



Being a Part of Breaking Down the Barriers

What's New

September 7, 2018

Hello Everyone,

We would like to wish all the best to those participating in this weekend races such as the Longboat Island Race and the Regina Marathon. Go Achilles Go!!!

Achilles Athlete Norah Boughton Passing - It is with sad news to inform you all of the passing of Achilles Athlete Norah Boughton of our Ottawa Chapter. She lost her battle with ovarian cancer. Achilles guide runner Monica Lee shared with me her experiences of knowing Norah - "Very sad to hear of her passing. I developed a strong bond with Norah during our NYC Marathon experience. Brent, Norah's husband mentioned that the NYC Marathon was her favourite race of all times. It is also my favourite as well. I had kept in touch with Norah and she invited me to come visit her in July but due to my hectic schedule was nit able to. I regret that decision because Norah really pressed for me to come see her. I understand that during that time, she knew the end was near and reached out to those closest to her. Her husband has given such comfort during this tough time. I miss and adore Norah. She is flying with the angels now!" Thank you Monica for sharing. In Norah honour, Achilles Canada will be making donation to her charity of choice. We will miss her.

On Friday, September 14th CNIB Night Steps will be taking place down at Ashbridge Bay starting at 6 pm. It is 5K walk along the boardwalk where the Achilles Beaches Club runs every Saturday morning. Please consider participating in this walk and be sure to join The Yonge Street Warriors or if you can't make it then a donation would great as well.

Visit cnibnightsteps.ca to register today!

Committee Volunteers Wanted - 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 volunteers to help with our 2019 event and we will be having monthly meeting starting this month 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!

Also looking for guide walkers/runners who would like to walk/run with a visually impaired wheelchair athlete who live in the Distillery area. She would like to wheel the Martin Goodman Trail.

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/blindrannervegasmrathon>

Jason Mitschele, Achilles athlete just completed the PMCF Ride to Conquer last weekend as part of his training to climb Mount Kilmanjaro in 2019. 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.

Achilles athlete Aristotle has a great story in the latest Canadian Running Magazine - <http://canadarunningseries.com/2018/08/aristotle-domingo-profile/>

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!

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