



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

### What's New

June 11, 2019

Hello Everyone,

Last request for volunteer Route Marshal Leaders and Cyclists? Still looking for 4 more Route Marshal Leaders and 2 more Cyclists for the Princess Margaret Cancer Foundation Journey to Conquer Cancer Walk/Run this Sunday, June 16th. The event will run from 9 am to 10:45 am and if you volunteer, you will need to be at 700 University Ave. for 8 am. Please let me know if your available to volunteer and consider asking a friend to join you. Thanks!!!

**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!

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

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## Donate Today

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