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**Subject:** New Look & CNIB Night Steps  
**Date:** September 7, 2017 at 9:33 PM  
**To:** consult4ideas@aol.com



Take A Look At Our Newly Design Newsletter!



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

## What's New

September 7, 2017

Hello Members,

Achilles Canada has entered a team into the CNIB Night Steps which will be taking on Friday, Sept. 15th starting at 6 pm and going to 8 pm. This is a fundraising walk along the boardwalk starting in Ashbridge Bay Park. So I am recruiting members to become a part of the TEAM to be the largest team for the event.

Sign up via our team page. I want you, yes you... especially you!!!

[http://cannib.convio.net/site/TR/NightSteps/General?  
team\\_id=1897&pg=team&fr\\_id=1342](http://cannib.convio.net/site/TR/NightSteps/General?team_id=1897&pg=team&fr_id=1342)

DO IT NOW!

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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.

Ruth Hurst, Achilles Handcyclist from Ottawa - "They Are My Angel Heroes"

The ARMY RUN is held each year in September, in Ottawa. It was this running event that was my very first foray into these events. I had no idea what I needed or what I should wear or bring.

I was a person who was injured after a 50' fall and who sustained a partial or incomplete spinal cord injury. I broke my spine in 5 places, fractured my pelvis and tibia & fibula (ankle) as well as my left wrist. In fact the doctors said I blew out the part of the pelvis that the hip ball rests against and blew out my ankle joint

that the hip can rest against and slow eat my ankle joint.

To date I have 2 steel rods in my spine, 2 steel plates and 24 screws holding the right side of my pelvis together, 2 steel plates & 13 screws holding the ankle together from that fall.

In 2008 I fell over rough cement in the laneway of the apartment where I lived and fractured the right hip. It was repaired but didn't heal correctly. I had 3 more surgeries after that to finally get the right hip stabilized.

By this time I had a stroke and my left arm was paralyzed.

I never quit. So in 2014 I entered the 5K Army Run. It was my first attempt to stay out of my chair for 5K.

I met a lovely lady who was a retired nurse while waiting for the start of the 5K. We enjoyed each others company and clicked right away. Rick Hanson gave a heart warming lecture at the start and seeing the members of our ill & injured Arms Forces struggling to stand to salute while our National Anthem was played gave me goose bumps and I was filled with such a patriotic pride for them that I never knew before, that the tears ran down my cheeks. The starter's cannon sounded and we were off. The first 1/4 kilometer was up hill and I struggled. I thought "My God, if this is what the whole race will feel like, I'm done for." I staggered into my wheelchair and tried pushing it with my arms.

Seeing me collapse into the chair and try to push it manually, my new friend stopped her race from ahead of me & and came back for me. She began to push me up the hill and past the War Memorial. When I saw that, I cried again. I told her to leave me and go on with her race. She leaned down and whispered in my ear, "We never leave a man behind" and she kept right on pushing. As people past us, they began to clap. They patted her on her shoulder. I had no idea why until she leaned down again and whispered "They're clapping for you." The tears kept coming.

People stopped their race to run interference for my wheelchair's tires and still others called out words of encouragement. "You're almost there, just 1/4 kilometer more to go, keep going, you can do it" and so on. When the finish line came in sight, my angel guide who I'd never met before, helped me out of the wheelchair and let me cross that finish line on my own pushing that manual wheelchair.

I never saw my guide again but I later learned that her dear son had come back from Afghanistan & died from Leukemia. A base here has been named after him in his honour.

That experience keeps me going back every year. I now use guides and a handcycle but now I am legally blind as well. The challenges are different but with our guides to lean on, we can do anything!

This shows me the importance of our angels, who are our guides. We can't run or handcycle a foot without their help. They should be allowed to receive a shirt and bib just the same as we do and even more importantly they should receive a medal...a very special medal for being our guides. Which allows us the pleasure of taking part and being "normal" for just one event and for just one day. They are our *Angel Guides* allowing us to run for our *Angel Heroes*.

Ruth Hurst

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## Reminders

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### 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?

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](mailto: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!

Woodbirdge 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?

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### 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](mailto: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](mailto:ron.kim@rogers.com)

Thursday evening group will meet for 6:15 pm at Davisville subway station - 5 to 15K runs. Contact person is Craig Spurrell at [craig.spurrell@rogers.com](mailto:craig.spurrell@rogers.com)

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### Events Calendar

Listed here are only the races that provide Achilles members with special discounts or make contribution to the club and support our Achilles Canada mandates.

#### Upcoming Races and Events:

May 7 - GoodLife Toronto Marathon

May 7 - Mississauga Marathon

May 27-28 - Ottawa Marathon Weekend

June 16 - Toronto Waterfront 10K

June 17 - PMCF Journey To Conquer Cancer Walk/Run

June 24 - Waterfront 10K

July 22 - Jeff Run - 5, 10K and Half Marathon

July 25 - Jazz Run - 5, 10K and Half Marathon  
Sept. 12 - Toronto Island Run  
Sept. 17 - Terry Fox Run in Beaches  
Sept. 23- Oasis Zoo Run  
Oct. 22 - Scotiabank Waterfront Marathon  
Nov. 5 - Hamilton Road 2 Hope Marathon  
Nov. 5 - New York City Marathon  
Dec. 3 - Tannebaum Race

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## Chapter Locations

Vancouver, BC - We are in need of Achilles athletes to help with our guide runners in Vancouver who want to help Achilles athletes. If you know of any athletes looking for guides, please let me know, thanks!

Edmonton, AB - we have a new potential guide runner who would like to help anyone living in the Edmonton area, so if you know of an Achilles athletes please let me know and we can have them connect?

Halifax, NS is back on the radar! We have a group of 50+ guide runners who are looking for Achilles athletes to guide for their training runs and races. Please if you know of any disabled athletes who are running or would like to start running, please ask them to contact me!

St. John, NF is looking for athletes and guides as well with our chapter president Justine Leblanc and he can be reach at: justinecottinghamleblanc@gmail.com and his telephone number is 709-730-4579.

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## 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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