



## Community Contributions: Carol Chan Guides Achilles International

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By Steven Rivera

Carol Chan, Associate Analyst in the Corporate Finance Group (CFG), performs research on airlines, auto suppliers and rail sectors in the U.S. and periodically connects with management to understand how companies in these industries are performing. She most enjoys the complexity and variety of her work.

"The dynamics of an industry are always changing and I really enjoy the process of analyzing and synthesizing new information," she said.

In her spare time, Carol displays the same enthusiasm and interest in her work at Achilles International, a non-profit organization at which she has volunteered since 2002. Achilles International is a global organization that provides training for people with physical disabilities to run and participate in races, including marathons. Its goal is to help them build physical strength and confidence, which they can transfer to other areas of their lives.



When Carol first joined Achilles in 2002, she volunteered 20 to 30 hours per week in the organization's office in Manhattan and befriended a whole new group of athletes of all different abilities, including the organization's founder, Dr. Dick Traum. During that time, she wrote and distributed the non-profit's press releases and spoke to the media about its marquee events. In addition, she served as a guide to blind and amputee runners at training runs and local races. In one New York City marathon, a blind runner whom Carol was helping, grew tired at the 24th mile, but she refused to let him quit. Instead, she incited the crowd of spectators and spurred them to cheer him on and, in time, they finished the race together.

"Here's a man who, despite his disability, had been training for months for this event," said Carol. "I knew he wanted to finish the race but needed someone at his side to keep him going. I told him that we can stop and stretch, and take as long as he wants but we weren't quitting. It just wasn't an option."

In addition to serving as a guide runner on weekend training runs and races, Carol will be volunteering her time at the Achilles booth at the 2010 [ING New York City Marathon Health and Fitness Expo](#) this fall. Achilles usually has about 300 disabled runners from all over the world participating in the New York City Marathon. "Don't underestimate them," said Carol with a smile. "Some of these teams are fast!"

Overall, Carol says that volunteering with Achilles has been "an incredibly fun, inspiring and rewarding experience." Through interacting with the runners and guiding them through their races, she built a new network of friends and their unending tenacity and the courage they display, despite their disabilities, continues to inspire her.

"My friends from Achilles have taught me that life is filled with ups and downs, but to succeed you have to adapt to your situation and learn to face life's rewards, as well as challenges, with grace. It's a lesson I'm still learning," she said.

Carol cherishes the time she has dedicated to Achilles International and hopes to continue to make a meaningful impact on the lives of its participants.

Contact [Carol Chan](#) or visit [www.AchillesInternational.org](http://www.AchillesInternational.org) for more information.

PICTURED: (right to left) Carol Chan, Associate Analyst in CFG, stands with Roger Silverstein, Achilles sponsor and supporter, Ken Podziba, President and CEO of Bike New York, and Andy Gould, Sports Commissioner, at the "Let Freedom Run" race held in 2002 to honor 9/11 victims. At this race, Carol covered the media and press for Achilles International and cheered on the runners.