



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

### **What's New**

April 12, 2018

Hello Everyone,

Congratulations to all the members who ran last weekend Race Roster Spring Run-Off in High Park!

This weekend is the famous Boston Marathon and wow! do we have a bunch of members running it as athletes, guides or their own personal race. I will do my best to capture everyone who I know is running here by starting with Michael O., Chris W., Jeff O., Andrew J., Tim S., Emma, Ary T., Sky T., Grant R., Tom, JP B., Boyd D., many more that I can't recall. Most of the athletes and guides will also be connecting with our good friends Team With A Vision to help with any last minutes race details and socializings.

Achilles Athletes - please let me know if your interested in running the Toronto Marathon on May 6th in any distances as we have some very kind guide runners who are willing to help you out?

New Partnership Group - We have formed a new partnership with the Amputee Coalition of Toronto (ACT). This is a peer support group so let welcome them and encourage them to run with us!

(Due to another family situation) Achilles Mid-Town Chapter Runs will be on hold till May, sorry! Our first run should be Thursday, May 3rd night starting at 6:30 pm. The group will meet at CNIB Community Hub at 1525 Yonge Street where you can change and leave your belongings in a safe environment. The runs will take place in Mt. Pleasant Cemetery and the Beltline. Stay tuned for start date real soon!

Waterloo Marathon is April 29th and they have a new VI Category for Achilles athletes and guides. Our good member Duff will there running it as well.

Tandem Cycling anyone? We are looking for a captain to sit on the front of the bike to guide one of our members as part of the Cycle For Sight event taking place end of June and you will ride up in the Creemore, Ontario area near Collingwood. Let me know if your interested?

Our one and only Rhonda-Marie Parke is once again running an Ultra Marathon all by herself - "No Running Guides" at the Vol State 314 Miles Race or 505Km's. Please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes.

<http://thelastobstacle.com>

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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.**

**By Norah Broughton, Ottawa, Ontario**

A very nice thank you note that I just wanted to share again with our members thanking how we all work as a team both Achilles Canada, Achilles International and Gaston Bedard.

Dear ALL Achilles Members

I wanted to thank you all for all that I was able to be accepted into the New York City Marathon. As well as, informing me that I got chosen and the faith you had in me.

Furthermore, I appreciate all e-mails, phone calls, newsletters, accommodation/hospitality and transportation assistance.

I wanted give special mention to the guides I had: Monica, Molly, and Sloan. It was just fantastic to run with them throughout the Marathon. I do keep in-touch with them. That said, the Race Expo where you picked up your race-kit was really worth while.

The pasta dinner on the Friday night, and the Luncheon for the Canadian athletes + other countries that were there as well was very worth while. I was very pleased to meet Dick Traum during the weekend as well. He's done so much for Achilles International.

I am very thankful for all the hard-work that everyone puts in for all the athletes. To organize all the volunteers and guides must be one daunting task, which is very impressive. I had a wonderful weekend.

It's one of the best Marathons I've ever done, and being able to participate in one of the top Marathons in the world is an honor.

Best regards

Norah Broughton

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## Reminders

**2018 Ottawa Race Weekend is May 26th & 27th.** Please contact me for our Achilles discounted promo code for this year races. All running guides get to run for free with their Achilles athletes, however, I would suggest you help support your athlete in anyway you can. I look forward to hear from you.

**2018 Canada Army Run** in Ottawa is September 23rd. Contact me for our Achilles promo code. This race sell-out every year!

**2018 New York City Marathon** - Application are now available for all Achilles athletes to consider entering this year marathon and your deadline to have your application in for is April 23rd. At the moment, each athlete is still allowed 3 running guides to run the marathon. As for the Guider Runner application, it doesn't open until July 1st with a deadline of July 31st this year. Please contact me and I can work with you to get you register for this year race on November 4th.

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## 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,

Looking for guide runners in the Lakeshore and Islington area to run with a visually impaired female. Let me know if your available?

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...

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## Events Calendar

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

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## Chapter Locations

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

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## Join a Committee for 2018! We need YOU!

We are putting this on hold now until after our Achilles St. Patrick's Day Race.

We will be having our first committee meeting during the month of February so here your chance to consider joining one our committee listed here::

- 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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