



Being a Part of Breaking Down the Barriers

What's New

April 24, 2019

Hello Everyone,

Congratulations once again to all our Boston Marathon finishers! We had strong team of Achilles members from Ary, Tom, Bonnie, Tim, Jason, John, Elizabeth, Emma, Monica, Todd, Tyrrell, Craig, Katie, Joe and Robert. I hope I haven't left anyone out, if so, it was an accident!

IMPORTANT! Please let me know if you wish to run the Toronto Marathon on May 6th? I will share with you our Achilles our promo code that will give you a 13% discount code of the current entry fees for all their races. However, they are only give us a 48 hour window to get everyone register at once. So if you interested, please email me ASAP and I will add you to our list and then we will decide when the best 48 hours will be to get yourself register for the race.

Guide Runner Needed - Looking for a 35 minutes 5K guide runner for this weekend Bum Run on Sunday, April 28th. Our same athlete also need a guide runner for the Toronto Marathon 5K race as well. Also looking for a 4:30 Full Marathon guide for the Toronto Marathon as well. Let me know if your available?

It the start of a new running season and I need to hear from all Achilles athletes what their goals are for 2019. Are you looking for guide runners to run with you during the week and on weekend? Please let me know what you need and we will begin the search to find you suitable guide runners who want to help you out. Thanks,

2019 Triathlon Season is upon us and we want to set-up a new Triathlon team in partnership with CNIB for this year. Please let me know if your interested in taking up the sport of Triathlon this Summer? We will provide you with the training locations and guides to get you started.

We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan and Montreal, Quebec! 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!

Jason Mitschele, Achilles athlete 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

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...

Events Calendar

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

Our friends from the Beaches Running Club will be organizing this year Bum Run 5K on April 28th and they have provide us with a special promo code to get \$10 of the entry fee.

Use code: ACHILLES for \$10 off!

Chapter Locations

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

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