



Being a Part of Breaking Down the Barriers

What's New

May 30, 2019

Hello Everyone,

Wow! What a month it has been with the races that our Achilles members have participated and June is looking to be just as busy. Congratulations to all members for your running achievements of just reaching the Start Line for all your races.

Guiding Opportunity - Achilles and CNIB have entered a team into this year Foam Fest 5K on July 27th. We are in need of more guides for this obstacle course racing team. We have mostly young adults this year who are at different fitness levels. We are trying to set up our pairs in advance. We usually team someone with low vision 1:1 with a guide and someone who is total or close to it 2:1. We currently have between 8-10 participants. If you or anyone you know is up for it, please let me know. We will be having a team meeting about it soon to start planning things. We will also have a bus rented to go there and back which will be nice, as it worked out well last year. The race is an all day commitment. It's always a lot of fun and good for a laugh. No need to run the whole course, we generally walk it. Please let me know if you're interested?

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](#)

Race Report

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

Reminders

There is still time to join the 2019 Triathlon season - if you're 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

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!

Run Schedule

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

Chapter Locations

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

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