In 2012, Achilles celebrated 30 years of helping people with disabilities achieve. Our programs are divided into six areas: Hope and Possibility Races; Achilles Kids; the Marathon Tour; the Freedom Team of Wounded Veterans; National and International Chapters; and the New York Chapter.

Hope and Possibility
The Hope and Possibility race was inspired by our founding board chair Trisha Meili’s best-selling memoir *I Am The Central Park Jogger: A Story of Hope & Possibility*. The event is the largest of its kind for able bodied and disabled athletes to compete side by side. Prizes and recognition are provided for the able-bodied participants as well as several divisions of disabled competitors.

New York’s 2012 Hope and Possibility 5 Mile Race, held in Central Park, had over 5,000 participants. TV personality Jon Stewart ran as a guide for a member of the Freedom Team. Following the adult race, approximately five hundred children with and without disabilities took part in our Kids Fun Run. For the first time, a group of Achilles Kids trained for and competed in the full five mile distance. We were honored to have Heisman Charitable Trust as the presenting sponsor. General Motors and Cigna both had a significant presence in the event as well, as participants, sponsors, and guides.

Achilles Kids
2012 was an exciting year for Achilles Kids. The program continues to grow, currently serving 4,000 children with disabilities in over one hundred fifty schools. Development is taking place both in and out of New York with chapters in Providence, Rhode Island; San Diego, California; Roanoke, Virginia; and Princeton, New Jersey. The students have a goal of completing a total of 26.2 miles in their adaptive physical education classes throughout the year. Those who do receive sneakers to reward their effort and encourage achievement. More than 3,000 students completed this challenge – a record high.

In New York City, the Achilles Kids weekend program holds fun themed workouts on Saturday mornings at the Jewish Community Center. This year we launched a training program in Central Park to provide mainstream racing opportunities for the children and to offer a transition to the adult Achilles program. We are grooming future marathon runners!

The Marathon Tour and the New York City Marathon
The 2012 Achilles Marathon Tour consisted of eleven marathons where Achilles members competed with able-bodied athletes. The team participated in races in Williamsburg; Miami; Los Angeles; Boston; San Diego; Chicago; Washington, DC;
New York City; Ft. Lauderdale; Palm Beach; Detroit; and Orlando. Achilles has expanded its presence in many of these cities, engaging with local sponsors and volunteers. The Marathon Tour city with the largest Achilles contingent is New York, which features more than two hundred and fifty Achilles athletes from around the world.

**The Achilles Freedom Team of Wounded Veterans**

The Freedom Team is a rehabilitation program helping wounded veterans returning from Iraq and Afghanistan to be active, compete, and achieve. Veterans wounded in Vietnam and the Persian Gulf War also participate. The Freedom Team roster consists of three hundred seventy-five wounded veterans and continues to grow. Workouts are held at Walter Reed National Military Medical Center and other facilities. We work with physical and occupational therapists to recruit members and train for races. Many of the wounded veterans are just beginning to grapple with new challenges and are skeptical when approached about marathons. However, they become inspired by the success of their peers and begin running on their prosthetics or using a handcrank wheelchair. The Freedom Team is particularly active in the marathon tour and members travel from Walter Reed to races throughout the country.

**National and International Chapters**

Achilles has 65 locations in the United States and abroad. In 2012 we improved our outreach and communication with established and start-up chapters in the United States and worldwide. Outstanding chapters in Nashville, Tennessee and Philadelphia, Pennsylvania are leading the way and news chapters are cropping up daily.

**The New York City Chapter**

The New York Chapter is the Achilles flagship. It provides opportunities to train, race, and socialize for people with disabilities in the NY Metro area. The team meets twice a week in Central Park for workouts and participates in monthly races. There are social gatherings throughout the year. The group is diverse in terms of disability, athleticism, and demographics but shares a common belief in the importance of a healthy lifestyle. In 2012, Achilles also developed programs focusing on triathlons, featuring more than twenty athletes in six competitions in NY and nationally.

**Sponsors**

Achilles is very grateful to our sponsors for their support. Our work would not be possible without funds and in kind contributions from the foundations, corporations, individual donors, and especially from our board of directors.