



Being a Part of Breaking Down the Barriers

What's New

December 28, 2019

Happy New Year Everyone,

Best wishes for a happy, healthy and fit New Year from Achilles Canada!

With only 4 more days until the end of 2019, why not make YOUR Year-End Donation and Receive a 2019 Tax Receipt!

Still haven't found that special year-end or New Year gift for someone special, why not buy them an entry into the 2020 Achilles St. Patrick's Day Race before December 31st when the entry fees goes up by \$5!!!

Achilles Club Jackets - One final chance to place your order for our new Achilles jackets as part of your 2020 annual membership due of only \$25. We have sizing in both Women's and Men's so let me know your size and we will get you a new club jacket for the new year.

Remember our first price increase will take place on December 31st for the 21st Achilles St. Patrick's Day Race! So go to: <https://raceroster.com/events/2020/27720/21st-annual-achilles-st-patricks-day-5k-10k-and-1k-kids-run> now to take advantage of the low entry fees now and remember to register with your friends so that you will not only save a few dollars but you will also be guarantee a spot in one of the Races on Sunday, March 15, 2020!

All Achilles Athletes - listen up! We have lots of running guides who are eager to help you out in any way they can with your weekly training and participating in upcoming races. Please let me know if your in need of guide runners and I know we will find some for you!

Vancouver is Calling!!! We have an out of town visually impaired runner who will be spending the Christmas Holidays from Dec. 24 to the 30th between Abbotsford and Richmond BC who is looking to get some running in. If your available please reach out to me and I will put in touch with our athlete? We are also looking for Achilles Athletes and Guides who live in Vancouver, British Columbia. Get in touch with your friends in Vancouver and let me know who they are as we want to establish our chapter there for this Winter.

Other areas of interest are Windsor and Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan, Montreal, Quebec and Halifax, Nova Scotia! We could have new chapters forming in these communities and therefore, I am asking if you know of Achilles athletes or guides in these cities to get in contact with me. Thank you!

Newfoundland Guides Needed - new Achilles athlete Nadine is in training to run a marathon this fall and she is looking for guide runners to help her out in Newfoundland?

Guide Runner available to run in the mornings with any Achilles athletes in the Yonge and Summerhill area?

If you haven't already made a donation, please consider making one to support Jason Mitschele, Achilles athlete. He will be climbing Mount Kimanjaro in the Fall of 2019 and we could use your support by making a donation to his Climb at:
Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

Race Report

If you have a story to tell, please send it my way and we will include in our next newsletter.

Reminders

Achilles triathlete John has managed to set-up free spinning classes as part of your cross training for triathlon coming up this Summer. Here are the details:

When: Wednesday evenings
Time: 7 pm- 8:15pm
Where: Downtown YMCA Grosvenor

When you arrive, tell the people at the downstairs desk that you are doing the CFS(Cycle For Sight) spinning class. They will ask you to sign in and they will let you in the change rooms. The spinning studio is located on the second floor. All you need is a water bottle and a lock for your locker. If you have any questions, please do not hesitate to contact me at jt.csk.allegro@sympatico.ca

Guide Runners Needed

Achilles Athletes??? Let me know if your looking for guide runners to run with you during the week or on weekend and we will put out a search for you. Thanks!

Run Schedule

Click [HERE](#) to connect to our website to review all our Chapter Run Schedules...

Events Calendar

Click [HERE](#) to connect to our website and learn more...

Chapter Locations

Click [HERE](#) to connect to our website and learn more...

Join a Committee for 2020! We need YOU!

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