

# THE ACHILLES HEEL

MARCH 2002

## New York City Chapter

## Second Annual Achilles Marathon

Sunday, April 28, 2002

The NYC Chapter practices twice a week in Central Park. Rain or shine all year long!  
**New athletes and guides are always welcome!**

We meet at the NYRRC:  
 9 East 89th Street, between 5th Ave. & Madison Ave.

- **Tuesdays: 6:15 PM**
- **Saturdays: 10:00 AM**

**Sign-up online at:**  
[www.AchillesTrackClub.org](http://www.AchillesTrackClub.org)

Or call the office and ask for a member or volunteer packet to be mailed to you:  
**(212) 354-0300**

**GO ACHILLES!**

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The winter months are winding down and the 2nd Annual Achilles Marathon in Prospect Park, Brooklyn is right around the corner! This year, thankfully, we have a few more things working in our favor:

1. it's **not** the first morning of daylight savings time,
2. it's **not** April Fool's Day,
3. and it's **later** in the month, which we hope means it will be **WARMER!**

With all that, and your participation, we can't go wrong! We are asking all Achilles athletes, volunteers, supporters and newcomers to please join us and help us make the Marathon a huge success! We can't do it without your support and enthusiasm. Please tell your friends, family, coworkers, and neighbors to come out and be a part of this special event.

**Can't do a Marathon? Do a Relay!**  
 To clear up some common misperceptions: you don't have to be a marathon runner or a person with a disability to participate; this event is for **everyone!**; the Marathon features a relay division for individuals who can only walk/run as few as 3.3 or 6.7 miles; there will be hundreds of relay teams from nonprofits, corpora-

tions, HS/College Track Teams and local running teams, with many of them fundraising for their favorite nonprofit. If you can't run or walk – then come and CHEER or be a course volunteer!

Please call us at (212) 354-0300 or visit **www.AchillesMarathon.com** for more information. The website accepts online applications and has detailed race, course, and relay information. You will also find fundraising tools, posters, volunteer information, guide signup and much more! A big thanks to Leslie Barnett and John Elliott of MarathonGuide.com for sponsoring and hosting our race website.

Achilles would also like to thank our amazing volunteer ad team of Kevin Cruickshank, Annie Loo, Kimberly Smith, Carrie Gleeksman, Howard Wood, Joe Rossman, Patty Widyn, Savery Moore and Michael Romansi for donating their clever and memorable race advertisements. The new Achilles Marathon ads can be seen in *NY Runner*, *Courier Life Papers*, *Able News*, inside many Brooklyn buses and many Brooklyn bus shelters. Look out for them!

See you on April 28<sup>th</sup>! We are hoping to see a large show of support from our Achilles family. **GO ACHILLES!**

### The Achilles Marathon Thanks our Generous Sponsors:



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**KEYSPAN**

# A Letter from the President

As we begin our twentieth year I would like to review a bit of the past and mention some goals for the future. We began with six members completing the New York City Marathon. Some of you probably remember Linda Down, John Cruz, Sandy Davidson and Marty Ball. They were our first members.

We expanded with well over 1000 members running the NYC Marathon, and over 100 chapters in 63 countries. We have over 10,000 members, including 3000 "Achilles Kids."

## Some goals for our next decade:

- The first, establishment of a club house.
- A second goal is to dramatically improve our handcranked wheelchair program. We currently have over 50 members competing with handcrank wheelchairs. There is no reason why over the next decade this cannot grow to over 1000.
- I would like to see our Achilles Kids program expand and place additional emphasis on teenagers. The focus would be on using the internet to communicate and to develop a program of competition between teenagers with different disabilities throughout the world. I would like to expand the definition of disabled to include teenagers with drug, alcohol, depression, obesity and smoking issues.
- During the next decade we should continue to experiment and test new ideas. Some of the projects falling within this framework previously were the Achilles Kayak Marathon in which disabled and able-bodied members navigated around New York, the Kilimanjaro Climb in which members conquered Mount Kilimanjaro, and different research programs concerning the effects of running on people with disabilities.
- Finally and most importantly, we need to develop the Achilles Marathon into a world-class event. Would it not be fantastic if 25,000 able-bodied and disabled runners competed in the Achilles Marathon later in the decade?

I know these goals are bold, but I think we can pull them off and have a lot of fun as we progress. Let's do it!

**Wishing you a Happy New Year!**



*-Dick Traum*

## 2001 NYC MARATHON PHOTOS


# ! NYC MARATHON ALERT !

## Change of Application Procedures for Athletes with Disabilities

The following is an outline of the 2002 NYC Marathon application guidelines set forth by the New York Road Runners Club (NYRR) for Athletes with Disabilities (AWD) and their guides. The most important change to note is that **THIS YEAR, ALL AWD'S MUST APPLY THROUGH THE LOTTERY SYSTEM**. Achilles athletes may get a second opportunity to get in the Marathon, but only if they have applied through the lottery first.

### APPLICATION PROCEDURE FOR ATHLETES WITH DISABILITIES

#### Lottery Drawing:

All applicants must complete all information on the on-line form ([www.nycmarathon.org](http://www.nycmarathon.org)) with your credit card number or the paper application **by June 1, 2002**, with your credit card, check or money order. Athletes who do not have a credit card or require financial assistance, may send their completed paper application to the Achilles office by May 15, 2002 (**no later!**) and we will forward it to NYRR with payment.

**To receive a paper NYC Marathon application, send a #10 self-addressed, stamped envelope to:**

**Marathon Entries  
PO Box 1388 GPO  
New York, NY 10116**

Remember to write "ATC" as your team name on application. You are responsible for obtaining your application from NYRR and submitting your application to NYRR, **do not mail to Achilles (unless you seeking to have Achilles pay your entry fee as outlined above)**. **Lottery will take place in June 2002.**

#### Cases of Guaranteed Entry:

- Entrants in the 2001 NYC Marathon who cancelled prior to the race. Special instructions will be sent by NYRR to such individuals in January 2002.
- Athletes who meet the below listed qualifying times and submit their applications by May 1, 2002 with proof of their time:

	Open (Age 18-39)		Masters (Age 40+)		Wheelchairs	Handcycles
	Marathon	½ Marathon	Marathon	½ Marathon	Marathon	
<b>Men</b>	2:45	1:16	3:00	1:24	3:00	2:15
<b>Women</b>	3:15	1:31	3:30	1:39	4:00	3:15

Any applicant who completed the NYC Marathon in 2001 and qualified with a time listed above, will be automatically mailed special instructions in late January 2002. Applicants must have completed a full marathon faster than the qualifying time since 9/1/00 or they must have completed a half-marathon faster than the qualifying time since 7/1/01. Your age on the qualifying race must match the age group for which you are qualifying. To be accepted based on qualifying time, your entry must be submitted, along with proof, by May 1, 2002.

- Members of the NYRR since at least 1/31/2001 AND who completed at least nine (9) NYRR scored, qualifying races during the year 2001.
- Those who have completed 15 or more past NYC Marathons.
- Those who have applied and been rejected from the past three (3) NYC Marathons (1999, 2000, 2001)

**\* Athletes who are accepted and wish to have guides accompany them must select their own guides or use guides from Achilles' guide roster. NYRR will mail guide applications to accepted athletes, who requested guides, in July 2002 and guide(s) must complete and return the application to NYRR by August 15, 2002.**

#### RUNNER'S GUIDES APPLICATION PROCESS:

Runners who wish to serve as "Runner's Guides" for Achilles Athletes, must either be selected by an athlete who is officially accepted into the Marathon or may register as a guide through Achilles and join our "Guide Roster." Signing up for our "Guide Roster" does not guarantee you a slot. You will only be called upon if your time, experience, and any other qualifications such as compatible language or medical qualifications, match an athlete in need of a guide. Applications will be available in July 2002. Achilles will let you know if you are needed by the end of August or early September. Please call the Achilles office in July to receive your application: (212) 354-0300.

## ACHILLES climbs to "The Roof of Africa"!

On September 3, 2001, seven Achilles athletes and nineteen Achilles guides became the largest group of physically disabled athletes ever to climb to the "roof of Africa", Africa's highest mountain, Mount Kilimanjaro, which stands at 19,340 feet.

Of the seven athletes, four were blind or visually impaired, one was deaf and asthmatic, one was an arm amputee/cancer survivor and one was a cancer survivor. The nineteen guides supported them from being their eyes and ears to being their cheerleaders, coaching them through difficult moments. Although, more often the guides reported they felt the tables turned -- relying on the encouragement of the athletes!

The team took the less traveled and more rugged Rongai Route, taking a total of eight days to complete the round-trip adventure. The group spent six and a half days climbing up, with two of those days spent acclimatizing at 15,500 ft. The team was comprised of sea-level dwellers so acclimatization was needed to ease the effects of altitude sickness.

The team battled through altitude sickness and fatigue and pulled off a 94% success rate, far exceeding the average of 75%. Out of twenty-seven climbers, twenty-five reached Gillman's Point (18,650 ft.). Ten of the twenty-five soldiered on, braving subfreezing temperatures and unimaginable weariness, and conquered Uhuru Peak (19,340 ft.).

Although Kilimanjaro is considered "nontechnical" it is by no means an easy trek. While it may not have required ropes or crampons, it did require peak physical conditioning and a tenacious mental state. The team spent every day outside and every night in a tent where they battled freezing temperatures, nausea and sleeplessness associated with altitude sickness. The rocky terrain was especially tough on the blind athletes and the increasingly thinning air was tough on everyone, but in particular, asthmatic athlete, Katie Kenney. Katie remembers, "I was zooming right along the first few days of the climb. I took medicine for altitude sickness and didn't suffer like everyone else until summit day, thank goodness. Well, summit day was enough to make up for it. It nearly killed me- literally! I thought I was going to die my lungs were struggling that much. However, I made it to the top with the help of my guides, which made all the suffering and hard work worthwhile."

Ivonne Mosquera, one of the blind athletes who made it to Uhuru, recounted, "Once our hike began, my mind and body were constantly working to absorb as much as I could. The hiking and rock climbing were exhilarating -- through these I was able to gain a sense of the wide-open space surrounding us, and the height we gained as we ascended. I felt peaceful, free, and a part of nature as we hiked beyond the clouds, the wind blew, and the sun shown intensely keeping me warm. Along the way, there were also tons of new plants, sounds of birds, crystals, and smells, which helped me vividly create an image of Kilimanjaro."

Expedition Director, Adrienne Cooney, remembers, "The hike was the most physically challenging thing I have ever done. Many times I wanted to sit down or turn back, but whenever I felt that way, I would just observe the teamwork and spirit of the athletes as they put one foot in front of the other and never turned back. The respect and admiration the athletes held for the nature I described really heightened my own senses and my own appreciation for the beauty that surrounded us."

Mosquera added, "I hope my success can serve as a pillar of strength, an example of determination, and an inspiration for all those who are disabled and who have been discouraged from pursuing their dreams, whatever they may be. For the able-bodied individuals who see our story, I hope they learn that working with a disabled individual is no different than working with an able-bodied person. We, both able and disabled climbed Kilimanjaro, succeeding at an extreme sport, together."

As NYSC Trainer, Fabian St. Rose, aptly put it, "It was like taking a sack of feathers to the top of the mountain and letting them go. We will never be able to gather up what we set free and we will never know who we may have touched." The feathers were seen and felt thanks to Producer, David Felsen, of the National Geographic Channel's, National Geographic Today Show, who documented the team for a four-part special, which aired in early November.

# Achilles Kids News

For the fourth year in a row, Achilles Kids is once again incredibly proud and tremendously excited to be working in partnership with the YWCA-NYC on our **Winter Mentors Program** at the Y. Thanks to their continued support, we are able to provide not only our usual running/walking/“rolling” program for children with physical disabilities and their siblings, but a variety of sports activities and games and even swimming! All of this activity is leading up to the one of our favorite events of the year—the **Annual Winter Mentors March “Madness” Super Sports Fest**, on Sunday, March 3rd, from 11—3 pm. This exciting event features over 20 different sporting skills and activities—basketball, soccer, hockey, NERF javelin throw and even GOLF, (plus much much more!). Our Sports Fest began way back in 1996 in celebration of the Paralympic Games in Atlanta. As the world watches the Winter Olympics in Salt Lake City this February, get ready to “go for the gold” here in New York City in March!

Achilles Kids would just like to thank the wonderful folks at the YWCA-NYC for making our winter program possible, by providing us with the use of their beautiful gym, track (and their swimming pool for our Saturday swim program!) and for obtaining the funding for the extra staffing to keep this program running so well and so filled with FUN!

We especially want to thank **Loreen Loonie**, Director of the YWCA’s Perez Center for People With Disabilities, **Trinh Nguyen**, our terrific Recreation and Outreach Coordinator, and last, but by no means least, our amazing and beloved Achilles Kids Volunteer Team Leader, **Barbara Feith**. We simply can’t thank you enough!!! And thanks to the Winter Mentors Program, all our

members can stay in shape during the colder winter months and be ready for THE big event this April— **The 2nd Annual Achilles Marathon Children’s Fun Run** on Sunday, April 28th. Last year’s inaugural event was a huge success, - **six hundred and fifty** children with disabilities and their non-disabled brothers and sisters participated in a variety of races from 50 meters up to our very special 800 meter invitational race. Throughout the day, everyone was also treated to wonderful entertainment—clowns, jugglers, magicians (oh my!) and free rides on the Prospect Park Carousel. What a fun-filled, exciting and inspirational day it was for all who participated! We are eagerly looking forward to building on that successful start to make this year’s race even bigger, better and more exciting.

If you are interested in participating in this event or in any of our events, please call us at 212-354-0300 or email Karen at [AchillesKids@yahoo.com](mailto:AchillesKids@yahoo.com) to request an application with all the details about the Marathon Fun Run and Achilles Kids Program. Don’t sit on the sidelines! Join us!

## Upcoming Events

Sun, Feb 24th Achilles Kids Winter Mentors Workout

Sun, Mar 3rd Achilles Kids Winter Mentors March “Madness” Sports Fest!

Sun, Mar 18th Achilles Kids Winter Mentors “Grand Finale” Fun Run

*All Winter Mentors events are held at the YWCA-NYC, 610 Lexington Avenue,  
5th Floor Gym 11 am—3 pm*

*For more information about our Winter Mentors events or Saturday Swim Program,  
please call Trinh Nguyen at 212-735-9747*

Sun, Apr 21 NYRRC Niketown Run for the Parks, Central Park

Sun, Apr 28 **ACHILLES MARATHON CHILDREN’S FUN RUN**, Brooklyn

*For more information about The Achilles Marathon Children’s Fun Run  
or any Achilles Kids event, please call 212-354-0300 or email AchillesKids@yahoo.com*

## "TRAVELS WITH CHRIS"

To begin, I shall say Achilles does more for the disabled and the disadvantaged than just bring people to New York to run marathons. As a former champion athlete I have a strong bond to people with disabilities, especially in developing countries in which they struggle just to survive (often, no healthcare or transport to a hospital is available). Achilles projects are truly worldwide and include such devastated countries as Algeria and Bosnia. Below is a summary of my year's travels.

### SRI LANKA

A recent journey of mine started in Sri Lanka. We helped disabled children with swimming instruction and disabled soldiers with soccer and running; we supplied shoes and track suits to blind runners and helped with job training for disabled women. Sri Lanka is a beautiful but war-ravaged country, and the people are in desperate need. In Trincomalee, a pastor from a church organizes basketball tournaments, and Achilles is helping him by providing sports equipment, shoes for the blind, and medicine and vitamin supplements for Mother Teresa's program. Above all, we provide encouragement for the disabled. We supported the first disabled race a 10-kilometer run in Anuradhapura. I helped train a blind and one-legged soldier who lost his leg to a land mine. Now the military, who observed my training work, will set up a sports training program to help their disabled.



### THAILAND

Achilles is working with blind schools in Bangkok and Nothaburi, a suburb of Bangkok. In conjunction with a blind school, we are hoping to start a children's program in Pattaya, a resort on the southern coast. In Phitsanulok, as an aid to a blind runner, we came in 700th place out of 1,000 runners overall, all sighted except for our blind runner. This was the first run in this town by a blind man, and spectators were amazed. Recognition of disabilities in Thailand has now been greatly encouraged. Mr. Samart Rataskorn, the Achilles leader in Thailand, has worked hard with the generous help of Northwest Airlines to bring Achilles members to New York for the Achilles marathon and receive medical help. In June 2001 I attended the Thailand Disabled Games which are under the patronage of the Royal Family of Thailand, helping to train contestants and aid them with health skills.

### BHUTAN

This trip included providing Achilles-funded support for a program for disabled children and youth, run by Jigme Wangmo, an organizer on Bhutan's Olympic committee. This work was part of the follow-up to the participation of Budha Bir Rai and Tempa in the 2001 Achilles Marathon (see page 7).

### MYANMAR

Unfortunately, the magical golden land of Myanmar (formerly Burma), has many blind and disabled people who need help. Recently, the government has organized a disabled sports festival. I was glad to help these cordial people. In the 2000 New York Marathon, Achilles, Runner's World and Asics together sponsored the first disabled person to run a marathon on U.S. soil. This runner was a blind man from Yangon. During his six-month stay in New York, he attended a program to learn English; received visual rehabilitation and living skill

training at the Lighthouse; and participated in the bi-weekly Achilles workouts in Central Park. Now back home in Myanmar, he has organized an Achilles club in Yangon, and most of the members are children who participate in weekly workouts together.

### VIETNAM

Achilles is working with the Hanoi Sports Club for the disabled, and Achilles has developed a good relationship with the club. Achilles has also started a jobs training program for the disabled. Additionally, new prosthetic legs were given.

### SOUTH AFRICA

Achilles South Africa is doing a great job, with founder Dennis Tabakin leading the way. The first blind runner came to New York for the marathon in 1994, and was hosted by President Nelson Mandela upon his return. Today, the club is providing prosthetic limbs for disabled women; computer skills training; training for wheelchair athletes; and obtaining racing wheelchairs for kids. Achilles' greatest project is working in conjunction with the Ethembeni School for disabled kids. Work includes sports training, medical treatment including eye exams and follow-up treatment and computer training for job skills thanks to a donation made possible by British Airways. School Principal. Braam Mouton, has participated as a guide in the NY Marathon. Ethembeni will be sending a team to the Achilles Marathon in April and this past November, Madiba Restaurant in Brooklyn, hosted a fundraiser for the team and was supported by the South African Consulate. Madiba will also enter a team in the Achilles Marathon. Ethembeni and Achilles, sent disabled children to participate in the Peace Relay in Athens, part of the preparation for the upcoming Olympics. Achilles has a running project with schools as an AIDS exercise related project in this area of KwaZulu Natal. In conjunction with the Capetown Disabled Federation, we are starting a program aimed at trying to stop people from being injured and maimed from reckless violence. It involves sending gun-violence victims and ex-criminals to warn children about the dangers of gang life, and promoting sport among the violent townships. Achilles, in conjunction with Graham Maggott, of Rollability, a wheelchair manufacturer, helped organize a self-help program that includes healthcare, living skills, wheelchair maintenance and job creation. Also, Achilles is helping with preparation for a large disabled race in Mitchell's Plain in the Cape flats in September 2002.



### MOZAMBIQUE

Almost one in 10 people in Mozambique are disabled, and Achilles is starting a sports and jobs program in Maputo, the capital, in conjunction with a church. Shortly, we hope to arrange a race for blind people in Beira, a city in central Mozambique.

### BOTSWANA

We are starting a program in the country, thanks to the participation of blind runner, Mick Duplock. Mick is currently teaching at a school for sighted, yet disadvantaged, children. Achilles members plan to come to New York this spring for the 2002 Achilles Marathon.

— Chris Stewart

# ACHILLES BHUTAN

Dick Traum once told me that I should always be on the lookout for countries where Achilles could help, and that I should recruit disabled athletes to come to NY, and that Achilles would take care of the financial support. During a visit to Bhutan, in the fall of 2000, I took Dick's advice to heart upon seeing a man with prosthetic arms tending his small market shop in Wangdi, a town in western Bhutan.

"Would you like to come to NY and get new arms?" I asked. The man smiled faintly, giving a look that said, "Sure, and I'll fly there on my wings." "I'm not joking. If you can train to run a marathon, we will bring you to New York and get you new arms."

Six months later, two Bhutanese runners were in the U.S. Embassy in New Delhi. Consular officer Angela Aggeler issued the men visas, saying, "I want to see you and your medals on the trip home!" The Wangdi man and another man, who has one leg, arrived in New York at the end of

March, and a week later ran the 2001 Achilles Marathon. They then received new prosthetic limbs, courtesy of Hanger, Inc., and prosthetic specialist John Rheinstein. Several individual donors, and Nike and Asics, also helped with sponsorship.

After a two-month stay in New York, the runners returned to Bhutan via New Delhi, where they returned to the U.S. Embassy, had a meeting with Ms. Aggeler, and presented her an Achilles Marathon finishing medal as a gift. Now, the two disabled runners are back in Bhutan, where they train regularly. The Wangdi man has organized a small but vibrant Achilles chapter in Wangdi, and he has inspired disabled athletes around the country to begin working out. Nike recently sent a shipment of shoes and training gear to Bhutan, and the Wangdi man distributed the gear to runners in remote Bhutanese villages.

- Rick Lipsey

## PHOTO COLLAGE FROM CHRIS & RICK'S TRAVELS

Photo from Achilles Bhutan	Photos from Achilles South Africa
Photo of blind Achilles Athletes at the Bangkok Marathon	

**COMING SOON!  
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## Upcoming Races

| <b><i>MARCH</i></b> | <b>Day</b>    | <b>Time</b>         | <b>Distance</b>    | <b>Race Name</b>                                             |
|---------------------|---------------|---------------------|--------------------|--------------------------------------------------------------|
| 9                   | Saturday      | 8:00am              | 13.1M              | Brooklyn Half Marathon, Brooklyn                             |
| 17                  | Sunday        | 9:30am              | 4M                 | St. Patrick's Day Spring Fling 4M                            |
| 23                  | Saturday      | 9:00am              | 20M                | PowerBar 20-Mile Run and Relay                               |
| 30                  | Saturday      | 9:00am              | 5K                 | Rabbit Run                                                   |
| <b><i>APRIL</i></b> | <b>Day</b>    | <b>Time</b>         | <b>Distance</b>    | <b>Race Name</b>                                             |
| 6                   | Saturday      | 9:30am              | 5M                 | NYRR 5M S                                                    |
| 13                  | Saturday      | 8:00am              | 13.1M              | Queens Half-Marathon, Queens                                 |
| 21                  | Sunday        | 10:00am             | 4M                 | Run for the Parks                                            |
| <b>28</b>           | <b>Sunday</b> | <b>7:00/10:30am</b> | <b>26.2M/Relay</b> | <b>Achilles Marathon, Relay &amp; Kids Fun Run</b>           |
| <b><i>MAY</i></b>   | <b>Day</b>    | <b>Time</b>         | <b>Distance</b>    | <b>Race Name</b>                                             |
| 4                   | Saturday      | 9:00am              | 5K                 | Revlon Run/Walk, Times Square to Central Park                |
| 12                  | Sunday        | 8:00am              | 13.1M              | Mother's Day Women's Half-Marathon & 5K<br>(Men's 5K 7:00am) |
| <b><i>JUNE</i></b>  | <b>Day</b>    | <b>Time</b>         | <b>Distance</b>    | <b>Race Name</b>                                             |
| 8                   | Saturday      | 9:00am              | 10K                | Women's NY Mini Marathon                                     |
| 16                  | Sunday        | 8:30am              | 4 M                | Father's Day Four-Miler                                      |
| 22                  | Saturday      | 8:30am              | 10 K               | Summer 10K                                                   |
| 29                  | Saturday      | 9:00am              | 5 M                | FRNY Gay Pride Run                                           |

**Above races are in Central Park unless otherwise indicated. This is just a selection of recommended races.  
For the NYRRC for more race information at (212) 860-4455 or go to: [www.nyrrc.org](http://www.nyrrc.org)**