



## *Being a Part of Breaking Down the Barriers*

### **What's New**

April 5, 2018

Spring Has Arrived Sort Of!

Best of luck to all members running the Race Roster Spring Run-Off this weekend!

Achilles Athletes - If you are in need of a guide to run a 45 mins 8K for this weekend Spring Run-Off, let me know ASAP as we have a great runner for you?

Achilles Mid-Town Chapter Runs will soon be starting again every Thursday night starting at 6:30 pm. The group will meet at CNIB Community Hub at 1525 Yonge Street where you can change and leave your belongings in a safe environment. The runs will take place in Mt. Pleasant Cemetery and the Beltline. Stay tuned for start date real soon!

Waterloo Marathon is April 29th and they have a new VI Category for Achilles athletes and guides.

GoodLife Toronto Marathon is May 6th, please let me know if your interested in running it? We also have a very king offer from a guide runner who is willing to run the marathon in around 4:20 and will pay your way for the race. Let me know if you need a guide runner?

Our one and only Rhonda-Marie Parke is once again running an Ultra Marathon all by herself - "No Running Guides" at the Vol State 314 Miles Race or 505Km's. Please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes.

<http://thelastobstacle.com>

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### **Race Report**

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

By Jeff Orchard, London, Ontario

**The St Patrick's Day Achilles 5k**

Steam Whistle Brewery, Toronto, Ontario, Sunday, March 18

I still get nervous at the start of the Achilles 5K, though I have participated in the annual event - the marquee race for Achilles' athletes in the Greater Toronto Area -- often.

It's an anxiousness that stems from wanting your friends to do well, and hoping your guiding works out all right. I wouldn't trade that anxiousness for anything.

This race is like coming home for me.

It's a chance to reconnect with all the wonderful people I met through my 10 years or so connection with Achilles Canada.

I would be guiding my friend Chris White in our second preparation race this year for a spring marathon. The Achilles 5K race starts at the Steam Whistle roundhouse (an old railway station), in the shadow of the CN Tower.

We were also looking to help out our mutual friend Geza Fenyo, who, like Chris, is a veteran Achilles' athlete. It was our honour as well to run with guides Monica Lee, and Todd Shannon.

This shorter distance was a small concern. Chris was fit, but hadn't done any speed work. We had a long warm-up (about 30 min), but found it a challenge at the start to ramp up quickly to our goal pace of 4:10 to 4:30/kilometre. Tackling a hill at race start, and negotiating the crowds at also took vigilance.

Chris settled into a good rhythm by 2K. We stayed as close to Geza, and his guides Todd and Monica. The spectators and other Achilles' runners helped a great deal in that respect, too, overwhelming us with their one-of-a-kind enthusiasm and support.

Geza left nothing out there, giving everything he had for last half of the race, fighting fatigue. He and Chris finished together in a great time of just over 21 and a half minutes, good for top 3<sup>rd</sup> and 4<sup>th</sup> spots for Achilles' athletes.

Geza and Chris were more than satisfied with their own efforts and their race results. The beer and chili, though taken in earlier than advisable at 11am on a Sunday, was a worthy reward, not to mention all the post race stories, pictures and instant nostalgia. Wouldn't trade that for anything either.

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## Reminders

**2018 Ottawa Race Weekend is May 26th & 27th.** Please contact me for our Achilles discounted promo code for this year races. All running guides get to run for free with their Achilles athletes, however, I would suggest you help support your athlete in anyway you can. I look forward to hear from you.

**2018 Canada Army Run** in Ottawa is September 23rd. Contact me for our Achilles promo code. This race sell-out every year!

**2018 New York City Marathon** - Application are now available for all Achilles athletes to consider entering this year marathon and your deadline to have your application in for is April 23rd. At the moment, each athlete is still allowed 3 running guides to run the marathon. As for the Guider Runner application, it doesn't open until July 1st with a deadline of July 31st this year. Please contact me and I can work with you to get you register for this year race on November 4th.

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## Guide Runners Needed

We are in need of guide runners who live in the Brampton and Woodbridge area. If you know of anyone who may be interested in guiding please share with them my contact information. Thanks,

Looking for guide runners in the Lakeshore and Islington area to run with a visually impaired female. Let me know if your available?

Woodbirdge Area - Desperately seeking guide runners in Woodbridge to run with a 14 year old Austin boy after school, evening or weekends. Please let me know or if you know of someone in the area who would like to help out?

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## Run Schedule

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

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## Events Calendar

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

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## Chapter Locations

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

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## Join a Committee for 2018! We need YOU!

We are putting this on hold now until after our Achilles St. Patrick's Day Race.

We will be having our first committee meeting during the month of February so here your chance to consider joining one our committee listed here::

- Fundraising Committee
- Sponsorship Committee

- Marketing/Advertising/Promotion Committee
- Membership/Chapter Development Committee
- Volunteer Recruitment and Recognition Committee
- Group Event Committee (BBQ, Christmas Party etc.)
- Social Media Committee

If you are interested in participating in any of these exciting opportunities, please contact me by email and let me know your interest and we will start the process of forming the various committees.

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