



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

### **What's New**

July 17, 2019

Hello Everyone,

Lots of Congratulations notes to share with you all:

Achilles athlete Radane and Kathy had a beautiful baby girl named Raeana on July 14th.

Achilles athlete Radane also set a new Team Canada relay record in Montreal.

Achilles athlete John and member Emma competed in the Muskoka Half Ironman.

Achilles athlete Vivian finished 1st overall in her category with guide runner David in the Olympic Triathlon distance.

**We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan, Montreal, Quebec and Halifax, Nova Scotia!** We may have a 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!

Hiking Guide Needed - new Achilles athlete Aamer who is visually impaired is planning on hiking in Morocco this coming October as a fundraiser. She lives and works for CNIB on Bayveiw area and is seeking guides to hike with through Sunnybrook Park, High Park or other parks in the area. Please let me know if you can help out?

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](#)

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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

**There is still time to join the 2019 Triathlon season** - if your interested please reach out to me. Thanks

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](mailto:jt.csk.allegro@sympatico.ca)

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## 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!

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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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