



REFRAMING WHAT'S POSSIBLE

ANNUAL REPORT

20
22





GO

ACHILLES



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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.
- 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.



A handwritten signature in black ink that reads "Emily Glasser".

EMILY GLASSER
President and CEO

IMPACT



66 Chapters

18 Countries



3,100 Workouts



4,500 Volunteers



10,000 Members Served



Achilles
INTERNATIONAL

ECUADOR

74%

OF ACHILLES MEMBERS SAY
THEIR MENTAL HEALTH HAS
IMPROVED

75%

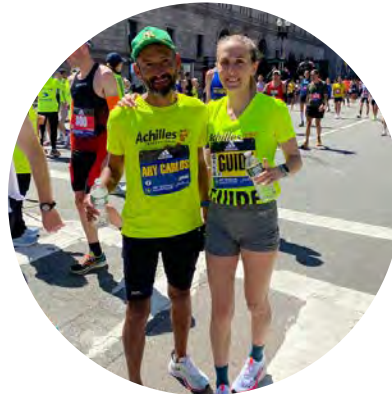
SAY BEFORE JOINING ACHILLES,
THEIR PHYSICAL ACTIVITY WAS
SEVERELY LIMITED BECAUSE
THEY DID NOT HAVE A
SUPPORTIVE GROUP TO TRAIN
OR SOCIALIZE WITH



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**





**Marine Corps
Marathon**

October



**Detroit Free Press
Marathon**

October

**TCS New York City
Marathon**

November





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.



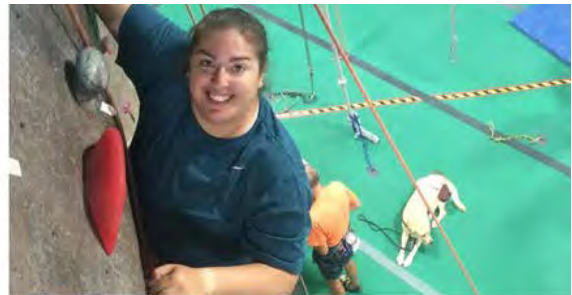
CHAPTER HIGHLIGHTS

05



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!”



ACHILLES FREEDOM TEAM

06



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

07

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



TRIACHILLES

09



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



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.



\$13,000

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."



\$14,800

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?

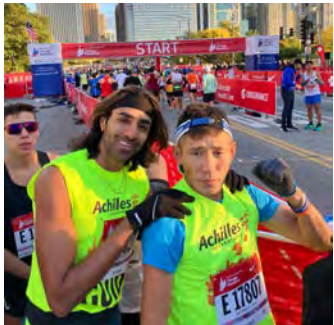


CORPORATE PARTNERS IN INCLUSION

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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.



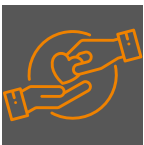
“You can learn a lot about someone over a marathon. [I am] honored to have been an Achilles International guide for Vandka Bandelier [of Achilles Mongolia] for the Chicago Marathon in partnership with HOKA. Despite the language barrier, Vandka and I got acquainted with each other by navigating the streets 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. Cagnon
Foundation
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The Gordon and Llura Gund Foundation
HOKA
F. Robert Russo Jr. and Gerle Shagdar
The Town Fair Tire Foundation
Unilever

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Cigna
Fish & Richardson P.C.
General Motors
Gil & Schonig LLP

HOKA
F. Robert Russo, Jr.
U-Haul
Winston & Strawn LLP



\$25,000-\$49,999

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 MRM
 Eileen and Leslie Quick
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\$10,000-\$24,999

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 The Sullivan Family Fund
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\$5,000-\$9,999

Andrew Abrams
 Wendy Abrams
 The Aldrich Family Charitable Foundation
 The Caldwell Stair Charitable Fund
 The Ebb Point Foundation
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 The David and Leslie Fastenberg Family Fund
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\$2,500-\$4,999

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Karen and Kevin Fittinghoff
The Foreseeable Future Foundation
The GIR 2022 Culture Annual Giving
Fund
The Greater Kansas City Community
Foundation
Philippe Guénat
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The Chris and Tracy Turner Charitable
Fund
U-Haul
Samuel Wolff
Cynthia Young

Thank You

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FINANCIALS

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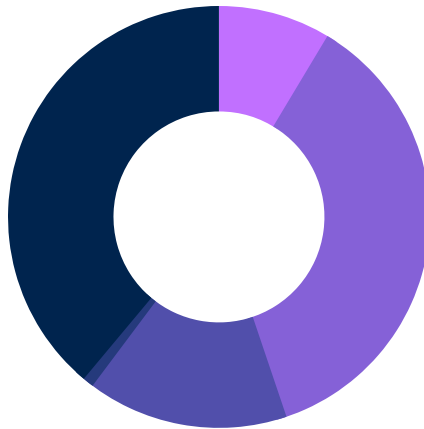
INCOME

\$3,298,975

Individual
\$1,319,473

Foundations

\$291,439



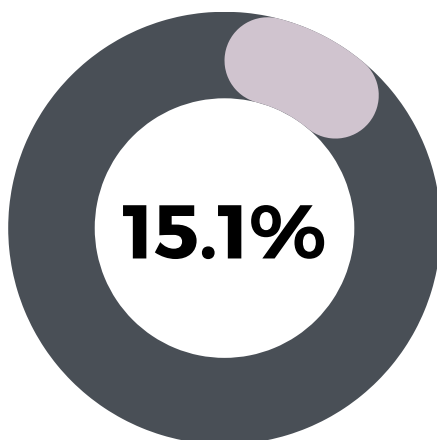
Corporations
\$1,227,550

Charity Bib Program

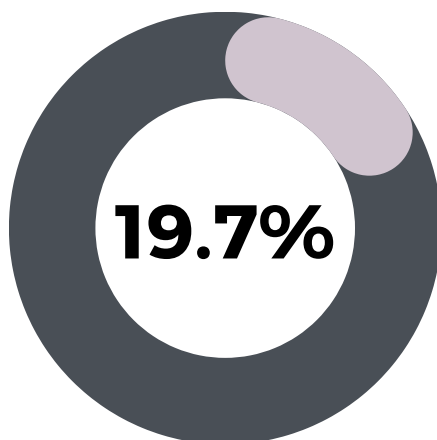
\$522,664

EXPENSES

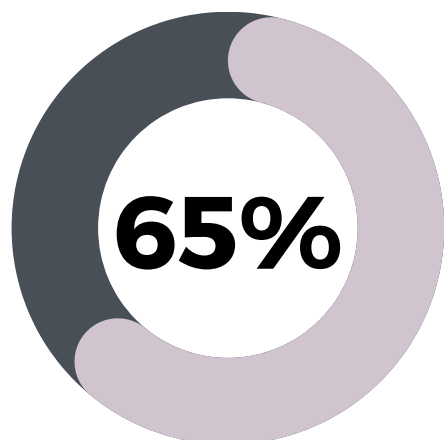
\$3,389,751



Fundraising



Administration



Programs

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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BOARD

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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

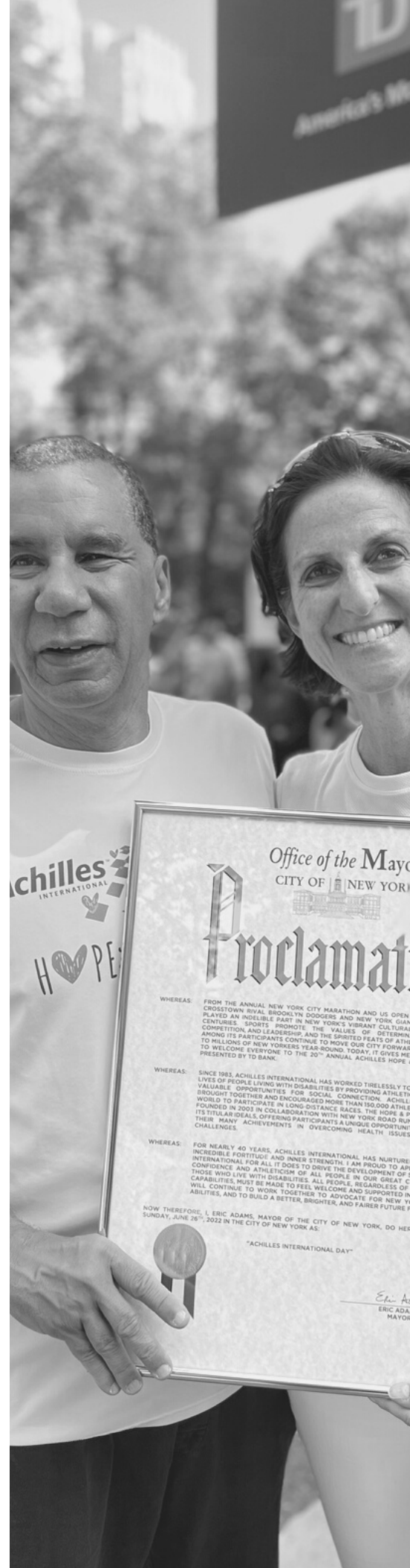
Trisha Meili

F. Robert Russo, Jr.

Paul Savage

Richard Shutran

Ross Wilson





THANK YOU



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