



Being a Part of Breaking Down the Barriers

What's New

June 13, 2018

Hello Everyone,

Tomorrow night Midtown Run/Walk has been Cancelled! The CNIB Community Hub is celebrating its 1st year in business and there is party that your all invited to attend. The party start at 6 pm and goes till 9 pm and there will be all kinds of refreshments for everyone. Please join us in celebrating our first year at the Hub!

Best of Luck to all Achilles members who will be running the Toronto Waterfront 10K this coming Saturday!!! More than 8,000 runners!

Princess Margaret Cancer Foundation - Journey to Conquer Cancer Walk/Run is Sunday, June 17th and I could use one or two more Route Marshal Leaders to help with the event. You will need to be at 700 University for 8:00 am and you will be finished by 10:30 - 10:45 am. Please let me know if your interested? Thank you!

We are looking for Achilles Athletes and Guides who live in 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!!!

Less Than One Month To Go 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. Her goal is to raise \$5K and so far \$2700 has been raised. 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/blindrannervegasmrathon>

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

Beaches Jaxx Run 5K, 10K & Half Marathon is July 29th.

Longboat Toronto Island Run 5K & 10K is September 9th.

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

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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