



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

### **What's New**

November 18, 2018

Hello Everyone,

Special Congratulations to long-time member Larry Quilian who recently ran his 1,000 race. Larry has been a member since 2010 (if I am corrected?) has been a huge supporter of Achilles helping all the time when he is not running his own race. You will see him just about every single Saturday mornings with our group runs helping as a guide runner, providing transportation and allowing us to use his car as a storage place. Larry also help many of our athletes throughout the week when then need extra help or just want to get in an extra walk or run. Last night there was celebrating party in his honour and all guests (20+) who attended wore an old race shirt to honour his achievements. On behalf of Achilles, we would like to say Congratulations and Thank You Very Much!!!

### **Annual Achilles Christmas Party - Saturday, December 8th - 50% Sold Out!**

This year guest speaker with be our own Jason Mitschele who will share his experiences and goal event of Climbing Mount Kilimanjaro in the Fall of 2019. Remember, this party sell-out every year! We will be celebrating all the achievements from 2018. 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!

**20th annual Achilles St. Patrick's Day Race is set for March 17, 2019.** Remember this is Toronto's Best Landmark Race! For our 20th year, we have added 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: Christmas Gift Idea? Consider purchasing an entry into this race to give to a family member or friend.

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

**Guide Walkers Needed!** We are in need of 3 or 4 more guide walkers for our Sunday morning group. The group meet at Davisville Subway stop for 10 am and walk the cemetery and beltline. Please let me know if you like to help out? Thank you!

**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!

**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](#)

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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.

Excellent story here to read:

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

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## 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>

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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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## Donate Today

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