



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

### **What's New**

October 26, 2017

Hello Everyone;

Congratulations to all the Achilles members who participated in last Sunday's Scotiabank Waterfront Toronto Marathon! Achilles had more than 35 members all participating in various distances. It was a beautiful day for run!

Next up is the famous New York City Marathon whereby we have three Achilles athletes in Nora, Gaston and Grant all participating on Nov. 5th. Then after that is the Tannenbaum 10K Run on Dec. 3rd. Look below for your Achilles discount code for this race.

**Trick or Treat have you RSVP yet? 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!

**Double your Treat and register for the 19th Annual Achilles St. Patrick's Day 5K Run** which will be Sunday, March 18, 2018 - 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!

**Triple you treats and tell us your interested in signing up to Bike and Run** with our new Achilles Triathlon Team Today! 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 2018!

Our very own Achilles athlete John Tomasino has spear headed 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.

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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.**

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

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## Reminders

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## Guide Runners Needed

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?

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## 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](mailto: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](mailto:ron.kim@rogers.com)

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## 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

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## Chapter Locations

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

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## 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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