



Being a Part of Breaking Down the Barriers

What's New

November 23, 2017

Hello Everyone;

It's Black Friday! Let's Make It GREEN! Register starting tomorrow and for the weekend and save \$10 of your entry fee for the 19th Annual Achilles St. Patrick's Day 5K Race. Go to: <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk> and use promo code BLACKFRIDAY. Be sure to tell all your running friends to help make the weekend **GREEN!!!**

60% Sold Out! Don't Forget To RSVP for our annual Achilles Christmas Party which is quickly filling up!!! This year party will be on Saturday, December 9th at the Balmy Beach Club. The day start with an optional fun 5K run/walk at 11 am followed by lunch at 12 noon. Then a motivational speaker and we end the day with a visit from Santa. This party will sell-out so don't miss out on and our year ending celebration! Our new 2018 Achilles short sleeve shirts will be ready in time and you will get one with your 2018 membership for only \$25. If you have any great swags or gifts that you would like to donate for our prize table, please bring them with you on day off. As well your home baked goods is always most welcome and a huge hit, especially with me! Gluten Free Meals Options, I will need to know if you would prefer a gluten free meals instead of both meat and vegetarian lasagna???

Check-Out our 2018 Logo and then Register for the 19th Annual Achilles St. Patrick's Day 5K Run which will be Sunday, March 18, 2018 - Register now at <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk> - Thanks to our member Alastair for creating our new event logo which I will try and show in our next newsletter. So what are you waiting for??? Get Your Green On and register today!



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.

Race Report

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

Written by Achilles athlete Michael Alzamora from Toronto:

Hi there Jared,

Thank you for a most memorable experience sharing 21.1 Km with me. I rank today's run just as likeable as my first half in Mississauga when I crossed the line in 1:43 hrs some 8 years ago.

I was somewhat disappointed when I crossed the finish in 2:13 hrs. I really wanted to go under 2 hours. So why was this Half marathon as happily memorable as my first half?

I told you I was poorly trained but I didn't tell you to what extent. I had no build up. My training consisted of running 2 times a week. One 10K and long runs of only 16K. Four weeks before the race I did a 21K LSD run.

I think it was lofty of me to ask you to guide me for under 2 hrs. I should have been more honest with you.

Despite my lack of training I came short of 2 hrs by 13 minutes. I couldn't have achieved our time without your encouragement in the final grueling kilometres. For that my friend, I thank you from the bottom of my heart.

This race was a learning experience. I am taking a lot from it:

1. I am more suited to the Half Marathon than the Full Marathon.
2. I have to be disciplined with my training. Meaning, at least a 16 week build up. This includes running at least 5 days a week, including a long build up of long runs. Something that I've been told by a lot of people is to do some speed work.
3. I was wondering if we could keep in touch via email and have you give me tips on training. I understand if your busy life doesn't allow it.

If I can summarize today's run in one sentence is I learned to deal with tough stretches in life. I learned this by pushing through the final few kilometres slowly without stopping.

Gratefully yours, Michael Alzamora

Reminders

Tannenbaum 10K Race is Sunday, December 4th. When registering, use ACHILLES to get your discount for the race.

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 TODAY! 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.

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