



## LOS ANGELES CHAPTER

Welcome New AchillesLA Member!

AchillesLA - a new chapter of Achilles International – is dedicated to enabling people with all types of disabilities to participate in mainstream running workouts and events. Whether you are just starting out, or a lifetime exercise enthusiast, we welcome you to our AchillesLA team! Our goals are to be active, improve health and fitness, promote personal achievement and have FUN!

### **AchillesLA Workouts:**

**Initial Workout Launch Date:** March 25, 2018  
**Weekly Workout Day:** Every Sunday, year round  
**Weekly Workout Time:** 9:00am (RAIN OR SHINE!)

**Location:** Workouts will be held at Dorothy Green Park on Barnard Way in Santa Monica (by Lifeguard Tower 26). Achilles representatives can be identified by bright yellow shirts. For directions, please visit: <https://www.achillesla.org/weekly-workouts>

**RSVP:** As we begin building a critical mass of both athletes and volunteer guides, we will need to follow an RSVP system to ensure proper athlete-guide matches. Our goal is to eliminate the RSVP system entirely....and just show up! But for now, please RSVP through our website - <https://www.achillesla.org/weekly-workouts> - or send an e-mail to [peter@achillesla.org](mailto:peter@achillesla.org) by the end of day Friday.

During your first workout, you will be introduced to our AchillesLA team, and during every workout, you will be matched with one or more qualified volunteer guide(s).

**NOTE:** Joining AchillesLA is not a formal commitment by you to attend each and every weekly workout. We are happy to have you whenever your schedule allows!

### **Achilles Races:**

AchillesLA is just getting started, so weekly workouts will be our main activity for now. However, our goal is to develop a race calendar, and we invite you to join us and provide input about your goals! We believe races can be effective when working towards short and long-term goals but please note there is NO obligation at any time to participate in any races.

**Stay Active:**

We encourage you to train outside of AchillesLA workouts as well! Find a route that you are comfortable with, and encourage neighbors, colleagues, friends, and family to join you.

Congratulations on joining the AchillesLA Team. We look forward to walking, running or wheeling with you! Any questions, you can reach us at [peter@achillesla.org](mailto:peter@achillesla.org).  
Go Achilles!

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