



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

### What's New

February 8, 2018

Hello everyone!

**ONLY 38 Days Left - So get your \$10 discount NOW by registering for our Achilles St. Patrick's Day 5K event on March 18th. Go to: <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk> and use Promo Code - ACHILLES18 to receive your \$10 discount of the current entry fee. You can't beat this deal so what are you waiting for! Register Today!!!**

**Calling for Volunteers!** We are in need of volunteers to help out with this year Achilles St. Patrick's Day Race. In particular we need Route Marshals and a Pre-Registration and Registration Day Of leader. As a leader we are hoping you would be able to work from Thursday, March 15th, 16th and Race Day on the 18th. Please let me know if your interested and please share with all your friends. Thanks!

**3rd Annual Shop/Run/Beer is Saturday, February 17th!** Please join us for a fun morning of shopping at BlackToe Running, followed by a nice easy 5K run with RunTOBeer gang and end up at Steam Whistle for a free pint of beer and great prizes by Saucony. This is a fun tune-up leading up to our famous Achilles St. Patrick's Day 5K Race.

**Volunteer Grant Program** - Please check with your employer to see if your organization provides a Volunteer Grants for your time with Achilles Canada. It only take a few minutes to complete and your generous donation can go a long way in supporting an Achilles athlete.

**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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### Race Report

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

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## Reminders

**Achilles Athletes? We need you to take a friendly and supportive leap to give swimming, biking and running a TRI.** Tell us your interested in considering a triathlon for 2018! Were getting lots of interest from our able-bodied members but we really need our Achilles athletes to get involved. Let me know if your interested in participating in some great bike and running training schedule to get you inspired to then jump in a pool for a swim at the later date to get yourself ready for a TRI in 2018! Achilles athlete John Tomasino is the man behind this great new initiative for Achilles and our athletes. For more information, please contact myself.

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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,

Lawrence and Dufferin Area - Looking for guide runners to run during the week for an athlete living in this area?

Brantford Area - We are in search of guide runners to run with a visually impaired runners from Brantford. Please let me know if your available or know of someone who would like to guide?

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 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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### Donate Today

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

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### Shop at Achilles Store

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

Contact Us: 416-485-6451 | [Email](#) | [Website](#)

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[www.AchillesCanada.ca](http://www.AchillesCanada.ca)