

AchillesTM
INTERNATIONAL



What is Achilles International?

The mission of Achilles International is to empower people with all types of disabilities to participate in mainstream running events in order to promote personal achievement.



How is Achilles Different from Other Organizations With a Focus on Helping Athletes with Disabilities?

Our Focus is on Mainstreaming and The Concept of Achievement



Achilles International's Six Core Programs

1. National and International Chapters
2. The Achilles Hope & Possibility races -- the concept of mainstreaming
3. The Achilles Freedom Team of Wounded Vets
4. Achilles Kids -- Get as many kids as possible out to run!
5. Marathon Tours
6. TriAchilles Team



Achilles U.S. and International Chapters

- 30 chapters in the U.S., with a presence in all 50 states and Puerto Rico.
- 41 chapters internationally with presence in over 71 countries worldwide, including Mongolia, New Zealand, South Africa, Australia, Japan.



Achilles Hope & Possibility Races

Achilles Hope & Possibility races take place in cities all over the U.S.. Here in Central Park, we had over 5800 finishers! H&P races are held internationally everywhere from Munich to St Petersburg to Ulaanbaatar, where 3300 runners competed and the President of Mongolia spoke.



The Achilles Freedom Team

Building physical strength, confidence, and generating a supportive community for our wounded vets since 2004.



Achilles Kids

The Achilles Kids program serves the needs of 11,000 children with disabilities in twenty one states. With their adaptive physical education teachers, their goal is to run a total of 26.2 miles during the school year. Children who meet their goals, pick up well-earned awards along the way. In 2016, we conducted a research study with Cigna's support. 94 students in five schools took part in this longitudinal study. What did we learn? If you are on the spectrum and run, you will improve physically, socially and cognitively.



Marathon Tours

The Achilles Marathon Tour features a series of prestigious marathons across the US. 100 wounded, ill and injured veterans crossed the finish line with our Freedom Team at marathons in Miami, Disney World, LA, Boston, Chicago, Detroit, DC-for the Marine Corps Marathon and, of course, the TCS NYC Marathon!



TriAchilles Team

TriAchilles expands the organization to include triathlons and other multi sport competitions. Every season, the team participates in races ranging from community-run duathlons, the NYC triathlon, up to cycling and triathlon national championships. Athletes from across the country, with a wide range of challenges and backgrounds including visual impairment, amputee, brain injury, etc. come together to tackle these events.





How to Get Involved

Join us as a Volunteer/Guide or as a Charity Entrant at races including the NYC Half, NYC Marathon, NYC Triathlon, or large marathons across the country and beyond!

Local NYC Chapter Workouts:

Central Park - Tuesdays at 6pm and Saturdays at 10am at Engineer's Gate
(5th Ave at E. 90th Street)

Brooklyn and Queens - Meeting location and times on website.

Please go to <http://www.AchillesInternational.org> for further information!