



BBRC Monthly Digest #12

April 14, 2022

## Let's RUN this Town!

Check below for our weekly meet-ups and other important information to keep you motivated to stay active and healthy.



**Volunteers Needed for Race DAY!!**

We are asking all BBRC members to volunteer on race day. Please send a message to Ines, who is our adult Volunteer coordinator, to let her know if you are available.

[Run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com)

A virtual run will be available for all BBRC members who have registered, but will volunteer on race day instead. You will still get to earn that medal!

April 24th, 2022 we need race day Marshalls, parking assistance and help at the water stations. Please contact our amazing committee members and provide your information for your volunteer time. [run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com)

Also, if you know any students that need 'Volunteer hours' please have them reach out so we can connect them with Yasmin who is our Student Volunteer coordinator. [run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com)

#run4hope2022

### **We have started Organizing the Don Doan Dash**

If you would like to be part of the plans and have input in this year's Race event, please reach out to have your name added on the planning committee.

Picture pulled from the archives...



### **Brampton Benders Running Club**

A very exciting and emotional night tonight. The Brampton Benders presented a cheque to Don Doan (subbing for ALS Canada) for \$ 6,000.00. The 3rd annual Don Don Dash was once again, a very successful event.

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## **BBRC Dragon Boat Team:**

If you are interested in joining our BBRC Dragon Boat, please add your name to the team list and indicate (if you know), which side you paddle on.

[2022 Dragon boat list](#)



Early Bird Registration for MDBF  
2022 is now open!  
Register Now and Save \$200

The Mississauga Canoe  
Club (MCC) is pleased to present  
the 17th Annual Mississauga  
Dragon Boat Festival to be held  
Sunday, June 12th, 2022. After two  
years away from racing we are  
extremely excited to welcome  
teams back! This year promises  
to be another fantastic event with  
more fun than ever before!

**Our Next COACHING SESSION:**

TBD

Be sure to join us for the session at 6:30pm.

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJlb0RZVGtuZz09>

### MONTHLY COACHING SESSIONS with Maria Tuzi

MONTH	Topic		Time
APRIL 4th	TBD		6:30pm
MAY 2nd	TBD		6:30pm
June	TBD		6:30pm

### This week's Group Runs/Walk

(Double check for other runners to join with using our What's app group)

Open this link to join BBRC

Members' **WhatsApp** Group: <https://chat.whatsapp.com/HhpLYigAqaXDV3B97Wcbv1>

or text: 905 457 1938 for link/invite to the whatsapp group.

Day	Time	Location	Run Group Leader
Tuesday	6:00 pm	Shoppers World Tim's Parking	<a href="mailto:patti.wilton@gmail.com">patti.wilton@gmail.com</a>
Wednesday	6:00 pm	Howden Rec	<a href="mailto:patti.wilton@gmail.com">patti.wilton@gmail.com</a>
Thursday	5:30 pm	David st.	<a href="mailto:Benchandcreative@gmail.com">Benchandcreative@gmail.com</a>
Saturday	8:00 am	Second Cup -Main and Bovaird	<a href="mailto:Patti.wilton@gmail.com">Patti.wilton@gmail.com</a>

	<b>Walk</b>	Shoppers World: Timmies Lot	looking for a walk leader
Sunday	7:00 am	Steeles & Main behind KFC/burrito boyz	<a href="mailto:jeanAlain1@gmail.com">jeanAlain1@gmail.com</a>
Sunday	8:30 am	Steeles & Main behind KFC/burrito boyz	Carlo <a href="mailto:martuzi@hotmail.com">martuzi@hotmail.com</a>



We still have BBRC toques available. Black toques are sold out, but we still have a few red ones. Get them before they are all gone. We are currently looking into having Bender merchandise available again for sale.  
Toques \$25

**BECOME AN 'ACTIVE' MEMBER...**

The best way to motivate yourself is to get involved! We've got member positions for you. Use this link to see the various ways you can become an active Board Member.

[BBRC Membership Link](#) to Board Positions.

[BBRC Race Committee Sign-up](#)

## **Sending a Welcome to our Newest Member(s)...**

As we meet for our group runs, please look out for, and welcome our newest member(s):

**No new members this month.**

Be sure to continue to spread the word about our BBRC to help us continue to encourage active living in the city of Brampton.

Hey members, don't forget to let us know what races you're participating in, virtual or in-person, we just might want to join you.

<b>DATE</b>	<b>RACES</b>
April	Run4Hope
May	Brampton Half
June	

Be sure to visit our BBRC website for Race Training and upcoming Race information