



Being a Part of Breaking Down the Barriers

What's New

November 10, 2018

Remembrance Day, (Let's take a moment to remember and give thanks.)

Congratulations to all Achilles members who ran both the New York City Marathon and the Road2Hope Marathon. There are way too many members here to remember but I will try my best. They are Richard, Rebecca, Tom, Bonnie, Eve, Mike, Gaston, Boyd, Rene, Kim, Claudia, John, Kathy, Elizabeth and I am sure there is more.

Best of luck to Richard, Avery and Randy who are running tomorrow Las Vegas Marathon!

Last Chance to take advantage of our extremely low entry fee before prices go up on November 15th. If you haven't register, then do so within the next 5 days. Be sure to invite a friend or two to join you as we celebrate our 20th annual Achilles St. Patrick's Day Race. Remember this is Toronto's Best Landmark Race! For our 20th year, we have added three new categories to please everyone! There will be a new 1K Kids Run for the kids under the age of 12 years of age, a 10K race distance (which is two loops of the 5K route) and a Family Pack so that you can register as a family if you wish. Go to the link here to register yourself, friends, family and co-workers:

<https://raceroster.com/events/2019/19814/20th-annual-achilles-st-patricks-day-5k-new-1k-kids-run-10k-race>

Annual Achilles Christmas Party - Saturday, December 8th - 30% Sold Out!

Remember, this party sell-out every year! Once again we will be celebrating all the achievements from 2018 at our annual Christmas Party. The party will take place at the Balmy Beach Club and start with our optional 5K run/walk at 11 am. The real party start at 12 noon hour with lunch followed by achievements, news, motivational speaker and then a drop-in by Santa. Membership dues for 2019 is once again only \$25 for our 20th year! Please consider bringing bake goods for our desert table and donated stuff for our raffle table. Please RSVP with me! For those of you who have never attended our party, you should seriously consider doing so as you will be inspired and make new friends.

2019 Membership Renewal Survey - Please let me know for your membership due if you would like to receive one of the following for 2019?

Achilles Short Sleeve Tech Shirt - \$25
Achilles Long Sleeve zipper Tech Shirt - \$40
Achilles Technical Running Hat - \$25
Or Any Other Ideas?

We are looking for Achilles Athletes and Guides who live in Windsor, Guelph, Ontario, Edmonton, Alberta and now Saskatoon, Saskatchewan! 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!

Last Chance to Make a Donation! - Richard Holloway, Achilles athlete will be running the Las Vegas Marathon tomorrow on November 11th. Please go to his Go Fund Me page here to make a donation:

<https://ca.gofundme.com/blindrinnervegasmrathon>

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](#)

Race Report

If you have a story to tell, please send it my way and we will include in our next newsletter.

Excellent story here to read:

<https://www.runnersworld.com/runners-stories/a23832918/nyc-marathon-team-ultra-melissa-blume/>

Reminders

From our good friends of BRC Running! Special Achilles discount for Tannenbaum 10K this year - 25% off. Race day is Sunday, December 2nd.

Discount code ACHILLES252018

<https://raceroster.com/events/2018/18771/tannenbaum-10k-2018>

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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