



Being a Part of Breaking Down the Barriers

What's New

February 13, 2020

Happy Valentine's Day!

As member of Achilles we want to offer you a Sweet Savings of a Deal for 1 day only! Roses are red, Violets are blue, this saving is sweet for 24 hours. Register you and your running "sweetheart"- 2 for the price of 1 starting midnight on February 14th until 11:59 PM same day. This is only good for the 5K Individual, 10K Race, 5K Virtual Race and 10K Virtual Race. Go To: <https://raceroster.com/events/2020/27720/21st-annual-achilles-st-patricks-day-5k-10k-and-1k-kids-run>

Call for Volunteers! For the Achilles St. Patrick's Day Race we need your help to become a volunteer on event day. We are in need of Route Marshals especially and therefore if your not able to participate but can volunteer, then consider signing up here and ask a friend to join you as well. Here is the link to sign-up as a volunteer: [21st Annual Achilles St. Patrick's Day Race 2020](#)

Make a donation to our new **VISION 2020 Program** or sign up for the program whereby we hope to raise more than \$60K by the end of the year. Go to: <https://achillesstpatricksday5k.ca/achilles-vision-20-20-challenge/> to learn more or you can also go here: <https://achillescanada.ca/achilles-ambassador-program/>

We need ALL Achilles athletes and guides to register for this great race of our and show your support by breaking down barriers and supporting our athletes.

Click here for all your race details: <https://raceroster.com/events/2020/27720/21st-annual-achilles-st-patricks-day-5k-10k-and-1k-kids-run>

Remember All Achilles Athletes - Keep a log of all your kilometres and once you have reach 500K's we will then give you up to \$160. to purchase a new pair of running shoes for your accomplishments.

All Achilles Athletes - listen up! We have lots of running guides who are eager to help you out in any way they can with your weekly training and participating in upcoming races. Please let me know if your in need of guide runners and I know we will find some for you!

If you haven't already made a donation, please consider making one to support Jason Mitschele, Achilles athlete. He 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

Achilles triathlete John has managed to set-up free spinning classes as part of your cross training for triathlon coming up this Summer. Here are the details:

When: Wednesday evenings
Time: 7 pm- 8:15pm
Where: Downtown YMCA Grosvenor

When you arrive, tell the people at the downstairs desk that you are doing the CFS(Cycle For Sight) spinning class. They will ask you to sign in and they will let you in the change rooms. The spinning studio is located on the second floor. All you need is a water bottle and a lock for your locker. If you have any questions, please do not hesitate to contact me at jt.csk.allegro@sympatico.ca

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...

Remember, as we receive our discounted codes for many races that take place in Ontario and across the Country, we will share them with our members.

Chapter Locations

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

Join a Committee for 2020! We need YOU!

Donate Today

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

Shop at Achilles Store

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

Contact Us: 647-998-6451 | [Email](#) | [Website](#)

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www.AchillesCanada.ca