



BBRC Monthly Digest #15  
June 20, 2022

# ALS Walk is this Sunday!



From the archives 2017

Don't forget to Register  
**BRAMPTON/ORANGEVILLE**

**LOCATION: Chinguacousy Park** Picnic Shelter #3

9050 Bramalea rd., Brampton ON LS 6G7  
Opening Ceremonies at 9: 15 am followed by a warm-up  
Parking available at the park  
5K loop on trail in park  
Washroom on site  
[Register Here](#)

Don't forget to wear you DON DOAN DASH shirts in any colour

**A Great Time was had last Saturday at Bike the Creek**



Bike The Creek 2022: late photo, Missed a few riders in the group shot...

## Learn to Run or Re-Learn to Run!

Runday sightings this past Sunday on the “coyote trail”. Come join us at 8:30 am. For those of you just starting out or for those who have been out of practice for a bit, here is your chance for a come-back.





Meet at the back of the parking lot at Steeles and Main (behind KFC) for 8:30 am.  
We welcome all Runners and Walkers to join us.

## INGLEWOOD on June 12<sup>th</sup>

was a rainy one, but we still had some Runday Sightings...



## Some EXCITING PLANS ...

We have added additional plans to keep us motivated to keep moving and stay active.

Date:	ACTIVITY
June 5 (Sun)	Learn-to-Run begins
June 12 (Sun)	<b>Inglewood Trail run</b> meet for a run on the trail
June 18 (Sat)	<b>Bike the Creek</b> Don't forget to register ASAP
June 26 (Sun)	<b>ALS Walk</b> <a href="#">Register Here</a>
JULY 1st	<b>Canada Day</b> is on a Friday. Anyone up for an early morning run? Get the run in before all the festivities/drinking/eating begins. Wear your <b>Red &amp; White</b> , meet at shoppers world Brampton by Timmies for a run to downtown Brampton and back. 8:00 am

July 17	BBRC Annual General Meeting (AGM)
? TBD	Join Alan Beasley, and some other former benders, out in <b>Orangeville</b> for a run and tailgate afterwards.

### **This week's Group Runs/Walk**

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

Use 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.

<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Run Group Leader</b>
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 Learn To Run	8:30 am	Steeles & Main behind KFC/burrito boyz	denis
Sunday 10K Reg run	8:30 am	Steeles & Main behind KFC/burrito boyz	Carlo <a href="mailto:martuzi@hotmail.com">martuzi@hotmail.com</a>
Sunday WALKERS	8:30am	Steeles & Main behind KFC/burrito boyz	looking for a walk leader
Sunday LSD Run	6:00 am	Steeles & Main behind KFC/burrito boyz	<a href="mailto:jeanAlain1@gmail.com">jeanAlain1@gmail.com</a>
Sunday run	7:30 am	Steeles & Main behind KFC/burrito boyz	Jacki <a href="mailto:Jacki_lyn@yahoo.com">Jacki_lyn@yahoo.com</a>

### **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  
[run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com)

Next meeting for DDD preparation will be on June 26th, 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.

**RACE COMMITTEE MEETINGS:**

Next DDD Race committee meeting Sunday June 26, 2022 7pm

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>

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.

**MONTHLY COACHING SESSIONS**

<b>MONTH</b>	<b>Topic</b>		<b>Time</b>
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=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>

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

The best way to motivate yourself is to get involved! We've got member positions for you.