



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

### **What's New**

September 30, 2019

Hello Everyone,

Lots of Congratulations to all the members that participated this past weekend in the Toronto 5K and the Ajax Waterfront Marathon!!!

We have an Achilles wheelchair athlete who is wheeling the Scotiabank Half on October 20th who is looking for a couple of training partners and guide runners for the race. She lives in the Queen Quay West and Spadina area and would like to get a couple of training runs this month with your one or two guides for the on the 20th. Please let me know if your able to help with her training and be a guide as well on race day. You do not have to push her the whole race of the race, but just run alongside her and help where needed. Her goal time is 2+ hours.

Also, I know the London Marathon lottery is taking place this month and should any Achilles athletes get accepted and your looking for a guide runner to do London, well your in luck! We have a long member and guide runner who offering to be a guide for the London Marathon in 2020. Please let me know if your interested?

**\*\*\*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!

**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** - As for your 2020 membership dues, I would like to take a survey to see what the members would like next year as part of their membership fee of still \$25. For the last couple of years we have been providing the our standard short sleeve tech shirt and before that was the Long Sleeve Zip Up Pull-Over. As a third option, I would like to consider running jacket in the colour purple with our logo on it for 2020. Please let me know your vote as 1, 2 or 3 and we will go from there?

**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!

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](#)

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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

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)

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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...

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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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