



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

### **What's New**

February 9, 2020

Hello Everyone,

As of today we are exactly 5 weeks away from our Biggest and Only Fundraiser of the year in the 21st Annual Achilles St. Patrick's Day Race on March 15th. We need your support more than ever and I am asking you all to kindly find away to contribute to the overall success of this great race by becoming a Participant, Volunteer or Donation. I have said before that if every single person who receives this Achilles Newsletter contribute in one way or another, we would 50% sell-out for this race.

You can participate as an individual or join Team Achilles as we want to be the Largest Team this year. Use promo codes ACH5K or ACH10K to get the best possible price to participate. If you not in town, then register to do our Virtual 5K or 10K Race.

Volunteer on event day of Sunday, March 15th. Send me an email to tell me you would like to volunteer on event day in some capacity.

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>

**This is our last week for Achilles athletes to register for the 2020 New York City Marathon** - If you interested please reach out to me and we will get you register!!!

**Remember All Achilles Athletes** - Keep a log of all your kilomentres 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!

**Vancouver is Calling!!! We have an out of town visually impaired runner who will be spending the Christmas Holidays from Dec. 24 to the 30th between Abbotsford and Richmond BC who is looking to get some running in. If your available please reach out to me and I will put in touch with our athlete? We are also looking for Achilles Athletes and Guides who live in Vancouver, British Columbia. Get in touch with your friends in Vancouver and let me know who they are as we want to establish our chapter there for this Winter.**

**Other areas of interest are Windsor and Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan, Montreal, Quebec and Halifax, Nova Scotia!** We could have 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!

Newfoundland Guides Needed - new Achilles athlete Nadine is in training to run a marathon this fall and she is looking for guide runners to help her out in Newfoundland?

Guide Runner available to run in the mornings with any Achilles athletes in the Yonge and Summerhill area?

**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](#)

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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

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](mailto:jt.csk.allegro@sympatico.ca)

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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...

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.

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## Chapter Locations

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

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## Join a Committee for 2020! We need YOU!

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## Donate Today

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