



Being a Part of Breaking Down the Barriers

What's New

June 20, 2018

Hello Everyone,

Tomorrow night Midtown Run/Walk has been Cancelled! I am currently in Montreal dealing with a family funeral so therefore there will be NO Run/Walk group tomorrow night, sorry! 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!

Congratulations to all the members who participated in the Toronto Waterfront (Michael and Jason), the Niagara Ultra (Kathy and Claudia) and the Guelph Triathlon (Chelsea) all last weekend!.. This is only a partial list of our members and if I did not mentioned you here, we congratulate you as well.

Princess Margaret Cancer Foundation - Journey to Conquer Cancer Walk/Run - Thank you to all the member volunteers who help me with last weekend event. It was a huge success with more than 3,100 walkers and runners and they raised more than 1 million dollars for Cancer research. Thank you!

We are looking for Achilles Athletes and Guides who live in Windsor and Guelph, Ontario! We may have a new chapter forming in Windsor and guide runners in Guelph who would like to support our Achilles athletes. So, if you know of anyone in either town, 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.

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 Jazz Run 5K, 10K & Half Marathon is July 29th. Please contact me for our club discount code.

Shakespeare Runs the Night 15 & 30K Saturday, August 30th. Please contact me for our club discount code.

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!

Donate Today

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

Shop at Achilles Store

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

Contact Us: 416-485-6451 | [Email](#) | [Website](#)

Like Us and Follow Us on Facebook, Twitter and Instagram:



Visit our Website:
www.AchillesCanada.ca