



Being a Part of Breaking Down the Barriers

What's New

January 4, 2018

Happy New Year!

In Passing: As part of our Achilles family I thought I would let you know that my father, Gordon McLean passed away earlier this week on January 1st of pneumonia. We celebrated his 84th birthday on December 5th. I would like to express my gratitude as he was not only my Father, but my friend and business advisor who encouraged me to pursue my passion and opportunity to bring Achilles International to Canada in 1999. As a business entrepreneur, I would consult with him on what my next steps should be and how best to accomplished them. My Father was always by my side and in particular throughout the 18 years of Achilles, attending every event until most recently when his health prevented him from doing so. I can honestly say that if it wasn't for him, I would not be the person I am today. So in his passing I want to say Thank You Dad for encouraging me to make Achilles Canada the club it is today! I also want to thank everyone for being a part of the Achilles family.

Brian

Don't forget to get yourself, your family and friends to register for the 19th Annual Achilles St. Patrick's Day 5K Run which will be Sunday, March 18th - Register now at <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk>



Race Report

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

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.

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,

Brampton, ON - We are looking for guide runners to run with a male teenager during the week after school and maybe weekend and the distances is 5 and 10K. Let me know, thanks!

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?

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

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

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 2018! We need YOU!

We are looking for members to support the following teams:

- 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.

Donate Today

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

Shop at Achilles Store

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

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

Like Us and Follow Us on Facebook, Twitter and Instagram:



Visit our Website:
www.AchillesCanada.ca