



Being a Part of Breaking Down the Barriers

What's New

May 30, 2018

Hello Everyone,

Congratulations to all Achilles members who ran last weekend Ottawa Marathon!

Tomorrow Night Thursday, May 31st Midtown Run/Walk has been cancelled as I am out of town on a conference. We will be back the following week though and we hope to see you then. As usual 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 available please come out and help with one of our athlete. Any questions, please email me. Thanks,

Thank you for all those who step forward to help with volunteering for this year Princess Margaret Cancer Foundation - Journey to Conquer Cancer Walk/Run on Sunday, June 17th.

Volunteer Opportunity - Sunday, June 3rd is the Manulife Ride for Heart in support of the Heart & Stoke Foundation. Volunteer are still needed in two key areas:
Ride Rest Station (4:45am-12:30pm)- you will help the rest station get ready to welcome the thousands of riders coming through
Info squad (5:15am-1:30pm)- You will welcome riders and runners/walkers and help them navigate the event grounds.

Please go online to register to volunteer? <https://app.betterimpact.com/Application?OrganizationGuid=be718a95-5da0-4a0d-b2ec-79b45c764a27&ApplicationFormNumber=1>

The event takes place at Exhibition Place and welcomes thousands of runners, riders and walkers! Groups and individuals are welcome. Please sign up here: <https://app.betterimpact.com/Application?OrganizationGuid=be718a95-5da0-4a0d-b2ec-79b45c764a27&ApplicationFormNumber=1>

If you have questions please send an email to: ride@hsf.on.ca

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,

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?

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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