



Being a Part of Breaking Down the Barriers

What's New

December 20, 2018

Happy Holidays Everyone,

Do You Hear What [We] Hear? It's the sounds of the season... the oohs and aahs when you light up the tree, friendly family banter and of course, sleigh bells ringing.

The only thing that tops the sounds of the season are the oohs and aahs of all the great successes our Achilles athletes and members achieved themselves in 2018.

We hope this holiday season finds you and your family happy and healthy. We sure had a fun year and we hope you did as well.

Thank You to all that attended our Annual Achilles Christmas Party!!! The party was once again a huge success and our guest speaker Jason was very inspiring talking about his quest of Climbing Mount Kilimanjaro in the Fall of 2019.

Gift Wrap the 20th annual Achilles St. Patrick's Day Race! Just because it's too late to mail a gift in time for the holidays doesn't mean you can't find the perfect gift for everyone on your list - both near and far! When you order a Gift Entry, you are encouraging them to participate in Toronto's Best Landmark Race! There is a suitable distance for everyone from the 1K Kids Run, 5K, 10K distances and even a Family Pack. What a great stocking stuffer for under the tree.

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](#)

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...

Chapter Locations

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

Join a Committee for 2018! We need YOU!

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