



Being a Part of Breaking Down the Barriers

What's New

September 15, 2019

Happy Terry Fox Race Day!

Lots of Congratulations to the members that has participated in numerous race over the last couple of weeks - Foam Fest, Sunset Shuffle, Mid-Night Summer Runs, Muskoka Ultra and Triathlons, RBC Race for the Kids, our famous Terry Fox Runs that took place today and etc..

Route Marshals Needed!!! The CNIB 3rd Annual Night Steps is taking place this coming Wednesday, September 18 starting at 5 pm and it is a 5K superhero theme walk starting from the CNIB Hub located at 1525 Yonge St. just North of St. Clair Ave. Looking for 6 - 10 volunteers, so please contact me if your available and I will provide details.

Run Ajax Waterfront Race is Sunday, September 29th. Our good member Randy Moore is leading the charge for this race and he was able to secure us a 2 for 1 deal to participate. Again, please let me know if you would like to run the race and I will put you in touch with Randy. Randy is lives in Ajax and apparently he is also willing to host an after race gathering at his place with his wife Bev.

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 or visually impaired or blind. They are coming with the guides and would like to celebrate after the race around 4:30 in the afternoon at a restaurant to be name later. 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. Also, we have discounted codes for these races if yo have not already signed up!

We are looking for Achilles Athletes and Guides who live in 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!

Hiking Guide Needed - new Achilles athlete Aamer who is visually impaired is planning on hiking in Morocco this coming October as a fundraiser. She lives and works for CNIB on Bayveiw area and is seeking guides to hike with through Sunnybrook Park, High Park or other parks in the area. Please let me know if you can help out?

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

There is still time to join the 2019 Triathlon season - if your interested please reach out to me. Thanks

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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