

ACHILLES

International, Inc.

ACHILLES BOARD CHAIRMAN

Robert J. Katz
Senior Director
The Goldman Sachs Group, Inc

BOARD OF DIRECTORS

James M. Benson
Elliot Bloom
Senior Counselor, Deutsch Communications
Michael Burlant
Senior Director
Cushman & Wakefield
Russell S. Charlton, CPA, CIA
Vice President - Internal Audit
Time Warner Inc.
Kirstin Cole
Correspondent
WCBS-TV
Robert W. D'Loren
President and CEO
Nexcen Brands, Inc.
Matthew Eilers
Senior Managing Director
Morgan Stanley
Thomas Einhorn, M. D.
Chairman, Orthopedic Surgery
Boston Medical Center
Alisa Fastenberg
Lisa Fasullo
Tom Fogarty
Karen Gale
Donna Golkin
Charlie Hammerman
Michael Hess
Giuliani Partners
Chloe Malle
Tony Marano
Bonnie C. Marks Psy.D.
Rusk Institute

Trisha E. Meili
Founding Board Chair, Achilles
Bruce Mosler
President and CEO
Cushman & Wakefield
Ken Ottenbreit
Managing Principal
Stikeman Elliott, LLP (New York)
David A. Paterson
Governor
New York State
Kenneth Podziba
Commissioner
NYC Sports Commission
John F. Reynolds, III
Theodore C. Rogers
Partner
American Industrial Partners
Donn Sharer
Secretary, Achilles
Roger A. Silverstein
Senior Vice President
Silverstein Properties
Toby Tanser
Chief Executive Officer
Shoe 4 Africa
Mark S. Weiss
Executive Vice President
Newmark Knight Frank
David Wolf
CRBE

CHIEF EXECUTIVE OFFICER

Richard Traum, Ph. D.

BOARD OF ADVISORS

Frederic W. Cook
Priscilla Hammer
Carl Landegger
David McCourt

Dear Prospective Guide,

First off, I would personally like to thank you for getting involved with Achilles International and filling out an application to be a Guide in the upcoming 2009 ING NYC Marathon.

Your energy and commitment to our athletes is no small task (especially for 26.2 miles!!) and their marathon experience would not be the fulfilling and life altering experience if it were not for your assistance.

Please fill out the Guide Application to the best of your ability and either email (rkoplin@achillestrackclub.org), fax (212-354-3978) or snail mail it back to me (Achilles International, c/o Russell Koplin, 42 West 38th Street, 4th floor, NY NY 10018) at your earliest convenience. *The Deadline for Applications is Tuesday, September 1st; 2009.*

Please note that I am the only person who matches the athletes and guides together. It is an arduous task that takes time and requires detailed attention to an athlete's specific needs (be it medical, physical or even linguistically). I realize your training takes physical dedication as well as time so I will let you know if and how we are going to use you as soon as I am able. I have complete respect for what you are volunteering to do and I want to honor the pledge you are willing to make to our athletes. That being said, I hope you will do the same and let me know as soon as possible if for some reason you will no longer be able to participate as a guide.

If you have not heard from me by September 14th and you are beginning to feel anxious please feel free to check in with me.



Achilles

42 West 38th St., #400, NY, NY 10018

T: 212.354.0300 F: 212.354.3978

www.AchillesTrackClub.org

Email: info@AchillesTrackClub.org

One last thing, during these challenging economic times everyone is being hit from all sides and a small non-profit like Achilles is no exception. We are encouraging our Guides to please consider raising money in whatever way they are able to help underwrite an Achilles Athlete's Marathon Registration. Any and every little bit you can contribute makes a huge difference! Achilles does its absolute best to subsidize the entries of all of our athletes who need assistance but sadly we can't do it on our own. The Entry fee for a National Athlete is \$182 and for an International Athlete it is \$242. Thank you in advance for your hard work and perseverance on behalf of our athletes and please remember that your contribution is 100% tax deductible.

I very much look forward to working with you on this year's NYC Marathon and sharing what is sure to be an incredibly challenging yet inspirational experience.

Sincerely and with Appreciation,

Russell Koplin

Volunteer Coordinator and Project Manager
Achilles International
42 West 38th Street, 4th floor
New York, NY 10018

Phone: 212-354-0300

Fax: 212-354-3978

Email: rkoplin@achillestrackclub.org



Achilles

42 West 38th St., #400, NY, NY 10018

T: 212.354.0300 F: 212.354.3978

www.AchillesTrackClub.org

Email: info@AchillesTrackClub.org

A tax-exempt organization dedicated to running for people with disabilities.

Guide Application

ING New York City Marathon • Sunday, November 1, 2009

Please print and complete this application if you will be accompanying a disabled entrant as a volunteer guide in the ING New York City Marathon.

This application must be received by the Achilles Track Club by Tuesday, September 1, 2009.

Serving as a guide for a disabled entrant is a serious responsibility. In recognition of the important role they play, guides will be permitted to participate in the marathon free of charge. Guides, along with their assigned athletes, will be transported by bus to the starting line of the marathon. Guides **must** be at least 18 years old on race day and **must** be capable of completing the entire 26.2-mile marathon distance. Additional information about the responsibilities of the guides, and about their participation in the marathon, will be available on www.ingnycmarathon.org after August 31, 2009.

*Family Name	*Given Name		
Age on Race Day	Birth Date (mm/dd/yy)	Gender: <input type="checkbox"/> Male	<input type="checkbox"/> Female
Home Address	City		
State or Region/Province	Zip/Postal Code	Country	
Daytime Tel.	Fax	Email Address	

If you already know the name of the disabled marathoner you will be accompanying in the ING New York City Marathon, please state his/her name below:

*Family (surname) Name of Entrant	*Given Name of Entrant
-----------------------------------	------------------------

Are you that person's only guide? YES NO DO NOT KNOW

*If no, what is/are the name(s) of other guide(s), if known? (list below)

Are you a member of New York Road Runners? YES NO
If yes, what is your NYRR member ID? _____

Do you speak English? YES NO

Do you speak any other languages? YES NO
Which ones, if any? _____

What is your estimated time for completing the marathon distance? _____ hrs _____ min

Have you previously acted as a guide for a disabled athlete in the ING New York City Marathon?
 YES NO If yes, when? _____

Have you ever acted as a guide in another marathon or race?
 YES NO If yes, when and where? _____

Guide experience includes (check all that apply): Please add any relevant notes or comments on back of this application.

- Visually Impaired Deaf Amputee Cerebral Palsy Stroke Paralysis
 Wheelchair (over 4 hrs) Handcrank (over 4 hrs) Other (Please specify: _____)

ACKNOWLEDGEMENT AND WAIVER: I understand that being a guide for the ING New York City Marathon is a serious responsibility and privilege. I have trained and am in good physical condition. If I am confirmed as a guide, I agree to dedicate my time and energy to the athletes with disabilities and the Achilles Track Club during the marathon weekend, including an orientation that reviews my expectations on race day. I know that participating as a guide in the ING New York City Marathon (the "Event") is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the Event. I assume all risks associated with participating in the Event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I grant the Medical Director of the Event and his designee access to my medical records and physicians, as well as other information relating to medical care that may be administered to me as a result of my participation in the Event. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release any and all organizers and sponsors of the Event including, but not limited to, the New York Road Runners, Inc., Road Runners Club of America, Achilles Track Club, all Event sponsors and all of their agents, representatives, and successors, from all claims or liabilities of any kind arising out of my participation in the Event even though the liability may arise out of negligence or carelessness on the part of the persons named in this Waiver. I grant permission to all of the foregoing to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in the Event for any legitimate purpose without remuneration to me.

Signature _____ Date _____

Please mail completed application to Achilles Track Club, 42 West 38th Street, 4th Floor,
NY, NY 10018, ATTN: New York City Marathon Coordinator.

Or submit via fax to Achilles at (212) 354-3978.

*Marathon entrant **must** complete this information before giving the application to the guide.

This application will not be accepted unless this information is provided.



