



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

### **What's New**

February 14, 2019 2019

Happy Valentine Everyone,

Today is a very loving day and I want to wish everyone a great Valentine Day!

**We are now exactly 32 days away for our BIGGEST event yet in our 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/19oEBrn4jjJ5746bt8YvCy5f0oTlxIjydmAzN2yEcm77qxjSBuwR0SVJkWG>

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,

**2019 Triathlon Season** is upon us and we want to set-up a new Triathlon team in partnership with CNIB for this year. Please let me know if your interested in taking up the sport of Triathlon this Summer? We will provide you with the training locations and guides to get you started.

**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.

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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.

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## Reminders

Last Day to Commit to the 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](mailto: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.tcsnycmarathon.org/plan-your-race/run-in-2019>

Please let me know if you have any questions.

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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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## Join a Committee for 2018! We need YOU!

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## Donate Today

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

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## Shop at Achilles Store

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

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