



Being a Part of Breaking Down the Barriers

What's New

October 20, 2017

Hello Everyone;

This is the big weekend of the Scotiabank Waterfront Toronto Marathon and Achilles will be well represented with a team of 28 athletes and guides all participating in various distances this coming Sunday. On behalf of Achilles we will wish you ALL the best for joyous and safe run!!!

Don't get Spooked and forget to RSVP? Annual Achilles Christmas Party will be on Saturday, December 9th at the Balmy Beach Club. The day starts 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. Please RSVP with me and remember this event sells out every year and the cost to you is FREE!

Don't get Double Spooked and forget to register? 19th Annual Achilles St. Patrick's Day 5K Run is Sunday, March 18, 2018 and registration is now open at <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk> - So what are you waiting for??? Get Your Green On and register today!

Sign-Up to Bike and Run with our new Achilles Triathlon Team Today! Let me know if you're 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 2018! Our very own Achilles athlete John Tomasino has spearheaded a group of dedicated volunteers to provide a special one day training session as well as training programs to keep you going till your first race sometime next Summer for 2018. 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 Ruth Hurst from Ottawa

What The Soldiers Taught Me in The Vimy Challenge

I was like so many others. A child of proud Military Men & Women, lining up to show our support in The Army Run's 10th race. I trained (but not hard enough) and proudly arrived early (But not too early) to shake the hands of the men & women who were soldiering on. It was going to be a hot race day. 39 plus with the humidex. Our 5K wounded & ill category was to go first. I was racing a bike I had never used before. A recumbent Catrike Speed. My guides lined up with me. David Shaw on his 2 wheeler would be my snow plow. A term we lovingly give to the person who has to clear the path or warn me of any bumps, pot holes or people. It's an extra challenge since I am also visually impaired. His partner Cheryl stayed back at the starting line up with my RX, the handcycle I would use in the second leg of the Vimy Challenge. The 10K. It went smoothly through the first leg. We were given 45 minutes maximum to complete the 5K and line up for the 10K. We took a leisurely 21 minutes. Then I switched to the handcycle. As we started the 10K the first thing I noticed was that I was struggling. The RX was causing me to labour right out of the shoot and then the chain fell off my handcycle. My guide circled back to help me and before I could even sit up, the men and women from "soldiering on" surrounded me. They held the bike still and loaded up my chain all the while telling me that I could do it. I set off again with great patriotic pride but I was still labouring. I began to get muscle cramps and for the life of me I could not figure out what was wrong. Every so often as tears of frustration ran down my cheeks, i would feel the helping hands of those brave men & women giving me a boost from behind. Around the 5K mark in the 10K event, my guide shouted out that my brakes were on! Well no wonder I was struggling. The last 5K were a breeze by compairison. I had my second wind and I was only battling the heat for the last 5K. Those men and women were true heroes and showed such sportsmanship that it continues to bring tears to my eyes in the telling of this event.

I went to support them. They raced to support me. We never leave a man behind they told me. It's what we do, they told me. & that is what our men & women of our military taught me.



Reminders

Annual Achilles Christmas 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. Please RSVP with me and remember this event sell-out every year and the cost to you is FREE!

Guide Runners Needed

Aylmer, Quebec - We are in need of guide runners to run with Gaston a deaf blind runner as he is training to run the 2017 NYC Marathon this November. You may email Gaston at: gasbedard@videotron.ca

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!

Woodbridge 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...

Our good friends with the Toronto Beaches Runner Club have provided us with a discount code to receive a \$10 discount of your entry fee for this year Tannenbaum 10K Race on Sunday, December 3rd. Use discount code ACHILLES

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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