



Being a Part of Breaking Down the Barriers

What's New

August 8, 2018

Hello Everyone,

Achilles athlete Erin Corrado has produced a film - Hi - we are having a screening of my film *Run Kai Run* on August 10th.

The details are as follows:

Time: Friday, August 10th, 2018, doors open @ 6pm, film starts @ 6:30pm

Cost: \$5 per person - You can pre-pay for your tickets using

PayPal evcorrado@hotmail.com (please put Run Kai Run Screening as a memo when making the payment).

Location:

Fairview Theatre (attached to the Fairview Library)

It is across the road from the Fairview mall and walking distance from Don Mills subway station. A map is attached.

- Erin Corrado

Longboat Island Race - Looking for a guide runner/walker to run this race on Sept. 9th. Let me know if your available? Thanks,

St. Thomas, Ontario - Looking for guide runners in the area to guide a blind women for some races in the area. Please contact me if your able to help out? Thanks,

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 scenarios 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. Two random winners will be selected by draw to win a \$75 gift card from BlackToe Running.

Race Report

If you have a story to tell, please send it my way and we will include in our next newsletter.

Achilles Athlete Maria Cruz:

A Very Rough Start, But Definitely Worth It! Like a lot of the 5K races I've done so far, the Beaches Jazz Run got off to a rocky start for me. I was born with two neurological conditions that cause me to be almost totally blind and also mobility impaired, so I do my races in my manual wheelchair with a sighted guide.

Before every race I always have the challenges of trying to find out where to have Wheel-Trans drop me off and pick me up, trying to get a PSW who will come to me at 6 in the morning to help me get ready, and sometimes finding a guide. There's also the challenge of hooking up with my guide on the day of the race. This race was no different, except that Wheel-Trans wouldn't drop off or pick up at the race location. They said that because there was no building at 3 Alfresco Lawn there was no way they'd drop off or pick up there. I was thinking of booking a wheelchair taxi in advance, which might have saved me some hassle, but wheelchair taxis are very expensive. So, since I'm not Mama Warbucks I decided to take the chance and hail an Uber wavy the morning of the race.

My race day started off pretty good -- I didn't miss my alarm to get up, I got everything done that I could before my awesome PSW, Pauline, came for me at 6:15am, and we were done early. But once I got downstairs to my front lobby things started to go downhill. There were no Uber wavy taxis around the first several times I requested a ride. I was really starting to panic -- no, I was already in full panic mode. I had to make a lot of requests before I actually got a driver. I didn't feel so bad though, since my guide had texted me that she was also having Uber issues. It seems that we both left home in our Ubers at about the same time.

My awesome Uber driver, Abdullahi, got me there, looked for race staff who could help me, and wheeled me over to the baggage tent. I was still panicking because I thought the 5K had already started. When I told the race staff I was waiting for my sighted guide and that we were both late because of Uber issues I was expecting to hear that because we were late we wouldn't be able to do the race. But the staff were very nice and took me over to the start line, telling me they'd look out for my guide. I was hugely relieved to hear a message over the PA system as a staff member wheeled me through the grass to the start line -- yes, getting a manual chair through grass is a major pain in the butt, so I let him wheel me to save time and energy. The 5K was starting in 7 minutes! I went into panic mode again when the race started and my guide still wasn't there. But a moment later she appeared.

I started off really well and fast! I don't know if my burst of speed was from all that pent-up frustration, or just having a smooth, flat path along the Waterfront to wheel on. We were almost halfway through the race when I realized I'd forgotten to put my push gloves on. My push gloves were in my wheelchair backpack, but I seemed to be doing OK without them so I didn't stop to put them on. Of course, that's when we hit a steeper downhill section where I got rug burn on one of my palms trying to slow the chair for control. I still didn't put them on since I figured that would be the last steep downhill I'd encounter. I was mostly right.

My guide, Diane, was totally awesome, and since 5k spots in the race had sold out early she wasn't able to register herself. They didn't have a guide tag for her, so the night before the race I used the back of my baggage check tag to make her a tag that said "AWESOME GUIDE". My printing isn't very steady, so I'm sure it must have looked like crap, but when I slipped it to her just after the race started I'm pretty sure she put it on.

All through the race I heard people calling my name and cheering me on. Diane told me a lot of people were giving me a thumbs-up too. Not only was the race vibe really great, but it turned out I did my best time ever -- 1h 7m 54s!

Maria Carmen C. Cruz

Blog: <http://cruzviewz.blogspot.com>.

Facebook: www.facebook.com/CruzingMC.

Twitter: @CruzingMC.

My favorite charities: donate online at

<https://www.canadahelps.org/en/pages/great-charities-worth-giving-to/>.

Sent from my smartphone

Reminders

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!

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...

Chapter Locations

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

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