



Being a Part of Breaking Down the Barriers

What's New

October 21, 2018

Hello Everyone,

Good Luck and Congratulations all the Scotiabank Waterfront Toronto Marathon participants!!!

Guess What? The 20th annual Achilles St. Patrick's Day Race Online Registration is NOW OPEN. Register now to take advantage of our best price possible to participate in Toronto's Best Landmark Race! We are celebrating our 20th year and 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 old, a 10K race distance and a Family Pack so that you can register as a family if you wish. Go to this link 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>

Reminder - Jason Mitschele, Achilles athlete is having a fundraising gathering tomorrow Monday, October 22nd at the Batch in downtown Toronto from 5 pm to 7 pm to help raise funds for his Mount Kilimanjaro Climb in 2019. Duff and I will be there and we hope to see you there as well! If not, please buy some raffle tickets as Jason has some fantastic prizes!!!

<https://www.eventbrite.ca/e/climb2019-launch-party-oct-22nd-5-7pm-hot-affle-tickets-50446177876>

Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

Our good friends from XSNRG Running Club would like to invite you to participate in their famous Mad Dog Scramble which is being held October 28th at the new time of 9:30 am? Sign up on line through Running Room or follow the link at www.xsnrg.org under the Mad Dog Scramble banner. As always it is a lot of fun and this year Salomon Toronto is assisting by providing lots of prizes and the shirts for everyone will be Salomon shirts.

Annual Achilles Christmas Party - Saturday, December 8th

Once again we will be celebrating all the achievement from 2018 at our annual X-Mas 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 as a club. Please consider bringing bake goods for our desert table and donated stuff for our raffle table. Please RSVP with ASAP because as we all know this party sell-out!!!

Ontario Blind Sport Association (OBSA) Gala is taking place on Saturday, November 3rd here in Toronto at the Courtyard by Marriott, 475 Yonge Street. Achilles Canada has a table and we have 10 spots available. Please let me know if you would like to attend on behalf of Achilles?

Contacts? - Does anyone here have or know of individuals who work at either Rogers or Bell who are high up so that I can share with new a fantastic new idea that would benefit all Achilles athletes and those with a disability? Thanks,

20th Achilles St. Patrick's Day Committee Volunteers Needed - Our annual Achilles St. Patrick's Day 5K Race is entering its 20th year and the race is organized on a volunteer basis. Volunteers are a major part of the run and is critical to our success. We are looking for two volunteer coordinators, brunch area, registration area and route marshals to help with our 2019 event and we will be having monthly meeting starting in October and leading up to event day on Sunday, March 17, 2019. We want to make this year our 20th year SPECIAL for everyone, so if you like to join the committee, please let me know? 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!

Richard Holloway, Achilles athlete is next up with his Las Vegas Marathon on November 11th. Please go to his Go Fund Me page here to make a donation:
<https://ca.gofundme.com/blindrinnervegasmrathon>

Race Report

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

Reminders

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...

Join a Committee for 2018! We need YOU!

Donate Today

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Contact Us: 416-485-6451 | [Email](#) | [Website](#)

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www.AchillesCanada.ca