



BBRC Monthly Digest #14

May 26, 2022

Let's Bike The Creek!

On June 18th, Bike the Creek is an awesome FREE community event that raises awareness about the benefits of cycling and the importance of active transportation in building a healthy and sustainable community.



Event participants will be treated to a complimentary lunch after their ride! Bike the Creek is making every attempt to reduce waste and asks participants for their help in using reusable water bottles.

Register here:

<https://trca.ca/conservation/watershed-management/etobicoke-mimico-creek/bike-the-creek/>

Route begins at Jim Archdekin Recreation Centre

292 Conestoga Drive
Brampton, ON L6Z 3M1

[View map](#)

Learn to Run or Re-Learn to Run!

On Sundays at 8:30 am we will be starting a “learn-to-run” session with Dennis. 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 will slowly work towards a 5K, starting at 1K, and using 10 & 1s. We will go out and back for each distance. 10 and 1s (run-walk) will be used to help build endurance.

We welcome all walkers to join us at any of the run times, as we slowly build up our walk group.



Some EXCITING PLANS for JUNE ...

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

Date:	
June 5 (Sun)	Learn-to-Run begins
June 12 (Sun)	meet at Inglewood for a run on the trail
June 18 (Sat)	Bike the Creek Don't forget to register ASAP
June 26 (tentative)	Join Alan Beasley, and a couple other former benders, out in Orangeville for a run and tailgate afterwards.
JULY 1st	Canada Day is on a Friday. Anyone up for an early morning Canada Day run? Get the run in before all the festivities/drinking/eating begins. Wear your Red & White, meet at shoppers world Brampton by Timmies for a run to downtown Brampton and back.

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.

Day	Time	Location	Run Group Leader
Tuesday	6:00 pm	Shoppers World Tim's Parking	patti.wilton@gmail.com
Wednesday	6:00 pm	Howden Rec	patti.wilton@gmail.com
Saturday	8:00 am	Second Cup -Main and Bovaird	Patti.wilton@gmail.com
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 martuzi@hotmail.com
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	jeanAlain1@gmail.com
Sunday run	7:30 am	Steeles & Main behind KFC/burrito boyz	Jacki Jacki_lyn@yahoo.com

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

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=NjYvTGpERmRKcHRLWHJlb0RZVGtuZz09>

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

MONTH	Topic		Time
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>

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):

Maria Papadimitriou
Shola Mclaughin
Sreedhar Gupta Badami