



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

### **What's New**

August 1, 2018

Hello Everyone,

**She Did It!!! Rhonda-Marie Parke** ran the Vol State 314 Miles Race in Tennessee in 8 days!!! Congratulations Rhonda-Marie!!! You can still make one last donation on her fundraising page as she is raising awareness of Achilles Canada and all disabled athletes. <http://thelastobstacle.com>

**We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario and now Edmonton, Alberta!** We may have a new chapter forming in Windsor and now Edmonton and guide runners in Guelph who would like to support Achilles Canada and our athletes. So, if you know of anyone in either towns or city, please contact me. Thank you!

Also looking for guide walkers/runners who would like to walk/run with a visually impaired wheelchair athlete who live in the Distillery area. She would like to wheel the Martin Goodman Trail.

**Richard Holloway, Achilles athlete** is next up with his Las Vegas Marathon on November 11th. Please go to his Go Fund Me page here to make a donation:  
<https://ca.gofundme.com/blindrunnervegasmrathon>

**Jason Mitschele, Achilles athlete** just completed the PMCF Ride to Conquer last weekend as part of his training to climb Mount Kilimanjaro in 2019. Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

**20th Annual Achilles St. Patrick's Day 5K Race is Sunday, March 17, 2019.**

Answer one simple survey question to win one of two \$75 gift cards from our retail sponsor BlackToe Running (located at 95 Bathurst St. and King)

**Survey Question?** - If you haven't already submitted your answers here, please do so as this is the last week of the survey question. Would you

participate in one of the following three scenario for next year Achilles St. Patrick's Day Race:

1. Keep the race as is with only a 5K Run/Walk?
2. Add a new 1K Kids Fun Run along with the 5K Run/Walk?
3. Add the 1K Kids Fun Run, 5K Run/Walk and a new 10K Run Only?

Provide your answer with comments to Brian McLean at [bmclean@achillescanada.ca](mailto:bmclean@achillescanada.ca). Two random winners will be selected by draw to win a \$75 gift card from BlackToe Running.

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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.**

Achilles Athlete Jeff Robinson:

Being legally blind since birth with limited sight in only my right eye, I have been an avid runner doing a marathon in each province from 2014 and completed with BC in 2018.

In 2015 I completed a Tri a Try in Grimsby, which was fun but I didn't like the swim portion. I continued to compete in Subaru Triathlon Series in the Duathlon division over the next couple of years in Grimsby, Guelph and Milton in the Athlete with a disability division (I need more competition). These races consist of a sprint Duathlon which is 2k run - 30k bike - 7k run. Subaru Ironman 70.3 Muskoka introduced a half ironman "duathlon" this year so I set my goal on completing this race - 3 mile run - 54.2 mile bike - 13.1 run (5 - 90 - 21)! I completed this half ironman on Sunday in 6 hrs with friends and family cheering me on and Ive never felt so proud of myself! I wish the kids who told me, as a child, that blind kids shouldn't ride bikes were there to witness this accomplishment!!

Thank you for your support.

Jeff Robinson

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## Reminders

**Beaches Jazz Run 5K, 10K & Half Marathon is July 29th. Please contact me for our club discount code.**

**Shakespeare Runs the Night 15 & 30K Saturday, August 30th. Please contact me for our club discount code.**

**Longboat Toronto Island Run 5K & 10K is September 9th. Please contact me for our club discount code.**

**2018 Canada Army Run**

in Ottawa is September 23rd. Contact me for our Achilles promo code. This

race sell-out every year!

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## 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!

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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!

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## Donate Today

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

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## Shop at Achilles Store

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

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[www.AchillesCanada.ca](http://www.AchillesCanada.ca)