athletes compete in races around the world. Over 120 guides and athletes from outside the U.S. competed in the TCS New York City Marathon. Other milestones include:

- Norway celebrated its 10 year anniversary.
- Mongolia's Hope & Possibility® Race Weekend welcomed over 500 participants and featured a 5K and a marathon.
- New Zealand had over 80 participants in the Auckland Marathon.
- Japan's Hope & Possibility® had 200 participants.
- Over 20 women from Brazil competed in the W21K race, part of the largest women's racing circuit in Latin America.
- Canada met with the Consulate General of Canada in New York, sharing experiences and insights on disability inclusion.
- Mexico started a second workout location in Guaymas, Sonora.

*ALT TEXT: Achilles handcyclists high fiving; Achilles Sydney athletes with arms outstretched.*

## **Meet the Marathoner: Nayrin Ruiz of Achilles Panama**

Nayrin Ruiz, 39, lost her vision as an adult.

When she first joined Achilles Panama in 2019, she was hesitant to run without using her walking stick. Running with volunteer guides and listening to their descriptions of her surroundings “has been a beautiful experience,” she says.

As her confidence has grown, she has raced in multiple 5K races in her country and her first international half marathon at the Miami Half Marathon in 2020. The 2022 TCS New York City Marathon was her first full marathon.

“Achilles Panama has impacted my life in so many big ways. My life has changed. I’ve been given more opportunities, I’ve learned how to really dedicate myself to something I am passionate about, and it has improved my well being. I really enjoy running and the health benefits are noticeable.

My message for other people with a disability is to dare to do it! Go for it. You can do it. Running is life. It positively impacts physical health and mental health. Thank you to all the volunteers that give us their time to be able to run. Yes, we can do it!”

*ALT TEXT: Nayrin and her two guides at a finish line smiling.*

## **Achilles Freedom Team**

More than 100 veterans with disabilities crossed marathon finish lines in 2022. We thank our presenting sponsor Cigna and the GM Military Appreciation Program for their support and making race weekends extra special. Highlights include:

- Five U.S. military veterans of the Achilles Freedom Team joined our Colombia chapter in the Media Maratón del Mar races in June. As part of the annual tradition, Earl Granville, Cedric King, Ryan Long, Cesar Jimenez and Marc Owens donated running blades and prosthetics to Achilles Colombia, which is largely composed of fellow military veterans and police.
- Retired U.S. Army Captain Holly Koester was inducted into the Marine Corps Marathon Hall of Fame for the most overall finishes in the Racing Wheelchair and Hand-Cycle Divisions.

*ALT TEXT: Achilles Freedom Team handcyclist Cesar; group photo of Achilles Freedom Team athletes with Achilles Colombia at start line; orange military symbol icons in gray boxes.*

"Racing with Achilles really showed me that despite my injuries, anything is possible if I work hard and believe that I can do it. I feel very grateful for the Achilles Freedom Team for giving me back a piece of myself that I thought I had lost. It is so heartwarming to know that there are people out there that are so willing to help make all of this happen for us. I tell Marines all the time that don't know how to get active again, that if there is an opportunity to try something you haven't done before, give it a try."

Andrew Hairston, United States Marine Corps Captain

*ALT TEXT: Andrew smiling with his Detroit Marathon medal in a handcycle.*

## **Achilles Kids**

Achilles Kids provides training, local race opportunities and a school based running program. While children can attend any Achilles chapter workout, Team Achilles Kids' specific workouts for youth aged 3-21 are available in Brooklyn and Manhattan, NY and expanded to Houston, TX in 2022, thanks to The DICK'S Sporting Goods Foundation.

Team Achilles Kids participated in the Terry Fox Run for Cancer Research 5K in October in Central Park, an annual tradition for over 25 years. Adults and kids of the New York City chapter also teamed up for the Achilles Superhero Training Camp this August. They logged 30,006 minutes of running, walking, wheeling and even dancing.

*ALT TEXT: Achilles Kids running through Central Park; Achilles Kids member posing in a Spider-Man mask at the Achilles Superhero Training Camp; group photo at a finish line; Achilles Houston group photo.*

## **Run to Learn**

Achilles Kids: Run To Learn is a free school-based program for students in preschool through high school that integrates professionally developed lesson plans into running, walking or wheeling workouts for those who may use a wheelchair or an adaptive bicycle.

- 4,700 students served across the country in 89 schools across the country
- 21 New schools and 1,600 new students in 2022

*ALT TEXT: Young students from a Rhode Island school cheering on a student who is blind with a walking stick.*

## **TriAchilles**

The annual TriAchilles training camp held in June in Sussex County, NJ welcomed 19 athletes with disabilities and introduced them to multi-sport racing. For many, it was their first time in a pool or on a bike. Other highlights include:

Several athletes participated in the 2022 IRONMAN 70.3 Timberman, the first time Achilles competed in an IRONMAN event as a team.

Our NYC and Long Island chapters teamed up to compete in the Runner's Edge TOBAY Triathlon which included a half-mile swim, a 12.3K bike ride and a 5K run.

Twenty-five athletes raced the TD Five Boro Bike Tour.

The New Jersey chapter had a strong showing at the Atlantic City Triathlon in August.

*ALT TEXT: Collage of group photos of triathletes in a pool, with tandem bikes and at a race finish line; adaptive athlete icons in gray boxes.*

*PHOTO Collage Page ALT TEXT: Male Achilles athlete running alongside his guide on a race course; Achilles athletes smiling together on a tandem bicycle.*

## **Thank You Team Achilles**

Team Achilles is our grassroots fundraising program which offers guaranteed entry into major endurance races for those who help advance our mission.

- 175 Charity Runners

- 4,400 Donations
- \$522, 664 Raised
- 27 States + Washington, D.C.
- 4 Countries Represented

*\*ALT TEXT: Collage of Team Achilles athletes running and posing inside orange circles on purple background. Infographic includes icon of runner, heart, and U.S. map.*

## Donor Spotlights

Completing the TCS New York City Marathon was a dream come true for these charity runners who wore their hearts on their sleeves.

### Caroline Reilly

The New York native was born with a brachial plexus birth injury that left her paralyzed in her right arm and resulted in nine major surgeries.

“I was told I'd never be able to play sports due to my disability, but through athletic programs and the support of friends and family I was able to play every sport I tried,” says Caroline. “I wanted to make my first time running a marathon about something much bigger than myself. Achilles' mission – remove barriers to athletic participation, create a supportive community, and champion inclusion in sports and in society – really resonated with me.”

### Diana Codispoti and Tavi Wallace

Diana Codispoti of Achilles Houston lives with achondroplasia dwarfism. The avid athlete was inspired by a fellow Achilles athlete with dwarfism to take on her first marathon.

“If it wasn't for Achilles, I would not be where I am today. I wouldn't be as confident in myself, I wouldn't be running my first marathon, and I wouldn't have ever met John [Young of Achilles Boston]! The Achilles community is really so amazing in the fact that everyone is always able to come together, despite so many differences, and form such an inclusive and supportive space for everyone. I am so grateful to be a part of it!”

Her guide, Tavi Wallace, ran the marathon in honor of her uncle Mark, who lives with a traumatic brain injury after surviving a gunshot wound. Tavi and Diana each raised over \$7,000!

*ALT TEXT: Pictures of Caroline, Diana and Tavi at the start and finish line of the marathon. Page features a Team Achilles female runner pointing and a QR Code to the webpage with text overlay, Will You Join Us?*

## Corporate Partners in Inclusion

In June, HOKA selected Achilles as a nonprofit partner and made a \$50,000 donation to support our mission. In addition, the leading athletic brand donated shoes and apparel



for our chapters. Elite HOKA athletes such as Mike Wardian and Rajpaul Pannu served as guides to runners with disabilities in the New York and Chicago Marathons.

“You can learn a lot about someone over a marathon. [I am] honored to have been an Achilles International guide for Vandka Bandelier [of Achilles Mongolia] for the Chicago Marathon in partnership with HOKA. Despite the language barrier, Vandka and I got acquainted with each other by navigating the streets of Chicago for 26.2 miles – a bond that we’ll share for a lifetime,” said Rajpaul on Instagram.

*ALT TEXT: Group photos of Achilles athletes in HOKA gear with arms outstretched cheering; Raj and Vandka at the start line; HOKA athletes, Mike Wardian with Francesco Magisano, Achilles NYC and Emily Glasser, Achilles CEO.*

With additional support from Citi Bike®, Achilles expanded the Adaptive Cycling Program in New York City to three new locations in the spring: Williamsbridge Oval, the Bronx; Prospect Park, Brooklyn and Flushing Meadows Corona Park, Queens.

“I have never used an adaptive bicycle before. I had a stroke in June, so all of these alternative forms of exercise are new to me. It’s summertime and I felt like it would be fun. I was excited to see that it was available in my borough,” said Nancy, a new Achilles athlete.

Degree® donated \$50,000 and featured two Achilles athletes, Sagirah Ahmed Norris of Houston, TX and Michael Zampella of Philadelphia, PA in its "Not Done Yet" San Francisco Marathon campaign in July.

*ALT TEXT: Group photos of handcyclists riding and posing in the Bronx; orange adaptive athlete icons in gray boxes.*

## **Donor Roll**

### **\$250,000+**

Cigna  
Lyft

### **\$100,000-\$249,999**

The Perry & Donna Golkin Family Foundation  
Rebecca and Bennett Lindenbaum  
The Moody Endowment  
TD Bank

**\$50,000-\$99,999**

The David & Sherry Cordani Family Foundation  
 The Lois E. and Neil J. Gagnon Foundation  
 General Motors  
 The Gordon and Llura Gund Foundation  
 HOKA  
 F. Robert Russo Jr. and Gerle Shagdar  
 The Town Fair Tire Foundation  
 Unilever

## IN KIND DONATIONS

Cigna  
 Fish & Richardson P.C.  
 General Motors  
 Gil & Schonig LLP  
 HOKA  
 F. Robert Russo, Jr.  
 U-Haul  
 Winston & Strawn LLP

*ALT TEXT: Daniel Jones of the New York Giants shaking hands with an Achilles athlete in a wheelchair at a Cigna event.*

**\$25,000-\$49,999**

Michael Burlant and Elizabeth Elting-Burlant  
 D.A.V. Charitable Services Trust  
 The Deerfield Foundation  
 Deloitte  
 Department of Veterans Affairs  
 The Greenstein & Mandel Family Fund  
 The Lakin Family Foundation  
 Metro Detroit Chevrolet Dealers LMA  
 MRM  
 Eileen and Leslie Quick  
 Richard Shutran

**\$10,000-\$24,999**

The Altschul Foundation  
 Henry Art

The Susan and Eliot Black Foundation  
 Boston Consulting Group  
 The Busboy Charitable Relief Fund  
 The Robert W. and Jane Cremin Charitable Fund  
 The DICK'S Sporting Goods Foundation  
 Dorrian's Bar Restaurant  
 The Steven Fastenberg Memorial Fund  
 Louise and James Glasser  
 Agnes Gund  
 Healthcare Business Media  
 IBM Corporation  
 The Dorothy Lemelson Foundation  
 Ross Moody  
 New York Life Insurance Company  
 The Stavros S. Niarchos Foundation  
 Pfizer  
 Stephanie and Mark Robinson  
 The Thomas A. and Georgina T. Russo Family Foundation  
 Paul Savage  
 The Shah Charitable Foundation  
 The Slomo and Cindy Silvian Foundation  
 Edward Stern  
 The Sullivan Family Fund  
 Xcel Brands

*ALT TEXT: Sophia, Achilles Kids, with Tiki Barber and Ross Moody at the Achilles Gala.*

**\$5,000-\$9,999**

Andrew Abrams  
 Wendy Abrams  
 The Aldrich Family Charitable Foundation  
 The Caldwell Stair Charitable Fund  
 The Ebb Point Foundation  
 Phil Ehrlich  
 The David and Leslie Fastenberg Family Fund  
 Edward M. Fox  
 Global Atlantic Financial Group  
 Peter Goldmacher  
 Steven Iglehart  
 Robert Katz

Keefe, Bruyette & Woods  
The Magowan Family Foundation  
Joe McFadden  
Trisha Meili and Jim Schwarz  
New York Community Trust  
The Overbrook Family Advised Fund  
Tim Reynolds  
The Maureen & Paul Rubeli Foundation  
Marc Samit  
David Schellhase  
Tyrrell Schmidt  
Jeffrey W. Schroeder  
Lili Siegelson  
Larry I. Sillen  
The Ralph L. Smith Foundation  
Billy Susman  
Suzanne Waltman and Martin Friedman  
Rachel Wilkinson

*ALT TEXT: Former NBA player Theo Ratliff with Nikki Winston of TD Bank, DJ Sophia Rocks and Bob Ellis at a TD Bank event for Achilles.*

**\$2,500-\$4,999**

John J. Angelone  
Ardea Holdings LLC  
Kyle Beatty  
Beligt Borjiged  
Alex and Lori Chatkewitz  
The Crane Charitable Funds  
Hallie Dillon  
Imran Fayyaz  
Celia Fisher  
Karen and Kevin Fittinghoff  
The Foreseeable Future Foundation  
The GIR 2022 Culture Annual Giving Fund  
The Greater Kansas City Community Foundation  
Philippe Guénat  
Alex Hernandez  
Jenny Li  
Matthew Lindenbaum

The Morton H. Meyerson Family Foundation  
 New York Medical College  
 Heather Norbury  
 Michael O'Dwyer  
 Joseph Patellaro  
 Arnold S. Penner  
 Kelsey Quick  
 Michaela Rodican  
 Angela Seeger  
 Jon Shin  
 Sandra J. Solomon  
 Marjorie and Louis Susman  
 Pierluigi Tortora  
 The Chris and Tracy Turner Charitable Fund  
 U-Haul  
 Samuel Wolff  
 Cynthia Young

ALT TEXT: Achilles handcyclist adjusting his helmet at a race start line.

## Financials

### Income

Foundations \$291,439.64  
 Corporations \$1,227,550.84  
 Charity Bib Program \$522,664.45  
 Government Grants \$28,623.51  
 Individual \$1,319,473.28  
 Total: \$3,389,751.72

ALT TEXT: Group photo of Achilles Kids members smiling and cheering.

### Expenses

Administration 19.77%  
 Fundraising 15.17%  
 Programs 65.06%  
 Total \$3,298,975.24

## Our Team

Emily Glasser, President and CEO  
Richard Herman, Chief of Staff  
Karen Lewis, Vice President, School Programs  
Janet Patton, Vice President, Event Production and Expansion  
Ryan Quick, Vice President, Development

Shiloh Ary, Manager, Development  
Casey Bass, Coordinator, Development and Communications  
Kristen Cassarini, Chapter Lead, Chicago  
Kathryn Chu, Director, Volunteer Chapters and Special Projects  
Michaela Cueto, Chapter Lead, Houston  
Margaret DeJesus, Director, Communications  
Genna Griffith, Director, Event Production and Expansion  
Joe LeMar, Chapter Lead, Achilles Boston  
Francesco Magisano, Director, NYC Metro Region  
Hannah McFadden, Chapter Lead, Washington, D.C.  
Lindsey Novakovic, Program Manager, Team Achilles Kids  
Kelly O'Brien, Director, Development  
Arielle Rausin, Director, International Chapters  
Domenic Romano, Manager, NYC Adaptive Cycling  
Joseph Schneiderman, Director, Finance and Human Resources

*ALT TEXT: Photo of Achilles staff member waving while guiding an Achilles athlete on the race course.*

## **Board of Directors**

Donna Golkin, Co-Chair  
David Greenstein, Co-Chair and Treasurer  
David Paterson, Co-Chair  
Tyrrell Schmidt, Secretary

Hank Art  
Robert W. D'Loren  
Alisa Fastenberg  
Thomas Jenkins  
Cedric King  
Rebecca Lindenbaum  
Trisha Meili  
F. Robert Russo, Jr.  
Paul Savage  
Richard Shutran  
Ross Wilson

*ALT TEXT: Emily Glasser posing with Mayor of New York City, Eric Adams, while holding the Achilles Day Proclamation.*

## **Get Involved**

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(212) 354-0300

[www.achillesinternational.org](http://www.achillesinternational.org)

[info@achillesinternational.org](mailto:info@achillesinternational.org)

*ALT TEXT: Photo of two Achilles members running together on a race course.*

*Photo Credits: Section 4, Victor Mirontschuk; Section 7, David Baird; Section 8, Jack Morton; Section 9 Event Power; Section 11, Victor Mirontschuk; Section 12, Jared Siskin.*