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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.
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.
- 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.

EMILY GLASSER
President and CEO
IMPACT

66 Chapters
18 Countries

3,100 Workouts

4,500 Volunteers

10,000 Members Served

www.achillesinternational.org
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.
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."

### RACES TO REMEMBER

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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.
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.

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.
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.
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!”
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 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.
"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, U.S. MARINE CORPS CAPTAIN
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.
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 IN 89 SCHOOLS ACROSS THE COUNTRY

21
NEW SCHOOLS AND 1,600 NEW STUDENTS IN 2022
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.
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

THANK YOU TEAM ACHILLES
MEET THE MARATHONERS: TEAM ACHILLES

Completing the 2022 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!” she says.

Diana's 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!
WILL YOU JOIN US?
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.
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.
## 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
$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
$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
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$2,500-$4,999
John J. Angelone
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Alex and Lori Chatkewitz
The Crane Charitable Funds
Hallie Dillon
Imran Fayyaz
Celia Fisher
Thank You

Karen and Kevin Fittinghoff
The Foreseeable Future Foundation
The GIR 2022 Culture Annual Giving Fund
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U-Haul
Samuel Wolff
Cynthia Young

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FINANCIALS

INCOME
$3,298,975
- Individual: $1,319,473
- Corporations: $1,227,550
- Charity Bib Program: $522,664
- Foundations: $291,439

EXPENSES
$3,389,751
- Fundraising: 15.1%
- Administration: 19.7%
- Programs: 65%
OUR TEAM

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

Shiloh Ary, Manager, Development  
Casey Bass, Coordinator, Development & Communications  
Kristen Cassarini, Chapter Lead, Chicago  
Kathryn Chu, Director, Volunteer Chapters & Special Projects

Michaela Cueto, Chapter Lead, Houston  
Margaret DeJesus, Director, Communications  
Genna Griffith, Director, Event Production & Expansion  
Joe LeMar, Chapter Lead, Achilles Boston  
Francesco Magisano, Director, NYC Metro Region  
Hannah McFadden, Chapter Lead, Washington, D.C.  
Lindsey Novakovic, Program Manager, Achilles Kids  
Kelly O’Brien, Director, Development  
Arielle Rausin, Director, International Chapters  
Domenic Romano, Manager, NYC Adaptive Cycling  
Joseph Schneiderman, Director, Finance & Human Resources
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David Greenstein, Co-Chair and Treasurer
David Paterson, Co-Chair
Tyrrell Schmidt, Secretary

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THANK YOU

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