

## Achilles International

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## New York City Chapter

Meets twice a week in Central Park,  
rain or shine, all year long!

90th & Fifth Avenue  
Tuesdays at 6:15 PM  
Saturdays at 10:15 AM

New athletes and volunteers are always welcome!  
Sign up online at: [www.achillesinternational.org](http://www.achillesinternational.org)

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*Achilles Freedom Team at the start of the 2011 Detroit Marathon (photo courtesy of Steve Fecht).*

## A Message From The President

Last week an acquaintance asked, "Tell me, what has Achilles been doing?" Well, it has been a busy time! On October 9th, we sent a team to compete in the Chicago Marathon. **Tammy Duckworth**, a double-amputee and a member of our Freedom Team of Wounded Veterans, competed in her third Chicago Marathon and finished with a time of 2:09. Her next competition will be a run for Congress representing the Eighth District in Chicago. **Good luck Tammy!**

The following week I had the privilege of competing alongside Achilles athletes in the Detroit Marathon. We were the guests of **General Motors** and were treated as royalty. The team enjoyed the flat, beautiful course which included Canada. During the same weekend, a team of Achilles Kids competed in the **Terry Fox Race** and approximately thirty Achilles members went to the **Westchester Medical Center** and ran the annual "**Race for Rehab.**" The event raised \$16,000 for Achilles and is the cornerstone of a new Westchester Chapter. Two weeks later, fifty three Achilles members, including international athletes and wounded veterans, raced in the **Marine Corps Marathon** in Washington, D.C. Some used it as a warm-up for New York. Wednesday, November 2nd, was our twenty-first

annual fundraiser. Over 300 people honored **Joao Silva** and **Mike Kacer**. Joao, a New York Times photographer, lost his legs in Afghanistan, went through rehabilitation at Walter Reed Army Medical Center, and trained with the Freedom Team for his first marathon. **Arthur Sulzberger, Jr.**, the publisher of *The New York Times*, presented him with an award. Mike, our second honoree, lost an arm in Afghanistan. Last June, before the Hope and Possibility Race, he caught a foul ball with his hat. A video of the catch was seen around the world. He also competed in the NYC Marathon. On Friday, November 4th, we had our annual volunteer/marathon party. Over 400 people from 21 countries loaded up on pasta. Saturday, November 5th, the **Union League Club** hosted a party for our Freedom Team of Wounded Veterans. Finally, on Sunday, November 6th, 250 Achilles members from throughout the world competed in the New York City Marathon. What a month it was!

## Go Achilles!



## 2011 ING New York City M

Achilles had more than 250 athletes in the NYC Marathon on November 6. Members of the Freedom Team and NYC Chapter joined Achilles athletes from 21 countries (including Brazil, Canada, Ecuador, France, Japan, New Zealand, South Africa, and Venezuela) and 22 states from the U.S. We had 140 runners, 108 handcyclists, and 14 wheelchair athletes. The youngest person was 18; the oldest was 83.

Sponsored by **Dr. Rusty Varlotta** and the **Rusk Institute of Rehabilitative Medicine**, the Reunion Area for Achilles marathon finishers was the hot volunteer ticket this year! Incredible volunteer teams worked together to make sure our competitors received a warm welcome and had everything they needed post-finish. Thanks to the FBI's **Jacqueline Delaney**, **Koma Gandy** of **Ernst & Young** and the **New York Rugby Club**, **Candra Mackenzie** of **Astor Collegiate Academy**, **Chris Nihill** of **Port Sailing School**, as well as members of the **FBI Citizens' Academy** for recruiting and organizing volunteer teams. **Kat**, **Liza** and **David** of **Sambuca Italian Restaurant** kept the food table stocked and rocking with students from local schools. **Dallas BBQ** once again supplied delicious chicken soup. Heartfelt appreciation for everyone's efforts and service!

### Pre Marathon Activities

The Achilles International Gala was held on Wednesday, November 2. This year the honorees were very close to our heart. **Staff Sergeant Michael Kacer** served with the 28th infantry division in the Army. On June 18th, 2008 while serving in Afghanistan, he was hit by a mortar attack causing the amputation of his left arm plus other injuries. He recovered at Walter Reed for nearly three years. Michael has completed multiple races with Achilles including the Detroit and New York City Marathons and the Disney and NYC Half Marathons. While in New York with the team for the 2011 Hope & Possibility 5 Mile Race, Michael caught a foul ball at a Yankees game, setting off a wave of publicity. He used the resulting attention to bring awareness to the Achilles Freedom Team. **Mark Degnan** of General Motors presented the award to Michael.

**Joao Silva** started taking pictures in 1989. He began his career with the *Alberton Record*, a local paper in South Africa. Joao became a regular freelancer for *The New York Times* in 1996 and a contract photographer with the *Times* in 2000. On October 23, 2010, he sustained injuries while on duty with the U.S. Army based in southern Afghanistan that resulted in the amputation of both legs. **Arthur Sulzberger Jr.**, Publisher and Chairman of *The New York Times* presented the award to Joao.

Both Michael and Joao competed in the NYC Marathon. It was our honor to recognize them for their achievements.



left-right, top row: Team Bill Reilly storms towards the NY  
left-right middle row: Team Joe Bellantoni runs in style; KE Plunkett receives his award  
left to right bottom row: an Achilles athlete nearing the end of his marathon  
(photos courtesy of Achilles)

# Marathon Week Highlights



The dinner is a crucial source of support for Achilles programs throughout the year. Special thanks to our Co-Chairs: **Mark Degnan, Bob D'Loren, Donna Golkin, Bob Katz, Howie Rubin,** and **Ilan Stern** and our Vice Chairs: **Mike Burlant, Earthbound LLC, Matt Eilers, Mason Haupt, Jim Huston, Kevin Knight, John Legere, Marcel Lignon, Chloe Malle, Bonnie Marks, Bruce Mosler, The New York Times Company, Trisha Meili, Ted Rogers, Lili Siegelson, Martin Sullivan, Donald Trump,** and **Fred Umbach.** We are also grateful to the **NY Yankees,** the **NY Times,** and **Jon Stewart** for contributing wonderful videos that were the highlight of the night.

On Friday November 4, Achilles athletes, guides, charity entries, board members and supporters gathered at the Holiday Inn for a pre-race pasta dinner and celebration. **Kyoko Rooney** presented *The James Rooney Award for Outstanding Guide* to **Judith M. Smith.** **Jack McAlinden** was on hand to give **Nano Chlimon** the *John McAlinden Award for Outstanding Handcranker.* **Alisa Fastenberg** cheered as **K.E. Plunkett** received *The Steven R. Fastenberg Achilles Kids Award.* *The General Motors Military Discount Award for the Outstanding Achilles Freedom Team Member* went to **Melissa Stockwell** while the *Alberto Arroyo Award* was presented by **Lou Torres** to **Andrea DeMello.**

The **Canadian Chapter** received *The Jonathan Rosen Award* and awards were given to people who have completed 25 consecutive NYC Marathons. It was a festive evening full of anticipation for the big race.

## Parade of Nations

On Friday November 4th some of the International Chapters of Achilles participated in the First Annual Parade of Nations sponsored by New York Road Runners. The Achilles contingent was made up of runners and guides from many countries including Ecuador, South Africa, the United States, Poland, New Zealand, Switzerland and Norway. The parade covered the final stretch of the marathon route from the entrance of the park near Columbus Circle all the way up to the finish line near the former Tavern on the Green. Achilles had a great spot in the parade marching second to last directly in front of the group representing the U.S. led by a New York Police Department color guard and New York Fire Department bagpipers. South African Achilles runner **Peter Swanepoel** and other Achilles International team members held the Achilles banner with pride as hundreds of spectators watched from the bleachers. The parade culminated in fireworks and a sing-along of New York, New York. Achilles volunteer and marathon guide **Drew Stadler** helped coordinate the chapters in the parade. Thank you Drew and thank you to the Achilles athletes and volunteers who participated.

NYC Marathon finish line; Joao Silva in his first NYC Marathon award from Alisa Fastenberg; Joao Silva and Michael Kacer at the 2011 Achilles gala challenge; Dan Crossen in fine running form; Team Bellantoni from behind. (Photo by Larry Sillen)

# Freedom Team and The 2011

## Bank of America Chicago Marathon

The 2011 Chicago Marathon was held on October 9. To kick off the weekend, Achilles athlete and world's fastest leg amputee marathoner, **Richard Whitehead**, was part of a panel discussion on Overcoming Adversity hosted by **Bank of America's Disability Affinity Group**.

Thanks to **Air Compassion for Veterans** in partnership with **American Airlines**, many of the Freedom Team participants enjoyed complimentary flights to Chicago. **FBI Chicago** ensured that those traveling were taken care of from the minute they stepped onto the tarmac up until check-out at our favorite Chicago hotel **The Courtyard Marriott - River North**. **Dick's Last Resort** hosted a festive welcoming meal for the team and proudly displayed our Achilles banner on their balcony overlooking the Chicago River.

### Helping Hand Rehabilitation Center

provided complimentary accessible buses for the entire weekend. **The Willis Tower** hosted the team, taking them up 103 stories to the famous SKY-DECK ledge with breathtaking views of Chicago. Freedom Team members received professional photos of the team on the ledge as a generous parting gift.

It was a beautiful, warm, fall race day. Achilles had fifteen handcyclists and runners and a team of stellar volunteer guides. We are incredibly proud that everyone completed the race! **SGT Matt White**, who

lost his left leg a little over a year ago, finished his first marathon on his prosthetic in 4:30! **SSGT Alfredo Dellossantos** took first place in the handcycle division with a time of 1:29. Hometown hero **SGT Dan Casara** set a new personal best in his handcycle and came in third with a time of 1:35.

Thanks to **Bank of America** for welcoming the Achilles athletes each year, providing special race entries, hosting the pre-race dinner, providing employee support, and doing everything in their power to ensure that the team has an incredible racing experience. Thank you to **U-HAUL** for providing trucks to carry all the handcycles and team equipment efficiently. Thanks to **Jeff** from **Pizza 4 Patriots** who

provides delicious Chicago pizza for the team each year. Deepest appreciation goes to **Jack, Marge, and Ruth** for all their help and support. From airport pickups, to homemade smoothies, from gathering donated goods, to being there on race day, we love having them as part of the Achilles family. We

are so grateful to **Rob** and **Taya Lewis** of the **DAV** for their support and dedication to this team of heroes, and for putting together a beautiful documentary highlighting Marathon Day. Thanks most of all to **Yuval Roos** and **DRW Holdings** for providing the financial support to make this trip a reality. The entire team is grateful for your generous contribution!

## Detroit Marathon

In October, **GM Military Discount** hosted the first annual Detroit Marathon weekend for nineteen Freedom Team members and their



clockwise from star:  
Earl Granville in the Detroit Marathon; Melissa Stockwell and her guides in NY; Alberto Velasco with his son after the Chicago Marathon  
(Detroit Photos courtesy of Steve Fecht)

# 1 Marathon Tour-a-Palooza!

families. The team had the privilege of staying at GM World HQs at the Renaissance Center in downtown Detroit. Upon arrival our athletes were overjoyed to enter a space transformed into the Achilles Freedom Team locker room. Each person had their own locker with a personalized commemorative poster and a swag bag that could top the Oscars. New gear such as hats, jackets, and shirts, were inside a beautiful duffel bag. A goodie bag filled to the brim with Michigan-made snacks was distributed. The first night GM welcomed the team with a Motown themed dinner aboard the **Detroit Princess** riverboat. On Saturday after the tune up, the team was in for a real treat with a private dinner and tour of the **GM Heritage Center** where GM's most treasured historic car collection is housed. The key note speaker was **Mickey Harris**, a professional air brusher who designed the Military Tribute and American Pride Camaro, which were on display that evening.

Race morning was chilly with a little drizzle. Hometown rapper Eminem's song "I'm Not Afraid" played loudly before the start gun went off, fueling the team's adrenaline. From a distance we could see the Achilles Freedom Team logo displayed atop the Renaissance Center! GM's caring and dedicated staff members were at the finish line to proudly award each Freedom Team member his medal. That evening we celebrated with some comfort food at a Detroit staple, **Steve's Soul Food**. Our most heartfelt appreciation goes to **Mark Degnan and his family; Linda, Rose, Bailey;** and the many GM volunteers for going above and beyond

to host such an incredibly memorable weekend.

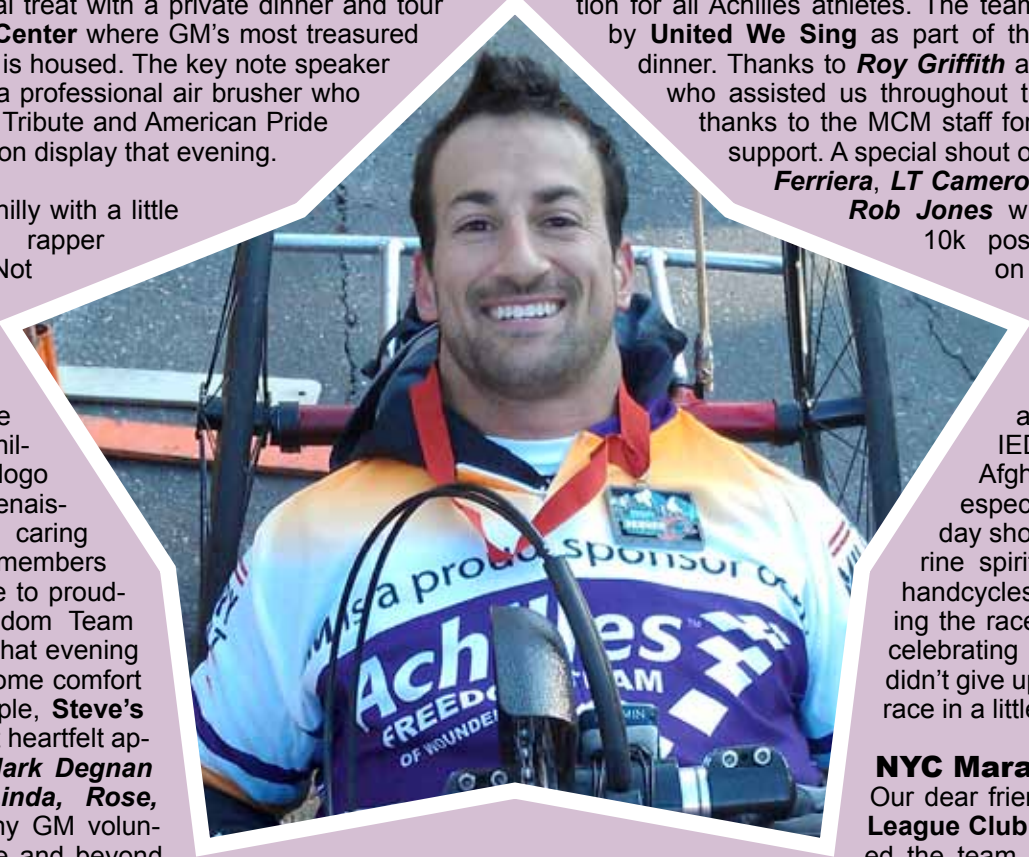
## Marine Corps Marathon

On October 30, Achilles hosted our largest Marine Corps Marathon team ever! More than fifty athletes did either the 10k or the full marathon. Thank you to **U-HAUL** for sponsoring this team and thanks to **Air Compassion for Veterans** for providing complimentary flights so nine Balboa Naval Hospital patients who were wounded in combat together could jointly participate in the race. Our terrific friends at **Yankee Bus** provided complimentary ground transportation for all Achilles athletes. The team was serenaded by **United We Sing** as part of the MCM pre-race dinner. Thanks to **Roy Griffith** and **Tom Barbieri** who assisted us throughout the weekend and thanks to the MCM staff for their continuous support. A special shout out to **CPL Matias Ferriera, LT Cameron Kerr, and SGT Rob Jones** who did their first

10k post injury running on their prosthetics. **SGT Josh Bouchard**, who lost his leg and is paralyzed after surviving an IED explosion in Afghanistan, had an especially memorable day showing his true Marine spirit. After having 2 handcycles malfunction during the race, Josh, who was celebrating his 30th birthday, didn't give up and finished the race in a little under 3 hours.

## NYC Marathon

Our dear friends at the **Union League Club** once again hosted the team to a 5 star NYC



clockwise from star:  
Sean Haggard, winner of the Denver Marathon; Marcus Hayword in Chicago; the team starts in Detroit (Detroit Photos courtesy of Steve Fecht)



## Freedom Team and M

Marathon weekend. The **Nam Knights** escorted the **Yankee Bus** into town Friday afternoon. After a beautiful welcome reception, the Freedom Team joined their fellow Achilles athletes from all over the world at a reception where **Lt. Melissa Stockwell** received the **General Motors Military Discount Award for the Outstanding Achilles Freedom Team Member**. Melissa was the first female leg amputee to be wounded in Iraq in 2004 and soon after handcycled the NYC Marathon with the Freedom Team. Six years later she returned and became the first female Freedom Team above the knee leg amputee to run the NYC Marathon! Saturday evening the Union League Club rolled out the red carpet with a Hollywood themed pre-race dinner serving a buffet of lobster, steak, and other gourmet foods. Race day was beautiful and all 26 Freedom Team members finished the challenging course. Special Thanks to **Air Compassion for Veterans** for providing the flights, the **NYPD, FDNY, FBI** for their help, and the many **ULC volunteers** for the weekend support! We are so grateful for everyone's role in making this event come together.

### GM & The 2011 Army Navy Game

On December 10, 2011, General Motors hosted members of the Achilles Freedom Team and their families at the Army Navy Game, which was held at Fed Ex field in Washington, DC. During the third quarter, Chevy aired a special commercial on CBS highlighting the Freedom Team's participation in the Detroit Marathon. They also covered the Freedom Team's presentation of a race jersey signed by our athletes to GM's CEO **Dan Akerson**. Akerson, a Naval Academy graduate, has been incredibly supportive of the team and we are honored to have him as part of the Achilles family. Following these presentations, it was announced that Chevrolet will be auctioning off a special Military Tribute Camaro in January 2012. The gorgeous Camaro was designed by artist **Mickey Harris**, and the proceeds of the auction will go to the Achilles Freedom Team. It was a terrific weekend and we are so grateful for GM's support!



top to bottom: The Freedom Team presents GM CEO Dan Akerson with a plaque of appreciation; Michael Kacer and fellow team members admire the Camaro; Enza and Richard Jacobowitz with Freedom Team member Joe Beimfohr  
(Army Navy Game Photos courtesy of Steve Fecht)

# Marathon Tour, Part II

## Denver Marathon

For the first time, Achilles had a field of handcrank wheelchairs in the Denver Marathon on October 9. Congratulations to **Tim Conner; Mark Drake; Dennis Gordon; Sean Haggard; David Hosick; Dan Marshall; Roland McCutcheon, Jr.; Matthew Robinson; Travis Strong; Steve Taylor;** and **Dave Wolf** for competing. Congratulations to **Sean Haggard** who came in first place! Special thanks to **Dennis Gordon**, who coordinated the Freedom Team registrations; **Mark Shepard**, the executive director of the Mountain States Chapter PVA; and **Jim Sack**, MSCPVA president, who sponsored our team dinner at the Old Spaghetti Factory. The team was largely composed of hometown heroes and we salute this fearless group of guys for taking on such a big challenge.

With the support of the indefatigable **Tim Leonard**, Freedom Team members **Helman Roman** and **John Devine** competed in Grete's Great Gallop, a half marathon in Central Park. On the West Coast, **Bill Cotter** did the Urban Cow Half Marathon in Sacramento, California, cheered on by wife **Jen**. His finish time was 1:10:29.

## NJ Run for the Fallen

On September 23, 24 and 25th of this year a team of runners embarked on a 157 mile run to honor every New Jersey service member killed in Operations Iraqi Freedom and Enduring Freedom. The NJ Run for the Fallen, through their connection with Achilles Board Member Enza Jacobowitz, endowed a handcycle in honor of NJ's fallen heroes. On Sunday, September 25th as **Enza Jacobowitz** ran in honor of her brother, fallen **Army Cpl Luigi Marciante Jr.**, Freedom Team athlete **SSgt Joseph Beimfohr** rode the handcycle to memorialize those lives lost.

## WIA/KIA

On May 28th the Annual WIA/KIA 5K Memorial Walk/Run took place in Medford, New Jersey. The Wounded In Action - Killed in Action 5K was created to give individuals and families an opportunity to participate in an event where they can honor those fallen and wounded due to current and prior conflicts. As a beneficiary of the WIA/KIA 5K – thanks to Enza's hard work – Achilles received a handcycle. Achilles has also been named a beneficiary for next year's event.

## With Sadness

Achilles notes with sadness the passing of two great friends and advocates: **Matt Sapolin** and **John Raynolds**.



Matt (pictured left), was Commissioner of the Mayor's Office for People with Disabilities. Blind since the age of five, Matt was a gifted athlete and a passionate supporter of Achilles. Matt shared much in common with Achilles president Dick Traum: NYU diplomas, having been accomplished wrestlers in the same weight class, albeit thirty years apart, and a love of bad jokes. We will miss Matt dearly.

John Raynolds (pictured right), a longtime Achilles Board Member achieved great success in athletics, business, and military service. These accomplishments were enhanced by his great contributions to community service. John, a founder of the Navy SEALs, led Outward Bound for many years. He was also a longtime Achilles guide in the NYC Marathon. His wise counsel will not soon be forgotten. Our thoughts and prayers are with John and Matt's families.



## NYC Chapter & Tri

The NYC Chapter has been busier than ever! With the triathlon team thriving, Achilles athletes in New York have abundant opportunities to chase their athletic goals. Below is a recap of the chapter's activities. We congratulate all of our athletes on their dedication and thank them for being part of the Achilles family.

**Matt Turner, Jose Montanez, and Sarah Heller**, accompanied by their devoted guides, took to Central Park on August 21 to complete their 20M training run with thousands of their fellow New Yorkers preparing for the NYC marathon. On September 25, Jose and his guide **Claudia Cole** represented Achilles at the final long training run, completing 18 miles. Both efforts were a great indicator of November triumph!

Over forty New York Chapter Achilles members composed of both new and veteran athletes and volunteers walked in support of Achilles volunteer **Tessa Wehrman** on September 18 at the Breast Cancer Run/Walk for the Cure. After Tessa's diagnosis with breast cancer the NY Chapter members who she has supported over the years rallied behind her and 'Achilles Team Tessa' collectively raised over \$1,500 in her honor to aid in the fight against breast cancer. More importantly they walked, ran, and rolled beside her on this meaningful day. Tessa won the WE/Ladies Home Journal "WE Do Good Award" for her service to Achilles and Daniel's Music Foundation and was celebrated at a lunch at Rockefeller Center on November 16.

September 24 and 25 were exciting days for Achilles. On Saturday at the 2011 Fifth Ave Mile, athletes **Carmelo Puccia** and **Jose Montanez** both set personal records. On Sunday, September 25, halfway across the world, **Lamar Brown** and **Drew Garrison** represented Achilles and Team USA at the Duathlon



World Championships in Spain. A challenging course and a competitive field created a life changing experience and lasting memories. Special thanks to everyone who supported Lamar's fundraising efforts.

The Westchester Triathlon on September 25 was the first Olympic distance triathlon for paratriathletes **Allan Tyson, Sarah Heller, and Junko MacBride**. Each athlete finished the 1 mile swim, 26 mile bike, and 6 mile run with determination and a smile on

their face. Sarah took third place in the female Physically Challenged division and set a PR on her 6 mile run. After finishing the race Allan turned to Tri Team coach **Kat Bateman** and said "the benefit of Achilles is it shows anyone that all you need to do is make up your mind and work at it." This day would not have been possible without the help of volunteers **Greg Cho, Ariel Krieger, Stephanie Mabunga, and Tessa Wehrman**. Special thanks to staff member **Ellie Cox** for driving the Silverado and to **Tiffany Alvarado** and the **Marcia Brady Tucker Foundation** for donating funds to purchase the new tandem bicycles ridden by the athletes in this thrilling competition.

October kicked off with Grete's Great Gallop. Achilles athletes ran and handcycled this half marathon during the first annual race since Grete Waitz's passing earlier this year. It was a beautiful day and a perfect tribute to a phenomenal athlete and long-time fellow New York Road Runner.

One of Achilles' autumn highlights is the annual **Race for Rehab**. Each year the dedicated physiotherapy students, mentored by **Anthony Sozzo** and **Janet Dolot** at New York Medical College, put on an incredible race in support of the New York Chapter of Achilles! Thirty-five Achilles members



top photo: Sarah Heller, Kat Bateman, Allan Tyson, Greg Cho, and Junko MacBride post open water swim; lower photo: the Achilles team at the Race for Rehab

# athlon Team News

(17 athletes & 18 guides) competed on the college's beautiful Westchester grounds. Special thanks to **Carolyn Kirkup** for garnering extraordinary support for this special event.

A handful of New York Chapter athletes and guides, including **Ben Simmons, Hakan Durantas** and **Carmelo Puccia**, made their way to Prospect Park to take place in the first ever Rock 'n Roll Brooklyn 10K on October 22. The festive atmosphere and welcoming environment made for a great race day which will be on our calendar for seasons to come.

Achilles tackled another new race on December 4, journeying to Riverside Park in support of a great cause. The first ever Shoe 4 Africa 5K, led by Hope & Possibility race director and Achilles Vice President **Toby Tanser** featured 250 runners and walkers all racing to raise money for this worthy not for profit.

In the final Achilles race of the 2011 season, over two dozen Achilles members raced four miles through Prospect Park in Santa Hats and jingle bells for the festive Jingle Bell Jog. The holiday season was commemorated with hot chocolate following the race.

Active New York Chapter athlete and guide, **Joe & Denise Bellantoni**, hosted the Achilles Paratriathletes at their home in New Jersey to celebrate a victorious 2011 Triathlon Season. The team enjoyed celebratory drinks and a feast fit for kings thanks to the Bellantoni's overwhelming hospitality.

## NYC Marathon

This year NY Chapter Teams participating in the NYC marathon competed against each other to see which team could raise the most money for the NY Chapter. Eleven teams, consisting of the New York Chapter athlete completing the marathon and their volunteers guiding them, took on the challenge and collectively raised over \$30,000. These funds will be used by the New York Chapter to pay race entry fees, fund quarterly socials, provide logistical support throughout the year, and enable our athletes and guides to participate in the NYC and other national marathons. The Achilles Team Champion, announced at the pre-marathon dinner, won entry into the Disney Half Marathon, a prize valued at \$1,000 from Crystal

Spring Resorts, and bragging rights for the year. In a close race **Team Matt Turner** took the crown but **Team Jose Montanez** finished a close second and **Team David Alejandro** put up a strong fight. Congratulations to all of the participants and deepest thanks to all of their supporters.

Achilles Tandem bike director **Anthony Green** spearheaded a dashing handsome group of charity runners, who did the NYC marathon for Achilles. The three Aussies (**Damian Purvis, John O'Keeffe** and **Anthony**), one Brit (**Charlie Baynes-Reid**) and one lone American (**Kurt Shuman**) ran 26.2 miles and even more impressively raised over \$30,000. It was a great experience for all, though Anthony has since announced his retirement from marathon running. We are so grateful to this great group for their support.

Achilles Triathlon guide **Greg Cho** is more Ironman than Robert Downey Jr.! Greg completed the Iron Man in Wisconsin and was in good enough shape the next day to escort his niece to a local zoo. Greg expects to guide an Achilles athlete in the upcoming NYC Ironman and also generously set up a refreshment stand in Queens during the NYC Marathon. The triathlon team could not operate without great guys like Greg!

Our best wishes go out to **Paul Halayko**, who has joined with two friends and partners to launch the **Newburgh Brewing Company**. Paul is a talented runner and a tremendously dedicated guide. We know he will bring the same passion to this new venture. Newburgh is beer brewed with heart and we encourage everyone to check out their website, [www.newburghbrewing.com](http://www.newburghbrewing.com), and support these hard-brewing guys!

Awe, congratulations, and major running respect go to **Brian Murphy**, who ran the Knickerbocker 60k Ultramarathon on November 19 (amazingly, for the second time!). Brian, a long time Achilles guide, raised \$6,400 through the race, which will be matched by his company. Brian's running is as impressive as his fundraising; he placed – wait for it –NINTH overall, and first in his age group! The Knickerbocker is one of the premier ultra-distance running races on the East Coast and the only event of its kind held entirely in New York City. Major kudos to Brian!



left to Right: Andy Green, Stephen Zink, and Matt Turner celebrate their Team Challenge win; Team Sarah Heller looks terrific as they approach the finish line (photos courtesy of Larry Sillen)

## Achilles Kids "Korner"

The Achilles Kids weekend program continues to provide fun and exercise for children of all abilities! The Kids showed off their speed and endurance in a series of mainstream races this fall. Their results impressed their parents, race spectators, and of course, their head cheerleaders Megan, Janet and Karen.

On September 24, **Eli and Sandy Karpe, Jeremy Delgado, Max Moore, Shael Perez, Julian Kane, Eilish Herlihy, Dustin Swee-ney, Benji Zwierling, and Emma Nakayama** competed in the **5th Avenue Mile**. This especially exciting race allows our kids to run right smack down the middle of Fifth Avenue, with Central Park to their right and some of the city's most beautiful buildings to the left. Eli, our resident speed demon, was first among ALL Achilles finishers with a time of 8 minutes 20 seconds. For some Achilles Kids, like Dusty, Shael, and Emma, the race was a family affair and they ran guided by parents and siblings. October brought brisk weather and the always anticipated **Grete's Troll Stroll**. Julian, Eilish, and Benji tackled the 1.7 mile course while **Kael Reteguis, KE Plunkett,** and Shael took part in the dash. Weeks later, Eilish, **Noah Weston,** Julian, and Dusty competed in the Terry Fox Run, a very special event for Achilles given Terry Fox's role in inspiring Dick Traum, the founder of Achilles. We could not be more proud of all our racers!

When we weren't running through the streets of New York, the kids were at our home base, the **JCC**, for workouts celebrating going Back to School, Halloween, and Thanksgiving. We celebrated Achilles' most exciting day with a very special Marathon workout. The team met some inspirational Achilles athletes in town for the NYC Marathon and had the opportunity to wish our Achilles Kids marathoners good luck. Our most heartfelt congratulations go to marathon medal winners **Sarah Louie, Tyler and Nadine McNeil,** and **Rob Russo.**

### Achilles Kids School Program

Indianapolis is not just the home of the "Indy 500" – but is now the latest city to join the ranks of Achilles Kids! While they may not be running 150 mph around the Indianapolis Speedway, our kids are definitely on the move and going strong. A great big welcome to **Michelle Marsh** and **Leanna Walsh** who are leading the way in the Hoosier state.

We are also thrilled to welcome several new teachers (AND their students!) to Achilles Kids here in NYC: **Beth Aaron, Mary Bermudez, Ross Brand, Genevieve Dinsay, Patrice Gallagher, Jackie Montemarano, Susan Piscopo, William Reynolds, Eric Silver, Phil Sylvester** and **Dennis Yacobucci!** It is only because of our teachers and their wonderful colleagues that we are able to reach more than 4,000 children with disabilities. Meanwhile, on the other side of the world, thanks to **Jo Walker, Cam Calkoen** and **Peter Loft,** Achilles Kids New Zealand is also growing with some very exciting and ambitious goals! They are striving to work with the NZ government in order to get Achilles Kids included in the curriculum in every school. 2011 has been a terrific year and we look forward to new and exciting developments in 2012.



Julian in the Fifth Avenue Mile (photo courtesy of NYRR); Eilish in the Terry Fox run; KE is OUR Super Man! (photos courtesy of Larry Sillen)

Opposite Page: Madison Chapter stars Christine and Cecelia in the Capitol Mile Run

## National & International Chapter News

### Achilles Madison

The Achilles Chapter in Madison celebrated their six year anniversary with a great party this fall. Chapter Founder/Director **Kim Virden** presented two Madison athletes, **Kathy Ducat** and **Brad Dakan**, with "athlete of the year" awards. Both had incredible participation in a vast array of sports, including x-country skiing, triathlons, kayaking, running, water skiing, archery and track and field. Special acknowledgment goes to two long-time volunteers **Gwenn Davies** and **Rene Cromer** for their hours and hours of dedicated work with the athletes. The chapter participated in several events throughout the year including a Parkinson's walk, the Capitol View Triathlon, Capitol Mile run/walk and Wisconsin Brain Injury Walk.

### Achilles Brazil

There was a terrific article about **Bruno Favoretto** in the Brazilian edition of *Runner's World*. The article highlighted Bruno's training and his participation in the NYC Marathon. **Mario Mello**, head of the Brazilian chapter contributed to the article. Congratulations Bruno and Achilles Brazil!

### Achilles Italy

**Federico R. Villa** (pictured below) from Achilles Italy did the Rome and Padova Marathons and the Milano Half Marathon along with many other races throughout Europe.



### Achilles Japan

**Yuki Goto** came to Achilles through our beloved board member **Bonnie Marks**. Yuki suffered a TBI as a result of a car accident while he was in college in the United States. He has since returned to his native Japan but continues to train and race. Yuki offered an update on his running:

*The Shonan marathon was a little difficult because of high temperatures. It was like the end of summer. But I finished it and the result came out today: 3:41:09. It's my best time running by myself. I felt how much guides help my running. November 3rd was also my 26th birthday. I have learned that marathons are like life. There are times that my leg hurts, the temperature is too high, I feel muscle pain but I need to keep running even slower than usual to finish the marathon to get the medal. Life is an endless marathon; I just need to keep going step by step. This is what Achilles taught me which is motivating me. Thank you very much.*



### Achilles Westchester

We are very happy that in less than a year there are almost 30 guides and athletes from the Westchester area. This year we held weekend runs at the campus surrounding the NY Medical College in Valhalla. The campus is the site of the annual **Race for Rehab** which is run by the Physical Therapy students at NYMC and is now assisted by the Westchester Chapter. We are continuing to

reach out to area athletes and their families and we hope to increase the Chapter's awareness in the new year. We are also very excited to be expanding the Chapter to include both Westchester and Fairfield counties. We hope to further coordinate the outreach with **Marie Fareri Children's Hospital, Burke Rehab Center, and Helen Hayes Rehab Center**. It will be a very exciting 2012!  
— Founder **Thomas Montagnino**

Many members have provided insights from their experiences this past year. From Achilles Westchester Member Guide and NYMC Physical Therapy student **Lindsay Rainwater**: "I ran the NYC marathon with **Sister Mary Gladys**. She is a 79 year old nun and an amazing inspiration. She has done the marathon 28 times and made my first experience an incredible one. As soon as we got to the start I knew that running with an Achilles athlete would be different than running for myself. The comraderie was amazing as all kinds of athletes greeted one another and wished each other a great race. I felt that same connection out on the course. I have never felt so inspired to run as when I was with Sister Gladys; people cheered for her and all Achilles athletes for the entire 26.2 miles. Even exhausted runners on the course cheered "Go Achilles!" as they ran by. Any time we encountered another Achilles athlete it was the same. I truly felt like I was part of something that day, not just with Sister Gladys but with all of the Achilles athletes I encountered."



Every Achilles athlete who competes in the NYC Marathon has a story. Twenty-four year old **David Finland** was competing in his first NYC Marathon His mom, Glen, wrote the following account of David's marathon journey:

*David threw it into high gear early on and "ditched" his guide at Mile 5, leaving behind his phone, ID, and Metro pass. Then our family spotted him looking strong and really happy at Mile 16. Fine enough. Around Mile 18, someone from Special Olympics texted us that she'd seen him moving along at a fast clip, and then another Achilles team member caught sight of ol' #21871 strutting his stuff through Harlem before Our Dave finally crossed the finish line into the capable arms of his original guide, the remarkable Chris Cavan. By the way, Chris must have worked some kind of miracle, bringing him home to us in 4 hours 20 minutes. So what's the takeaway for us? This young man has proven something that we have been longing to see from him for his whole lifetime. That's right. Our David no longer needs a "guide." Today was his personal best any way you look at it. Thank you, Achilles, for making believers out of us all.*

## Upcoming Achilles International Events

<b>Disney Half Marathon</b>	Orlando, FL	Saturday, January 7th
<b>Manhattan Half Marathon</b>	NY, NY	Sunday, January 21st
<b>ING Miami Marathon</b>	Miami, FL	Sunday, January 29th
<b>NYRR Grid Iron Classic</b>	NY, NY	Sunday, February 5th
<b>A1A Ft. Lauderdale Marathon</b>	Ft. Lauderdale, FL	Sunday, February 19th
<b>NYC Half Marathon</b>	NY, NY	Sunday, March 18th
<b>Los Angeles Marathon</b>	Los Angeles, CA	Sunday, March 18th
<b>Boston Marathon</b>	Boston, MA	Monday, April 16th
<b>Bike NY TD Bank 5 Boro Bike Tour</b>	NY, NY	Sunday, May 6th
<b>San Diego Marathon</b>	San Diego, CA	Sunday, June 3rd

All events subject to change. For more information, please call 212.354.0300 or visit us online: [www.AchillesInternational.org](http://www.AchillesInternational.org).

Check us out on Facebook!

Support Achilles! Sign up for charity slots for the 2012 NYC Triathlon!

Contact Kat at [kbateman@achillesinternational.org](mailto:kbateman@achillesinternational.org) for details.