



Being a Part of Breaking Down the Barriers

What's New

May 23, 2018

Hello Everyone,

Best of luck to all Achilles members running the Ottawa Marathon this weekend!

Tomorrow Night Thursday Midtown Run/Walk has been cancelled due to a CNIB event but we will be back next week. 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 has 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 available please come out and help with one of our athlete. Any questions, please email me. Thanks,

Still Looking For A Few More 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 your 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!

Please consider making a donation to one, two or all three of our outstanding Achilles athletes here!!!

On July 12th 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/blindrunnervegasmrathon>

Jason Mitschele, Achilles athlete is climbing 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.

Reminders

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

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,

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

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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