



Being a Part of Breaking Down the Barriers

What's New

March 4, 2018

Hello everyone!

Spring is in the Air! Now the time to get your running shoes out with only 13 days to go!!! - Get your GREEN ON NOW and save \$10 by registering for our 19th Annual 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!!!

Let's Go Achilles Athletes!!! Please get in contact with me so that we can get you register and have time to find you the best available running guide. Thanks

Thank You Volunteer!!! We now have more than enough volunteers for this year Achilles St. Patrick's Day Race.

Our good friends from the Beaches Running Club have been nice enough to provide all Achilles members a promo code to receive a discount into this year Easter Day 5k on Sunday, April 1st and this is no joke! Use code **ACHILLES**
<https://raceroster.com/events/2018/14511/beaches-easter-day-5k-1k-bunny-hop-2018>

Waterloo Marathon is April 29th and they have a new VI Category for Achilles athletes and guides.

Our one and only Rhonda-Marie Parke is once again running an Ultra Marathon all by herself - "No Running Guides" at the Vol State 314 Miles Race or 505Km's. Please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes.

2018 Canada Army Run in Ottawa is September 23rd. Contact me for our Achilles promo code.

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.

Race Report

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

Reminders

2018 Ottawa Race Weekend is May 26th & 27th. Please contact me for our Achilles discounted promo code for this year races. All running guides get to run for free with their Achilles athletes, however, I would suggest you help support your athlete in anyway you can. I look forward to hear from you.

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.

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,

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?

Run Schedule

Click [HERE](#) to connect to our website to review all our Chapter Run Schedules...

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 putting this on hold now until after our Achilles St. Patrick's Day Race.

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.

Donate Today

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