



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

### **What's New**

October 3, 2018

Happy Thanksgiving,

**Best of Luck** to all Achilles members running this weekend Chicago Marathon and to David from Newfoundland who is running the Multiple Myeloma Research Foundation 12 Hour Endurance Run in NYC.

**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!

**St. Thomas, Ontario** - Looking for guide runners in the area to guide a blind women for some races in the area. Please contact me if your able to help out? Thanks,

**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/blindrunnervegasmarathon>

**New Fundraising Event - Jason Mitschele, Achilles athlete** is having a fundraising gathering on 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.

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

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

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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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