



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

### **What's New**

September 25, 2018

Hello Everyone,

Desperately seeking a guide runner to run this weekend CIBC Run for the Cure on Sunday, Sept. 30th. Our athlete lives in the Danforth and Coxwell area and would like a ride if possible to and from the event. His estimated time to run the 5K will be 32 to 35 minutes. Let me know if your available? Thanks,

Congratulations to all the members who participated in the Berlin Marathon, Montreal Marathon, Zoo Run, Army Run and the Dempster 5K.

**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 and now Edmonton, Alberta!** We may have a new chapter forming in Windsor and now Edmonton and guide runners in Guelph who would like to support Achilles Canada and our athletes. So, if you know of anyone in either towns or city, please contact 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>

**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](#)

---

## 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

Click [HERE](#) to connect to our website and learn more...

---

## Shop at Achilles Store

Click [HERE](#) to connect to our website and learn more...

Contact Us: 416-485-6451 | Email | Website

Like Us and Follow Us on Facebook, Twitter and Instagram:



Visit our Website:  
[www.AchillesCanada.ca](http://www.AchillesCanada.ca)

Achilles Canada, 119 Snowdon Avenue, Toronto, Ontario M4N  
2A8 Canada