



ACHILLES INTERNATIONAL CANADA

"We transform the lives of people with disabilities through athletic programs and social connection"

"Redefining Ability"

A Community Awareness Event

Saturday August 27th, 2022

***Join us for a fun, interactive and
inclusive experience ...***

*Try out barrier-free athletic activities as a person with
a disability or a guide.*

Learn to guide an athlete with a disability.

*Participate in simulation activities to feel what it is like
to walk, run or roll as a person with a disability.*

When, Where and How to get there:

Date: Saturday, August 27th, 2022

Event Schedule: (*Rain or Shine*)

8:30 am to 10:30 am: Guided Run/Walk/Roll

10:00 am to 1:00 pm: Picnic and Activities

Location: Woodbine Beach Park, just south of the Woodbine Beach Main Parking Lot. 1675 Lake Shore Blvd. East.

Arriving by TTC?: Take the #92 Woodbine South to Lakeshore Bus and get off at the Woodbine Beach Loop.

A volunteer will meet you at the bus-stop.

8:30 am -10:30 am - Walk/Run/Roll

- Runners, walkers and wheelers will be paired up with experienced guides to enjoy the distance of your choice.
- If you are new to guiding, we will pair you with an experienced disabled athlete.
- If you plan to join the Walk/Run/Roll, you must RSVP us at achillescanada@achillesinternational.org so we can ensure there is a guide for you.
- Walk/Run/Roll: **Starts at 8:30 sharp** and ends by 10:30am.

10:00am - 1:00pm - Community Picnic and Inclusive Activities

- Meet individuals and groups from the disability community and learn how recreational activities can be adapted for inclusion.

Come for the walk/run/roll and stay for the community picnic, or just come for the picnic alone. Either way, we would love to see you.

To Learn More and/or RSVP for the Walk

Email: achillescanada@achillesinternational.org.

Website: <https://achillesinternationalcanada.org>

