



## Our Turn to Run!

If you were out there volunteering and did not get the opportunity to run and earn your medal, we are planning to be at Professor's Lake this Sunday at 9am. Wear your shirt and do the 5k or 10k run/walk. We will also be meeting there for spring clean-up (see below).  
#run4hope2022

### BBRC SPRING CLEAN-UP



Wear those Bender shirts!

Michelle has organized our annual spring clean-up for 2022. She has booked us with the city to clean-up around Professor's Lake for this Sunday May 1st at noon. Bags, gloves, and grabbers have all been arranged. If you're coming out for the Run4hope BBRC medal run, then we will have treats and water in the parking lot for you to stay for the clean up afterwards.



### Don Doan Dash

<https://www.events.runningroom.com/site/?raceId=17609>

**Date:** September 11, 2022 In-Person

**Race Director:** Carlo Tuzi

**Committee:** Jim, Jacki, Ron, Ann, Alain, Belinda, Dave, Ravi, Yasmin, Denis, Donovan, Lester

Next meeting for DDD preparation will be on May 22nd at 7pm. If you would like to be part of the race committee, send an email to have your name added and we will see you at our next meeting.



# BBRC Dragon Boat Team:

It looks like not enough members have signed up for the Dragon boat team this year so it may have to be cancelled with not much time left to practice for the Race day Regatta.

[2022 Dragon boat list](#)



**MISSISSAUGA  
DRAGON  
BOAT  
FESTIVAL**

**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!**

## MONTHLY COACHING SESSIONS

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

**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>

## This week's Group Runs/Walk

(Use our What's app group to contact members for walks.Runs)

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>
Saturday	8:00 am	Second Cup -Main and Bovaird	<a href="mailto:Patti.wilton@gmail.com">Patti.wilton@gmail.com</a>
Sunday 10K	8:30 am	Steeles & Main behind KFC/burrito boyz	Carlo <a href="mailto:martuzi@hotmail.com">martuzi@hotmail.com</a>
Sunday WALKERS	8:00am	Steeles & Main behind KFC/burrito boyz	looking for a walk leader
Sunday Long Distance Run	6:00 am	Steeles & Main behind KFC/burrito boyz	<a href="mailto:jeanAlain1@gmail.com">jeanAlain1@gmail.com</a>
Sunday distance run	7:30 am	Steeles & Main behind KFC/burrito boyz	Jacki <a href="mailto:Jacki_lyn@yahoo.com">Jacki_lyn@yahoo.com</a>

### RACE COMMITTEE MEETINGS:

Next DDD Race committee meeting Sunday May 22, 2022 7pm

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

### 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.

Month	RACES
April	Run4Hope

September	Don Doan Dash
December	

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

Also remember to share with our social media hashtags: #bramptonbendersrc #bendersrunning #bramptonbender #BBRC #werunthistown #yourbehindabender



Whatsapp (905-457-1938)



Twitter: @bendersrunning



Instagram: @bramptonbenders, @dondoandash



BramptonBendersRunningClub



Facebook: Brampton Benders Run Club

[VISIT OUR BBRC WEBSITE](#)

Brampton Benders Running Club Inc.  
Brampton, ON,