



Being a Part of Breaking Down the Barriers

What's New

March 2, 2019 2019

Hello Everyone,

We are now 85% Sold Out and exactly 15 days away for our BIGGEST event yet in our 20th annual Achilles St. Patrick's Day Race! As you know, this is the only fundraising event that Achilles Canada put on all year and it is the only time that we ask you all to do your best to help in one way or another on event day of March 17th. So please do consider to participate, volunteer or make a donation towards the event to help support our Achilles athletes who strive to meet their running goals all year long.

For everyone here, I am going to ask you to consider joining Team Achilles for the 5K distance and use Promo Code - ACHILLES5K and this will give you the BEST Price at a set fee of only \$35. I am also going to ask you to share this deal with ALL your running friends because this is the year that I would like to see Team Achilles become the LARGEST TEAM for this year race.

Go to the link here to register yourself, friends, family and co-workers: or friend.

<https://raceroster.com/events/2019/19814/20th-annual-achilles-st-patricks-day-5k-new-1k-kids-run-10k-race>

If you aren't able to participate or volunteer on Race Day, please consider entering the 5K or 10K Virtual Race or make a \$20 donation in support of our 20th year of the Achilles St. Patrick's Day Race!

Congratulations to Achilles athlete John and his guide Alastair for completing today Ottawa Hypothermic Race. As I write this, I know Achilles member Melanie is running the Tokyo Marathon. Finally, best of luck to all who will be running the Chilly Half and Frosty 5K tomorrow in Burlington.

It the start of a new running season and I need to hear from all Achilles athletes what their needs are 2019. Are you looking for guide runners to run with you during the week and on weekend? Please let me know what you need and we will begin the search to find you suitable guide runners who want

to help you out. Thanks,

2019 Triathlon Season is upon us and we want to set-up a new Triathlon team in partnership with CNIB for this year. Please let me know if your interested in taking up the sport of Triathlon this Summer? We will provide you with the training locations and guides to get you started.

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!

Jason Mitschele, Achilles athlete will be climbing Mount Kimanjaro in the Fall of 2019 and we could use your support by making a donation to his Climb at:

Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

In Passing - It is with heavy heart to announced the passing of Achilles athlete, Bill Vastis who passed away of heart complication a couple of week ago. We will miss you Bill and Rest in Peace.

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...

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