



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

### **What's New**

December 2, 2018

Happy Holidays Everyone,

Congratulations to all the Tannenbaum runners today! It was a nice mild day for a run down in the beaches and organized by our good friends from the Beaches Running Club.

**Last Week To RSVP for our Annual Achilles Christmas Party - Saturday, December 8th - 90% Sold Out!** This year guest speaker will be our own Jason Mitschele who will share his experiences and goal event of Climbing Mount Kilimanjaro in the Fall of 2019. Remember, this party sell-out every year! We will be celebrating all the achievements from 2018. The party will take place at the Balmy Beach Club and start with our optional 5K run/walk at 11 am. The real party start at 12 noon hour with lunch followed by achievements, news, motivational speaker and then a drop-in by Santa. Membership dues for 2019 is once again only \$25 for our 20th year! Please consider bringing bake goods for our desert table and donated stuff for our raffle table. Please RSVP with me! For those of you who have never attended our party, you should seriously consider doing so as you will be inspired and make new friends!

**20th annual Achilles St. Patrick's Day Race is set for March 17, 2019.** Remember this is Toronto's Best Landmark Race! For our 20th year, we have added a new 1K Kids Run for the kids under the age of 12 years of age, a 10K race distance (which is two loops of the 5K route) and a Family Pack so that you can register as a family if you wish.

Calling all Achilles athletes, guides and members that if you would like to join team Achilles Canada for this year St. Patrick's Day event, please let me know and I will share with your our promo code to join the team. Let's set a goal of a team of 50 members for this year race!

Go to the link here to register yourself, friends, family and co-workers: Christmas Gift Idea? Consider purchasing an entry into this race to give to a family member or friend.

<https://raceroster.com/events/2019/19814/20th-annual-achilles-st-patricks-day-5k-new-1k-kids-run-10k-race>

Needs:

- If you know of anyone at Tim Horton's corporate head office please let me know as I would

like to get them to sponsor our Chili for this year race?

- Looking for one, two or three members who would like to take on the role of Social Media for this year as well?

- If you are a member of a corporate or local running club, please let me know as I would like to invite your club to participate as a team for our 5K race?

**Guide Walkers Needed!** We are in need of 3 or 4 more guide walkers for our Sunday morning group. The group meet at Davisville Subway stop for 10 am and walk the cemetery and beltline. Please let me know if you like to help out? Thank you!

**We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario, Edmonton, Alberta and now Saskatoon, Saskatchewan!** 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](#)

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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.

Boyd Dunleavey race report, Achilles team member, London Ontario.

As a two time blood cancer survivor and stem cell transplant recipient I am grateful to be alive, never mind have the ability to run. Living with brain and spinal chord trauma, I run as a mobility impaired athlete. This marathon, New York 2018 (my first New York marathon) was a special race as it was my 7th marathon, 7 years after my diagnosis that I would not live the year without a stem cell transplant...

At the Expo I got to meet some of the Achilles team members, and pick up my bib and race shirt. It was a lot of walking! The Friday night was exciting as Achilles International had a very special celebration dinner and some athletes were recognized in the Achilles Hall of Fame! There were hundreds of athletes there from around the world! I had the pleasure of meeting my upcoming guide Réne Bittner in person for the first time at the dinner. We enjoyed meeting all the other Canadians as well as teams from all over the world. Hours of fun stories and much excitement!

As well, I finally got to meet a friend and mentor I had waited 3 years to meet in person, Brian McLean! The Canadian Achilles president. He's helped encourage me my past 5 marathons over the phone. We had a wonderful dinner and celebration.

On Saturday November 3rd in the morning Achilles International met up in Central Park and my guide Réne and I went for a quick 5km run. In the afternoon we had the opportunity to have lunch with Mr. Dick Traum, the founder of Achilles International,

along with other Canadians members and teams from around the world.

An early dinner and early to bed Saturday night, we had to be at the bus by 5:30am at the latest and with the time change I was having trouble getting a good nights sleep. 4:15am came really early and after getting ready and out the hotel to the subway I met a rat and homeless person sleeping as Rene and his train arrived a few minutes later! We found the bus for Achilles after a quick hike and got on the bus and saw many familiar faces. It took about 2 hours for the bus to get to the start line and we were fortunate to have an area to get ready. At about 9:15am we were guided to head towards the start line.

It was a special moment after the singing of the national anthem as the race director Peter Ciaccia was bidding everyone adieu as he had helped work for the NY Road Runners for the past 18 year and was the race director for the past 4 years. He gave a very emotional speech and thanked everyone for many wonderful memories. Just after 9:50 the race was off with Sinatra blaring in the background... New York New York!

We were about 4 minutes behind the starting wave and the first mile was all uphill from the Staten Island bridge! It had been colder then we were anticipating so I was bundled up with extra clothing that quickly got tossed. The weather however warmed up perfectly to about 10 degrees celsius. It was the best weather I have had in my 7 marathons. We also started in the Green wave, that was an interesting process as there were over 50,000 runners and it was the worlds largest marathon, (52812 finishers).

Running uphill to start the race and cross the Staten Island bridge was challenging! With it being such a large race, there were multiple starting waves and some of the athletes did not connect with the other athletes until about an hour into the race. The race itself was so exciting, with so many fans and spectators, there were well over a million spectators on the course that day. Rene and I had much fun as we were working our way though the course, and saw many other Achilles teams as well as people that were running for cancer charities that we got to cheer as they passed us.

There were non stop sights to see and it seems like non stop bridges! About 3 to 3 1/2 hours into the race we once again ran into Achilles athlete Arnold from Canada, who was running his first marathon on his own. He asked if he could join us, and it turned into a 3 person team for about the next hour as we ran 10 minutes then walked one, and repeated that the whole time. Pushing forward, running, moving, the people cheering... it was non stop excitement! Coming up First Ave into Manhattan was non stop people and seemed to be going uphill the whole way. Arnold dropped back with a few kilometres to go but we all kept going. The excitement of all the athletes and fans, I raced my fastest last 2 kilometres I have ever run to finish a marathon!! On one of the toughest courses I have run I finished my third fastest marathon and felt great when it was over. This was a tough year with several setbacks with injuries and this was a great feeling of accomplishment!

Cheering and high 5's our finishers medals. photos, running into loved ones in the finishers area, seeing other Achilles Athletes like Arnold finish their first marathon, spending time with new friends like Achilles team Tom and his guide wife Bonnie(from the Ottawa area), we had so many laughs and so much fun. They couldn't stop laughing

with my pre race throw away clothing I had picked up to wear before the race started!!

Achilles knew how to put on a fantastic New York marathon and the Canadian team did us all proud. Anyone thinking of a buck list marathon, I would recommend New York in a minute!

Never lose hope friends and a warm seasons greetings to you all!

Boyd Dunleavey

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## Reminders

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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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