



Being a Part of Breaking Down the Barriers

What's New

July 19, 2018

Hello Everyone,

Tonight Midtown Run/Walk is ON! Come join us for a fun run/walk through Mt. Pleasant Cemetery. We start from the CNIB Hub located at 1525 Yonge Street at 6:30 pm. Please RSVP with me so that we can ensure every has a guide runner/walker. Thank you kindly!

Rhonda-Marie Parke is on the home stretch of her Vol State 314 Miles Race in Tennessee!!! She has run more than half the distance so far with out any running guides. Once again please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes. <http://thelastobstacle.com>

We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario and now Edmonton, Alberta! We may have a new chapter forming in Windsor and now Edmonton and guide runners in Guelph who would like to support Achilles Canada and our athletes. So, if you know of anyone in either towns or city, please contact me. Thank you!

Also looking for guide walkers/runners who would like to walk/run with a visually impaired wheelchair athlete who live in the Distillery area. She would like to wheel the Martin Goodman Trail.

Richard Holloway, Achilles athlete and chapter president of Achilles True North is running the Las Vegas Marathon in the Fall of 2018. Please go to his Go Fund Me page here to make a donation:
<https://ca.gofundme.com/blindrinnervegasmrathon>

Jason Mitschele, Achilles athlete just completed the PMCF Ride to Conquer last weekend as part of his training to climb Mount Kilmanjaro in 2019. Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

20th Annual Achilles St. Patrick's Day 5K Race is Sunday, March 17, 2019.

Answer one simple survey question to win one of two \$75 gift cards from our retail sponsor BlackToe Running (located at 95 Bathurst St. and King)

Survey Question? - Would you participate in one of the following three scenarios for next year Achilles St. Patrick's Day Race:

1. Keep the race as is with only a 5K Run/Walk?
2. Add a new 1K Kids Fun Run along with the 5K Run/Walk?
3. Add the 1K Kids Fun Run, 5K Run/Walk and a new 10K Run Only?

Provide your answer with comments to Brian McLean at bmclean@achillescanada.ca. Two random winners will be selected by draw to win a \$75 gift card from BlackToe Running.

Race Report

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

Reminders

Beaches Jazz Run 5K, 10K & Half Marathon is July 29th. Please contact me for our club discount code.

Shakespeare Runs the Night 15 & 30K Saturday, August 30th. Please contact me for our club discount code.

Longboat Toronto Island Run 5K & 10K is September 9th.

2018 Canada Army Run in Ottawa is September 23rd. Contact me for our Achilles promo code. This race sells out every year!

Guide Runners Needed

Achilles Athletes??? Let me know if you're 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 2018! We need YOU!

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