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Subject: New Look & CNIB Night Steps
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Being a Part of Breaking Down the Barriers

What's New

September 27, 2017

Hello Members,

The **19th Annual Achilles St. Patrick's Day 5K Run/Walk** is schedule for Sunday, March 18, 2018 and registration is now open at: <https://raceroster.com/events/2018/14421/19th-annual-achilles-st-patricks-day-5k-runwalk>

This year **Achilles Christmas Party** will be on Saturday, December 9th back at the Balmy Beach Club starting with a fun run/walk at 11 am and the main party starting at 12 noon hour. Please RSVP with me before it once again sell out!

Want to Swim/Bike/Run a Triathlon? Well we are in the process of setting up an Achilles Tri team to start training now and be ready for 2018 to consider a Sprint, Olympic, Half Ironman! We have a committee formed by our very own Achilles athlete John Tomasino who competed in two sprint triathlons this past Summer. Please contact myself if your interested in learning more and knowing our training schedule which will be starting soon.

Race Report

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

Running with Achilles' Athletes

By Umeshaa Parajasingham - Guide Runner

I am a runner and I run as a guide for people with disabilities as part of Achilles' International's Toronto chapter. However, it wasn't always that way.

One Saturday morning in the late summer of 2015 I worked up my nerve and showed up at the Beaches' parking lot by Lake Shore Blvd E. and Northern Dancer Blvd, one of the Toronto chapter's regular meets. I was nervous. I wasn't a "runner." I wasn't even a graceful person. The furthest I had run was 10k with (very) regular walking breaks. I wasn't an endurance *athlete*.

But the athletes and guides took me in as I was and coached me into guiding for distances of up to 32k with no walking breaks. Now I'm there nearly every Saturday morning of the year. I became a part of something bigger.

Achilles provides a way for athletes with disabilities to be active, build self-esteem and be a part of a community. It breaks down barriers between able-bodied people and people with disabilities. It helps create a richer, more inclusive world.

Who is "guiding" who?

The athletes I guide have visual impairments, which can mean that I run beside them, matching my pace to theirs and call out obstacles on the road (e.g., "Low speed bump in 3, 2, 1) or that I run with a tether held in one of each of our hands, using both it and verbal signals to communicate the terrain between discussing more important topics such as last night's dinner or a new movie. We also have athletes who experience mental health challenges or have other physical disabilities, such as from amputations.

I can't tell you the strength of the athletes' and guides' courage, humility, compassion. They run ultra-marathons (more than a 42 km marathon or a 100 km trail race). They run in all weather conditions (-30 degrees Celsius and the August heat don't stop them). They run and/or walk from distances of less than four km to more than 42 km. Almost always they continue to enjoy each other's company over brunch. They show up and are there for each other. We are there for each other. It's a community.

When I was first presented with the idea of writing about Achilles, I was shy to share this intimate and important part of me. Then I realized it was an opportunity to spread awareness, encourage funding for athletes' goals/races and extend an invitation to anyone who wants to be a part of the Achilles' community. Athletes and guides are welcome. Walking guides are particularly needed. No distance is too short. No pace too slow. Check out <http://achillescanada.ca/>; choose how you want to support us; and connect with us.

Background on Achilles:

Achilles International was founded in New York City in 1983 by an amputee marathoner, Richard (Dick) Traum. Achilles has since grown to more than 140 chapters on six continents.

Brian McLean who is both visually and hearing impaired established Achilles Canada in June of 1999.

Achilles provides the unique support and training to runners, walkers and wheelers of all levels. With the assistance of volunteer instructors/guides, the Achilles athletes participate in weekly clinics to help them reach their goals.

A strong support system of able-bodied volunteers provides additional confidence and support during such workouts and at races. Many of the Achilles athletes go on to run in

internationally renowned marathons such as the New York City Marathon, Boston Marathon and both the Scotiabank Waterfront and Toronto Marathons.

Your donation, of any amount, makes a difference in someone's life. Whether it's disabled veterans rebuilding their lives and their confidence, or children with disabilities discovering a sense of accomplishment in racing with able-bodied kids, gifts to Achilles have a tangible impact. Visit [Achilles International Canada](#) for more information. Thank you.

Reminders

Guide Runners Needed

The County Marathon, October 1st - Our Ottawa Chapter President is looking for one or two guides runners to run the Half Marathon in Prince Edwards County in a time of 1:17 which is a 3:38/Km pace.

Scotiabank Toronto Waterfront Marathon, October 22nd - We are looking for 2 or 3 guide runners to run a 3:20 Marathon and 1 or 2 guides to run a 2 hour Half Marathon.

Aylmer, Quebec - We are in need of guide runners to run with Gaston a deaf blind runner as he is training to run the 2017 NYC Marathon this November. You may email Gaston at: gasbedard@videotron.ca

Brampton, ON - We are looking for guide runners to run with a male teenager during the week after school and maybe weekend and the distances is 5 and 10K. Let me know, thanks!

Woodbridge Area - Desperately seeking guide runners in Woodbridge to run with a 14 year old Austin boy after school, evening or weekends. Please let me know or if you know of someone in the area who would like to help out?

Run Schedule

Weekly Run Schedule:

Saturday group will meet for 8:30 am in the Beaches (Lakeshore Blvd. East and Woodbine Ave.) - 5 to 15K runs. Contact person is Chris White at c_w_h_i_t_e@hotmail.com

Sunday group will meet for 10:00 am at Davisville subway station - 5 to 15K runs. Contact person is Kim Umbach at ron.kim@rogers.com

Thursday, Sept. 28th is the last evening group run for this year. Meet for 6:15 pm at Davisville subway station - 5 to 15K runs. Contact person is Craig Spurrell at craig.spurrell@rogers.com

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

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 TODAY! We need YOU!

We are looking for members to support the following teams:

- Fundraising Committee
- Sponsorship Committee
- Marketing/Advertising/Promotion Committee
- Membership/Chapter Development Committee
- Volunteer Recruitment and Recognition Committee
- Group Event Committee (BBQ, Christmas Party etc.)
- Social Media Committee

If you are interested in participating in any of these exciting opportunities, please contact me by email and let me know your interest and we will start the process of forming the various committees.

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