



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

### **What's New**

January 19, 2018

Happy everyone!

Thank you all the heartfelt condolences on the passing of my father. It means a lot to me and I sincerely thank you all. Brian

January is the month of New Year Resolutions. Have you made your running goals for 2018? Please let us know what they may be no matter how Big or Small they are, we are here to support you and help encourage you to achieve your goals. They may be as simple as participating in this year Achilles St. Patrick's Day 5K Race, achieving a personal best time in this race. It may be a Half Marathon race such as the Chilly Half, GoodLife, Ottawa or even the Scotiabank Waterfront. It could also be a Full Marathon such as GoodLife, Ottawa, Scotiabank Waterfront, Hamilton or even the NYC Marathon. These are all great races that support our Achilles athletes.

**Register NOW for the 19th Annual Achilles St. Patrick's Day 5K Run and ask just one friend to join you!** The date is Sunday, March 18th - Register at: <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk>

Our good friend and Achilles athlete Jason has a goal for reaching the summit of Mount Kilimanjaro in 2019. He will be using the year of 2018 to train and fundraise for his climb. Let's all make a contribution to his goal and help him reach the top!!!

Ever wondered what it is like to be without sight? Have you ever wondered what it is like to be me? Interested in experiencing a full-course meal in complete darkness in a room full of your closest friends? Here's your chance! Please come support my drive to Climb Mount Kilimanjaro and help support blindness awareness and vision research.

When: Thursday, February 8, 2018  
Time: 7pm (dinner seating at 8:15 pm)  
Location: O Noir - 620 Church Street, Toronto  
Cost: \$60 per person  
Includes 3 course meal, taxes and gratuities.  
(a tax receipt for a portion of the cost will be provided)

Please contact us to reserve your spot at: [Climb2019@gmail.com](mailto:Climb2019@gmail.com) Hurry, spots are limited! All proceeds will go to my Climb for a Cure campaign! Tax Receipt will be eligible for your donations.

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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?

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...

Weekly Run Schedule:

Saturday group will meet for 8:30 am in the Beaches (Lakeshore Blvd. East and Woodbine Ave.) - 5 to 15K distances. Contact person is Chris White at [c\\_w\\_h\\_i\\_t\\_e@hotmail.com](mailto:c_w_h_i_t_e@hotmail.com)

Sunday group will meet for 10:00 am at Davisville subway station - 5 to 15K distances. Contact person is Kim Umbach at [ron.kim@rogers.com](mailto:ron.kim@rogers.com)

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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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