



Being a Part of Breaking Down the Barriers

What's New

November 26, 2019

Hello Everyone,

Congratulations to all our members who ran numerous races last weekend including the Philadelphia Marathon by both Kim and Claudia as well as the Marquis de Sade by John and his guide.

Ho Ho Ho Santa will be arriving early for the Achilles members this coming Sunday for the annual Achilles Christmas Party. The party will take place at the Balmy Beach Club with special guest speaker Mark DeMontis. It will also be your chance to try-on one of the new club jackets for your correct size for the 2020 season.

Registration is NOW OPEN for the 21st Achilles St. Patrick's Day Race! Go to: <https://raceroster.com/events/2020/27720/21st-annual-achilles-st-patricks-day-5k-10k-and-1k-kids-run> to take advantage of the low entry fees now and remember to register with your friends so that you will not only save a few dollars but you will also be guaranteed a spot in one of the Races on Sunday, March 15, 2020!

New Achilles Running Jackets - As part of the Christmas Party on December 1st, we will sample sizes of the new running jackets so that you are able to try them on and then place your order for the jacket that fits you best.

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 you are in need of guide runners and I know we will find some for you!

Vancouver is Calling!!! We are 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!

Events Calendar

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

October 27th - Mad Dog Scramble - More information and registration is located here:
<https://www.xsnrg.org/maddog.php>

December 1st - Tannenbaum 10K Race - Use code: ACHILLES10 for 10% discount
<https://raceroster.com/events/2019/24933/tannenbaum-10k-2019>

Join a Committee for 2019! We need YOU!

Contact Us: 647-998-6451 | Email | Website

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