



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

### **What's New**

May 16, 2018

Hello Everyone,

Congratulations to all the members who ran the Sporting Life 10K last weekend!

Join us for our Thursday night Midtown Run/Walk tomorrow night starting at 6:15 pm. We will meet at the CNIB Hub located at 1525 Yonge St. just North of St. Clair. You can get change here and leave your belongings behind as you run/walk the Mt. Pleasant Cemetery and Belt Line. Our numbers look great so far but I will ask for a favour that we are in need of Guide Walkers for tomorrow night. So if you are available please come out and help with one of our athletes. Any questions, please email me. Thanks,

**A Call For Volunteers** - Once again I am in need of 6 to 8 volunteers leaders for the Princess Margaret Cancer Foundation - Journey to Conquer Cancer Walk/Run on Sunday, June 17th. Looking for Route Marshal Leaders and Cyclists. Please contact me if you are interested, thanks!

**Windsor, Ontario** - We may have a new chapter forming in Windsor and therefore we are in need of Achilles athletes who live there and would like to run and are in need of running guides to help them. If you know of anyone, please contact me. Thank you!

**Rhonda-Marie Parke, Achilles athlete** is once again running an Ultra Marathon all by herself - "No Running Guides" at the Vol State 314 Miles Race or 505Km's. Please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes. <http://thelastobstacle.com>

**Richard Holloway, Achilles athlete** and chapter president of Achilles True North is running the Las Vegas Marathon in the Fall of 2018. Please go to his Go Fund Me page here to make a donation: <https://ca.gofundme.com/blindrunnervegasmarathon>

**Jason Mitschele, Achilles athlete** is climbing Mount Kilimanjaro in 2019. Please visit his Facebook page for updates and to make a donation - [Climb 2019 Facebook Page](#)

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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.**

### **FROM PANIC TO ELATION BY MICHAEL ALZAMORA**

The following is an account of my Toronto Half Marathon 2018 experience.

This morning I slept in. I set the alarm clock for 3:45 am. so I could have a prerace fuel in the form of cereal with milk. I needed at least 3 hours to digest it. I ended up waking up at 7 am. I must have slept right through the music. I woke up in a panic because I realized I had to be at the start no later than 7:45 am because that is the time the baggage trucks leave from the start at Mel Lastman Square to the finish at Ontario Place. To compound the situation my guide was waiting for me by the baggage trucks at the start because he is from out of town and wanted to check his belongings in my gym bag. I felt a dagger going through my heart when I realized I'd be arriving after 7:45 am when the baggage trucks had departed. Arriving late with a gym bag means I could not race because there was no way to check my bag. I would also be letting my guide down because none of us could race.

It is a good thing I packed my running gear last night, so all I had to do is get dressed and run to the bus stop at Yonge and St Clair. At the bus stop there were several runners because they were wearing bib numbers. One of them approached me and asked me if we could share a cab. I jumped at the opportunity and said yes. Sadly enough no taxis passed by so we took the first Yonge Street Blue Night bus that passed by.

I arrived at the start at 7:55 am. Long past the 7:45 deadline for checking in baggage. The trucks were still there, so was my guide Phil. I exhaled with a peace of mind I haven't felt in a very long time.

I excused myself to Phil and told him what happened. I then went on to tell him that because I rushed I missed my prerace fueling meal of cereal with milk. He saw the anguish on my face because of what had happened since I started the day. Phil was very calm and supportive and told me not to worry. He suggested I take a gel with some water. I didn't know where to get the water, but he found, to my luck, a table with water. As I was having my water and gel he found me a banana. I never felt so elated. Not only the race was on, but I

had prerace fuel.

I carried with me that feeling of elation throughout the whole race. I ran slowly throughout on purpose and just took in and enjoyed the race. I'll never forget the joy I felt running with not just my body but with my emotions.

Thank you Phil for guiding me physically and your moral support. This was a most memorable race even though the time was slow. To me this is my second favourite race after the NYC Marathon in 2014.

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## Reminders

**Rhonda-Marie Parke, Achilles athlete** is once again running an Ultra Marathon all by herself - "No Running Guides" at the Vol State 314 Miles Race or 505Km's. Please support her fundraising page as she raises awareness of Achilles Canada and all disabled athletes. <http://thelastobstacle.com>

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**2018 Canada Army Run** in Ottawa is September 23rd. Contact me for our Achilles promo code. This race sell-out every year!

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## Guide Runners Needed

Anyone living in the Danforth area looking for a guide runner?  
Please contact me

Looking for guide runners in the Lakeshore and Islington area to run with a visually impaired female. Let me know if your available?

We are in need of guide runners who live in the Brampton and Woodbridge area. If you know of anyone who may be interested in guiding please share with them my contact information. 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

Click [HERE](#) to connect to our website to review all our Chapter Run Schedules...

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## Events Calendar

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

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## Chapter Locations

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

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## Join a Committee for 2018! We need YOU!

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