



Being a Part of Breaking Down the Barriers

What's New

October 9, 2019

Happy Thanksgiving Everyone,

If you haven't already register for one of the Scotiabank Waterfront Toronto Marathon Races, this is your last chance to take advantage of the Achilles discount we received for all races. Please contact me for our promo codes.

*****Scotiabank Waterfront Marathon is the weekend of October 20th.** Great news is that our Achilles Philadelphia Chapter will be coming up with a team of 10 Achilles athletes of which most of them are visually impaired or blind. They are coming with their guides and would like to celebrate after the race around 4:30 in the afternoon at Jack Astor's at 144 Front Street West. There will be about 30 to 40 people for the gathering and that not including our club. So please RSVP with me if you like to attend the gathering.

This year Achilles Christmas Party will be on Sunday, December 1st at the Balmy Beach Club. Once again this party sell-out every year, so please RSVP with me ASAP!

New Achilles Gear - The survey was a huge success and it look like everyone wants an Achilles running jacket. We are going with a nice dark Purple jacket that will have our logo on the front chest. I am now working on sizing and pricing for all of us. Stay tune more information.

Vancouver is Calling!!! We are looking for Achilles Athletes and Guides who live in Vancouver, British Columbia, Windsor, Guelph, Ontario, Edmonton, Alberta, Saskatoon, Saskatchewan, Montreal, Quebec and Halifax, Nova Scotia! 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!

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...

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