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Dear Achilles Community,

The foundation of Achilles is our community. The high five, the fist bump, the crowds on race day, the sound of a “Go Achilles” from a stranger running or rolling by, matter more than you can imagine.

We’re a team. Donning the neon yellow Achilles shirt connects us and gives us that sense of belonging. None of it is possible without you.

If I had to pick one word to sum up 2021, it’s resilience. We navigated so many twists and turns together, from maintaining connection through lockdowns, celebrating the return to in-person workouts and races to pulling back once again with a year-end surge of the virus.

Though this has been another challenging year, it is one to celebrate. I want to take this moment to celebrate YOU. You raced. You volunteered. You donated. You followed. You trained and smiled in the heat, the rain, the cold, the pandemic. If your event was canceled or travel was not possible, you went outside and just made your own. You learned how to steer a handcycle. You pushed someone else up the hill and made a new friend. When 26.2 miles felt too “easy,” you took it up a notch further and tried a triathlon for the first time. You turned a computer screen into a virtual dance party.

I want to thank you for being on this journey with us and for never wavering in your commitment to the Achilles International community. I cherish your involvement with Achilles and look forward to being with you, in person and in spirit, at more start lines around the globe.

Sincerely,

Emily Glasser
President and CEO
80% of Achilles’ members report an increase in their well-being and self-confidence.

60% say the greatest benefit of Achilles to their lives has been a stronger sense of community or helping others.

OUR IMPACT

BREAKING DOWN BARRIERS TO THE START LINE FOR ATHLETES WITH DISABILITIES SINCE 1983

<table>
<thead>
<tr>
<th>500</th>
<th>Finish lines crossed</th>
</tr>
</thead>
<tbody>
<tr>
<td>277</td>
<td>New athletes with disabilities</td>
</tr>
<tr>
<td>1,069</td>
<td>US based volunteers signed up</td>
</tr>
<tr>
<td>70</td>
<td>Chapters worldwide</td>
</tr>
<tr>
<td>150,000</td>
<td>Youth, adults and veterans served and counting</td>
</tr>
</tbody>
</table>
The pandemic kept us apart. The Achilles Resilience Relay brought us back together. Athletes with disabilities and their guides completed the 650-mile relay running, riding and walking from Charlotte, NC, to New York, NY, from June 26 to July 10. The relay shed light on the 26% of Americans living with a disability. From sunrise to sunset, 130 athletes rallied their local communities raising over $109,000. Longtime Achilles sponsor, General Motors, led the fundraising charge by engaging local Chevrolet dealers along the route.

After the athletes battled through the effects of the heat and Tropical Storm Elsa rainfall, they were greeted in New York City for the final segment of the route with a special Bloomingdale’s window display, featuring videos of Achilles NYC teammates cheering them on to the finish. The journey ended with a final baton pass in Central Park at the start line of the 19th Annual Achilles Hope & Possibility® 4-Miler presented by TD Bank and hosted by New York Road Runners. Nearly 4,000 runners completed the race in a sea of smiles, high-fives and hugs.

“Hope and Possibility embodies athletes of all abilities to come together in the running community and run for a great cause,” said Achilles athlete Lamar Brown.

ACHILLES STRONG FROM START TO FINISH

Achilles athletes were awarded prizes and placed in the top three of their divisions at the Boston Marathon!

Congratulations:
- Zach Stinson, Freedom Team
- Wendy Larsen, Achilles Houston
- Adam Popp, Freedom Team
- Irwin Ramirez, Achilles DC

We’re proud of our Achilles athletes who participated in the following major races in 2021:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achilles Resilience Relay</td>
<td>June 26 - July 10</td>
<td>130 athletes and 170 guides</td>
</tr>
<tr>
<td>Achilles Hope &amp; Possibility®</td>
<td>July 10</td>
<td>75 athletes and 115 guides</td>
</tr>
<tr>
<td>Presented by TD Bank</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NYC Triathlon</td>
<td>July 11</td>
<td>12 athletes and 12 guides</td>
</tr>
<tr>
<td>Berlin Marathon</td>
<td>September 26</td>
<td>24 athletes and 23 guides</td>
</tr>
<tr>
<td>Chicago Marathon</td>
<td>October 10</td>
<td>14 athletes and 20 guides</td>
</tr>
<tr>
<td>Boston Marathon</td>
<td>October 11</td>
<td>35 athletes and 9 guides</td>
</tr>
<tr>
<td>Detroit Marathon</td>
<td>October 17</td>
<td>19 athletes and 1 guide</td>
</tr>
<tr>
<td>50th TCS NYC Marathon</td>
<td>November 7</td>
<td>115 athletes and 90 guides</td>
</tr>
</tbody>
</table>
CHAPTER HIGHLIGHTS

Athletes with disabilities and volunteer guide runners team up each week for a workout at Achilles’ chapters all over the world. Our chapters also provide athletes a powerful sense of social connection.

U.S. CHAPTERS

Boston returned to group workouts while Utah created a 365-mile tandem bike ride capped off with a marathon.

Boston

Houston led a workout at the groundbreaking ceremony for the city’s first fully accessible park.

Houston

Connecticut, Nashville, and New Jersey teamed up with U-Haul for the Keep It Moving Challenge, which included virtual and in-person Hope and Possibility® races of varying distances.

Connecticut

Kansas City and Long Island squared off in a virtual Strava challenge to motivate members to log miles in August.

Kansas City

The Newington High School Field hockey team raised funds and teamed up with Connecticut to learn about guide running.

Newington

Achilles Tucson President Lupita and Vice President Lisa took first place in their age groups in the Southern Arizona Roadrunners Grand Prix 12-race series.

Achilles Tucson

AIN’T NO MOUNTAIN HIGH ENOUGH FOR ACHILLES

Kelly Trujillo, Kansas City chapter leader, raised thousands when she dedicated her Mount Everest Base camp trek in Nepal to Achilles!
INTERNATIONAL CHAPTERS

Members around the world found ways to stay active despite the challenging circumstances of the pandemic. From social distanced runs in forests to beating the harsh cold and heat, Achilles athletes didn’t let anything stop them from completing the coveted 26.2-mile marathon distance.

Ecuador not only added an ultra marathon to their Hope & Possibility® themed races, they have their very own soccer team that competed in the national championships for amputees.

Colombia completed the Gran Fondo Ponal 90k cycling race.

Mongolia worked with the National Park in UlaanBaatar to build an accessible clubhouse that allows members to access locker rooms and store running wheelchairs and gear in harsh weather conditions.

“I have managed to fulfill my sports dream of running 100 kilometers. I like to lead by example and I managed to get three handcyclists to join me. I am proud of all the athletes for being the pioneers and benchmarks of my country and proud to be part of Achilles International in bringing hope and possibilities far beyond the limits of known distances.”
— Byron Pozo, Director of Achilles Ecuador
After you’re injured, you are always looking to get your freedoms back. That’s one of the things you look towards. Being able to ride gives me that sense I had pre-injury,”

- Jeff Lewis, 9 year U.S. Army veteran

The team, composed of veterans living with a disability, collectively crossed over 60 start lines! This would not have been possible without the enduring support of our Freedom Team sponsors, Cigna and General Motors. The fall marathon tour was like no other, with Berlin, Chicago, Boston, Detroit and New York stacked closer together than usual due to the pandemic.

Captained by former United States Marine Sgt. Mike Sprouse, the team completed 400-miles of the Resilience Relay. They were greeted by former President George W. Bush in Washington D.C. at a Cigna sponsored event.
As a teacher, I greatly enjoy the support and flexibility of the Achilles Kids program. Each of my athletes have unique abilities. Students enjoy this structured running program while increasing their endurance and stamina. For students who changed teachers or schools, this program has been particularly beneficial by helping give them a sense of stability. My students are delighted when they receive their certificates as acknowledgement of their achievement.”

Dan Feldman, San Diego Unified School District, Achilles Kids participant since 1999
The triathlon training camp held in the fall teaches the skills needed to one day complete a tri, and it encourages athletes and their guides to try something new!

Five Achilles athletes participated in multi-sport events for the first time ever including Irwin Ramirez, Washington DC chapter President. Ramirez participated in the TD Five Boro Bike Tour in New York with more than 20 Achilles athletes.

Three athletes represented Achilles at the Team USA talent development camp. We hope to see some of them representing Team USA internationally this coming season.
On November 18, 2021, we held our virtual Celebration of Resilience. We honored the athletes, volunteers and supporters in the Achilles community who embodied resilience:

Ezequias Prado, Achilles Brazil
Nick Roker, Achilles NYC
Mike Sprouse, Achilles Freedom Team

The evening, which raised over $416,000, featured “The Guide,” a special skit starring TV personalities from The Bachelor franchise, Dustin Blaine Kendrick, Dr. Joe Park and Peter Weber as well as Achilles staff Francesco, Michael and Janet. Kirstin Cole, PIX 11 reporter, hosted the evening, which also included special appearances by Achilles guide and former New York Giants running back Tiki Barber, and Achilles Board member Meghan McCain.
Since the cancellation of races in 2020, our charity runners have helped to raise over half a million dollars!

Grant Palmer was named top fundraiser of our NYC Marathon team raising nearly $16,000.

2021 Races
- **NYC Marathon:** 105 charity runners
- **Chicago Marathon:** 22 charity runners
- **Berlin Marathon:** 18 charity runners
- **NYC Triathlon:** 6 charity runners

**Top Charity Entrant Fundraisers**

- KAREN LEWIS
- GRANT PALMER
- STEPHEN POWER
- OLIVIA DILORATI
- MATT J. ROYKA
- ANDREA QUAREGNA
- WEIHUA JU
- ROB LAMBERT
- ALISA MCQUEEN
- DANIELLE PADOVANO
- JENNY HWANG
- ERIN MONDELLO

**LOVE AT FIRST GUIDE**

Brianna Nielsen and Jeffrey Gelband first met while volunteering as guides for our New York City chapter.

We congratulate them on their wedding in August and thank them for their generosity. In lieu of a registry, the couple asked their wedding guests to donate to Achilles, raising thousands to help us transform the lives of athletes living with a disability.

“There are very few things in my life that I have found more rewarding than becoming part of the Achilles community”
- Jeff Gelband

**CROSSING THE ATLANTIC FOR ACHILLES**

Longtime Achilles super-guide Dixon McDonald showed his support in a unique way last year by rowing 3,000 miles across the Atlantic Ocean in support of Achilles. Dixon and his three teammates competed in the Talisker Whiskey Atlantic Challenge, which set off from La Gomera in the Canary Islands on December 12th, 2020. They arrived in Antigua 36 days, 5 hours, 10 minutes later finishing in 2nd place in their division, 3rd place overall, and making Dixon the 55th American to row across the Atlantic. Dixon was able to raise an astonishing $50,000+ to support Achilles athletes all over the world. “Achilles athletes and guides never cease to amaze and inspire me so I feel lucky that I was able to support such a fantastic organization by taking on this trans-Atlantic ocean rowing challenge,” says Dixon.
ATHLETE SPOTLIGHT

Wendy Larsen, Achilles Houston, placed first in the Women's Handcycle division of the Boston Marathon at 1:37:15.

“Most of my life I was told by doctors that I could not play sports, I could not run, I could not do anything that would put any kind of impacts on my joints and got told ‘no’ a lot,” Larsen told her local NBC affiliate. “I set a personal record, by quite a bit, came in first place and I set a course record for women’s handcycle.”

Eric Strong, Achilles Charlotte, completed 44 miles in one day to kick off the Resilience Relay.

“I was ecstatic to be part of something so great,” says Strong.

In 2020, nurse and ultrarunner Kim McCoy was hit by a car while running a 340-mile endurance race and had to have her leg amputated. In 2021, after joining Achilles NYC, she completed the Hope & Possibility 4M®, her first race after the tragic accident.

“This is just the start of my journey,” she told Runner’s World.
DONOR ROLL

$250,000+
Cigna

$100,000-$249,999
Lyft
General Motors
The Moody Endowment
Perry & Donna Golkin Family Foundation
TD Bank

$50,000-$99,999
David & Sherry Cordani Family Foundation
F. Robert Russo Jr. Charitable Fund
Rebecca and Bennett Lindenbaum
The Moody Foundation
Town Fair Tire Foundation
Veterans Administration

$25,000-$49,999
Michael Burlant and Elizabeth Elting-Burlant
Nike, Inc.
Chevrolet
Ingrid Crane
D.A.V. Charitable Services Trust
Deloitte
Matthew R. Eilers
Google
Agnès Gund
The Gordon and Llura Gund Foundation
The Greenstein & Mandel Family Fund
The Lois E. and Neil J. Gagnon Foundation

Metro Detroit Chevrolet Dealers
New York Life Insurance Company
Paul, Weiss
Richard Shuratan
Xcel Brands

$10,000-$24,999
Altschul Foundation
Benevity Fund
Bloomberg L.P.
Busboy Charitable Relief Fund
Capgemini
DICK’S Sporting Goods Foundation
Dorothy Lemelson Foundation
The Steven Fastenberg Memorial Fund
Louise and James Glasser IBM
Lululemon
Eileen McShane
John and Karen Kelly
Jonathan Prokop and Catherine Kiefer
Eileen and Leslie Quick
Robert W. Cremin Charitable Fund
Salesforce
The Schmidt Family Charitable Fund
The Slomo & Cindy Silvian Foundation
The Sullivan Family Fund
U-Haul

$5,000-$9,999
Aldrich Family Charitable Foundation
Carolina Chevrolet Dealers
Central Carolina Chevrolet Dealers
Chevrolet Tri-State
Jennifer L. Cohen
Maria and Philip Ehrlich
Arlene M. and Edward Fox
Heart of Virginia Chevrolet Dealers
Jane and Robert Katz
David J. Kurti
The David & Leslie Fastenberg Family Fund
Matthew Kroehler
New York Medical College
Northwell Health
Philadelphia Area Chevrolet Dealers
Thomas Quick
Ralph L. Smith Foundation
James Rountree
Kathy and Richard Russo
Paul Savage
Schwab Charitable Fund
Siegelston’s Diamonds
Katherine Farley and Jerry Speyer
Stanley Shalom Zielony Foundation
Susan & Eliot Black Foundation
Davide Tesini
Pong Trairatvorakul
Paul R. Trebilcock
Trisha Meili and Jim Schwarz Charitable Foundation
Jamie Zimmerman

$2,500-$4,999
Sherin Al-Safadi
BAFK
CAF America
Frederick Cheng
Joe Chura
Amy Cohen
The Crane Fund for Widows and Children
The Daugherty Family Charitable Fund
Ronald Fischer
Marco Giarracca
Ifikhar Charitable Fund
Christina Jenks
Zoe Khalap
Eoin Kiely
Maureen & Paul Rubeli Foundation
Lisa McQueen
Meyerson Family Foundations
Ross Moody
Mulberry Group, Inc.
DC Palmers
Joseph Patellaro
Arnold Penner
Pfizer
Kenneth Podziba
Ravi Chopra Foundation
John Reynolds
Sethness Family Foundation
Stephanie Sher
Simsbury Public Schools
Mackenzie Smith
Orin Snyder
Erin Spadola
Alison Sterley
Louis and Marjorie Susman
Threadstone LP
Oliver Townsend
Vanke
Writing On the Wall
Benjamin Zlatin
Zlatin Family Charitable Fund

IN KIND DONATIONS

Boston Consulting Group
Fish & Richardson P.C.
Joseph L. Gil CPA, PC
Hilton Hotels & Resorts
Michael J. Fox
Lividini & Co.
Osler, Hoskin & Harcourt LLP
Paul, Weiss
Smart & Biggar LLP
Winston & Strawn LLP
FINANCIAL IMPACT

**INCOME**

- **Government Grants**: $70,853.00
- **Charity Bib Program**: $377,087.59
- **Foundations**: $270,763.15
- **Corporations**: $1,055,304.49
- **Individuals**: $1,281,077.15

**EXPENSES**

- **Programs**: 65.30%
- **Fundraising**: 14.43%
- **Admin**: 20.27%
BOARD OF DIRECTORS

OFFICERS

David Paterson
Co-Chair

Jonathan Prokup
Co-Chair

David Greenstein
Treasurer

Tyrrell Schmidt
Board Secretary

DIRECTORS

Hank Art
Robert W. D’Loren
Matthew Eilers
Alisa Fastenberg
Donna Golkin
John Kelly

Rebecca Lindenbaum
Trisha Meili
F. Robert Russo, Jr.
Paul Savage
Richard Shutran
Lili Siegelson

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Vice President
Programming

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Director
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Development

MARGARET DEJESUS
Director
Communications
& Marketing

GENNA GRIFFITH
Director
Special Events &
Affiliate Groups

KAREN LEWIS
Director
Achilles Kids

FRANCESCO MAGISANO
Director
NYC Metro Region
& TriAchilles

JANET PATTON
Director
Achilles
Freedom Team

RYAN QUICK
Vice President
Development &
Communications

DOMINIC ROMANO
Equipment
Manager

GERLE SHAGDAR
Director
International
Chapters

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