



Being a Part of Breaking Down the Barriers

What's New

February 1, 2019

Hello Everyone,

What a COLD week it has been and thankfully we might be getting a break starting this weekend! Our brave and hearty Beaches Group continues to run outside down in the beaches. However your other option is to run indoors at Monarch Park and Achilles will reimburse you your cost of which is half price for Achilles members. Please keep your receipts.

We are now exactly 45 days away for our BIGGEST event yet in the 20th annual Achilles St. Patrick's Day Race! As you know, this is the only fundraising event that Achilles Canada put on all year and it is the only time that we ask you all to do your best to help in one way or another on event day of March 17th. So please do consider to participate, volunteer or make a donation towards the event to help support our Achilles athletes who strive to meet their running goals all year long.

New for our 20th year, is 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.

For everyone here, I am going to ask you to consider joining Team Achilles for the 5K distance and use Promo Code - ACHILLES5K and this will give you the BEST Price at a set fee of only \$35. I am also going to ask you to share this deal with ALL your running friends because this is the year that I would like to see Team Achilles become the LARGEST TEAM for this year race.

Go to the link here to register yourself, friends, family and co-workers: or friend.
<https://raceroster.com/events/2019/19814/20th-annual-achilles-st-patricks-day-5k-new-1k-kids-run-10k-race>

Needs:

- We are in need of Volunteers for leading up to and on event day of Sunday, March 17th. Please register yourself here with this link as a volunteer and please consider inviting a friend or two to join on our this great day celebrating St. Patrick's Day!

<https://achillesvolunteer.ivolunteer.com/participant/19oEBrn4jjJ5746bt8YvCy5f0oTlxIjydmAzN>

[2yEcm77qxjSBuwR0SVJkWG](#)

It the start of a new running season and I need to hear from all Achilles athletes what their needs are 2019. Are you looking for guide runners to run with you during the week and on weekend? Please let me know what you need and we will begin the search to find you suitable guide runners who want to help you out. Thanks,

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](#)

In Passing - It is with heavy heart to announced the passing of Achilles athlete, Bill Vastis who passed away of heart complication a couple of week ago. We will miss you Bill and Rest in Peace.

Race Report

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

Boyd Dunleavey, 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, and pick up my bib and race shirt. It was a lot of walking! The Friday night was exciting as Achilles New York 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 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 director. 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 the New York Achilles chapter 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, along with

other Canadians and teams from around the world.

An early dinner and early to bed Saturday night, we had to be at the bus by 5:30 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

Reminders

2019 New York City Marathon

There are new RULES implemented / imposed by the NYRR. All runners, including Achilles members, have to register online on their own using their own credit cards (or their chapter Credit cards) between January 14th and February 14th. If Achilles members will not get in through the lottery, we would be able to reverse their entries and accept. During the online registration process the applicants have to choose Achilles International as their running team and their disability category: AWD, pushrim or handcycle. This is very important. If they do not choose their disabilities the NYRR would be not able locate our members in their system and we would be not able to reverse them.

One more important update: each athlete will be allowed to have only one guide. An athlete can submit their concerns and additional requests directly to: nyrrawdteam@nyrr.org

Achilles will reimburse entry fees to the **active members**, (approved by their chapter leaders), in November when they come to NYC to run the Marathon.

IMPORTANT: The registration closes on February 14th. Here is the link to register.

<https://www.tcsnyymarathon.org/plan-your-race/run-in-2019>

Please let me know if you have any questions.

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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