



Being a Part of Breaking Down the Barriers

What's New

January 12, 2020

Happy New Year Everyone,

We hope everyone had an enjoyable and safe Christmas and New Year Eve holidays! Now it time to get back in shape, fulfill your New Year Resolutions and get out and support Achilles Canada.

Whether your an Achilles athlete, running guide, volunteer or supporter, now is the time to reach out to your local Achilles chapter and get started with your 2020 goals.

For all Achilles members here, let's make 2020 the year that Achilles Canada has the Largest Team and the team that Raises the Most Funds! So go to our race site and register yourself as an Achilles Canada Team Member and then take advantage of the best possible entry fees prices for all of you and you may also share with all your friends and family. If you can't join in in person, then participate in our Virtual Races.

here is your special promo codes to participate in this year Achilles St. Patrick's Day Race on March 15th. First join the Achilles Team when registering and for the 5K Race use promo code ACH5K and your price is only \$35. For the 10K Race use promo code ACH10K and your price is only \$45.

All Achilles Athletes who will be running or walking the Achilles St. Patrick's Day Race either in person or by virtual, please contact and we will work together to get you register for the 5 or 10K races.

Again for our 21st year, let's make Achilles Canada the Largest Team and the team that Raises the Most Funds.

Go to: <https://raceroster.com/events/2020/27720/21st-annual-achilles-st-patricks-day-5k-10k-and-1k-kids-run>

2020 New York City Marathon - The application entry for the this year marathon will be open from January 30th to February 13th. Therefore, please let me know if you plan to run this year marathon so that we can get you registered before the deadline. You will need to register as it will now be a lottery system this year but Achilles International feels very confidence that we will get you all in.

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](#)

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...

Chapter Locations

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

Join a Committee for 2020! We need YOU!

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