



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

### **What's New**

May 3, 2019

Hello Everyone,

Best of Luck to all Achilles members taking part the Toronto and Mississauga Marathons as well as the Back in Motion Race. We have way to many members to list here but please know we know who you are and we wish you all the best for Saturday or Sunday races!

**2019 Triathlon Season** is upon us and we are working with the Toronto Triathlon group to field a team for there race on July 20th here in Toronto. Please let me know if you interested so that we can begin a training program for everyone.

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)

**We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan and Montreal, Quebec!** 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](#)

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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

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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...

Our friends from the Beaches Running Club will be organizing this year Bum Run 5K on April 28th and they have provide us with a special promo code to get \$10 of the entry fee.

Use code: ACHILLES for \$10 off!

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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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