



BBRC Monthly Digest

Come Run With Us

VOL -

24

JUNE
2023



inside

Social Committee	P. 2
Bender Fit	P. 3
Race Discounts	P. 3
Race Stories	P. 4
Meeting Minutes	P. 8
Cycling/Dragon Boat	P. 8
Upcoming Races	P. 9
Group Run Times	P. 10



Established 2010

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

President Jackilyn W

Secretary Carlo T

Membership Director Belinda M

Membership 2023

\$30 New Membership

\$20 Membership Renewal

Membership is awesome! We run/walk 3-4 times per week throughout the city of Brampton. We have social events throughout the year as well. Discounts on several major races and group destination runs (Honolulu anyone?). A diverse group supporting health and well being.

How to apply:

1. Complete the annual membership form found on our website...
2. Remit payment by e-transfer to bramptonbenders@outlook.com

As a member of the Brampton Benders Run Club you are expected to promote a positive attitude towards our run club and encourage other community members to participate in health and wellness. Please read the bylaws before proceeding with membership.

As a condition of participating, I waive and release Brampton Benders Running Club and any associated or related entities, directors, officers, agents, representatives, sponsors, volunteers and organizers from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this club, even though such claim or liability may arise out of negligence or fault on the part of the organizers. Members are encouraged to have their own insurance and to have available any medication and medical information when participating in group activities.

If you don't have access to e-transfer, please reach out to us at run_with_us@bramptonbenders.com

From the Social Committee...

Golfing

As in previous years, we'll play 9 holes followed by dinner on the patio.

When: Sunday, July 23, 2023, at 4 pm

Where: Mayfield Golf Club (Mayfield Golf Course is on Torbram, a few kilometers north of Mayfield Rd)

Cost: \$41.70 (Cart and tax included) per person

Biking

Sunday, August 13, 2023, Biking in Welland (SAVE THE DATE)

In previous years, a few ran instead of biking, and that's fine, too.

The Social Committee is working on two possible bike routes to accommodate both more and less experienced riders. We are potentially considering an 18km x 2 and a 10km x 2.

Once again, the event will be at Donovan's place in Welland
Address: 76 Roselawn Cres - Welland L3C 0C3

We will be reaching out in July to organize the following:

1. Carpool: It's a road trip (just over an hour)
2. Potluck: Donovan has a BBQ and a Pool

Tailgate 1

Sunday's long run, June 25, 2023 - Meet at 8.30 am on Credit Meadows Park for the Credit River route.

The starting or meeting place on Creditview Rd, about 1 km South of the 401.
Parking on the East side of Creditview

- The route (out and back), accommodate all distances
- Please, bring drinks, snacks for after the run.

Tailgate 2

Sunday's long run, July 9, 2023 - Meet at 8.30 am - Inglewood Park for the trail run.

The starting or meeting place on Inglewood Parking lot at 15551 McLaughlin Rd

- The trail (out and back), accommodate all distances
- Please, bring drinks, snacks for after the run.

***Social Committee members:** Alain & Michelle

Bender Fit with Maria...

Cross Training:

Maria's cross training sessions (Mon, Wed, Fri, Sun) Done Virtually.

\$60 (sessions + Recipes + Complimentary sessions for BBRC)

Runner, member, yoga instructor, trained instructor.

Email: getfitwithmaria@rogers.com

Benders Race Stories...

Andrea runs the Shape & Health Women's half in Central Park

The 2023 SHAPE + Health Women's Half Marathon in New York City did not disappoint! Two rotations around gorgeous Central Park, with 1.1 additional miles, with 5908 women, made for an incredible experience!

Luckily, the rain held out until we finished but the hills were unrelenting! There were 3 but we had to climb them twice!! Manhattan is a pedestrian friendly city so we walked to pick up our race kits, walked to Times Square, walked to get our carbo-loading dinner, walked to the start line....you get the picture - a rookie mistake.

Our legs were not fresh. But with the adrenaline coursing through our veins, the excitement of being together and the epic feeling of being in the Big Apple, we were ready to conquer NYC! We went out too fast and found the "miles" infinitely long but managed to finish "upright and smiling".

Pictures: From Left...Jenna and I at the start line. Breanne and I hugging at the 12 mile mark. Of course I'm in Canadian colours with Don Doan and my fellow Benders helping me throughout!



Current Race Discounts

2024 Chilly Half, Frigid and Frosty

\$5 off with code BENDERS

Expiry: TBD

2024 Oasis Zoo Run

\$5 off (2 free registrations)

Expiry: TBD

2024 Toronto Marathon

\$5 off (2 free registrations)

Expiry: TBD

Next BBRC Meeting...

Next BBRC Meeting is the AGM.

Sunday, July 30th
(time TBD) Hybrid Meeting Planned

In person and on-line
Zoom Link: [Meeting Link Here](#)

Benders Gear

We still have a few red Toques left if anyone is looking to grab one.

Send your \$25 to

bramptonbenders@outlook.com

and write toque in the note/
message.

We will save a toque for you.



Bender Race Stories...

Hummingbird Run & Tailgate in Inglewood



Virtual Run from Longos

**Gorgeous animals seen while
out for a run...Michelle**



Benders Race Stories...

Buffalo Half Marathon and Next Journey: Ines Sawh

Official Time: 2:01:36 - 3 sec PR

I went into this race without any expectation except to enjoy the race and soak in the experience. Last minute I planned to run without music. I wanted to be aware of my surroundings and soak it all in. My coach Chris's advice was to be a spectator in the race and that's exactly what I did until mile 7. On Saturday morning we drove to Buffalo and went straight to the expo. It was empty. We picked up our bibs, went for lunch, a bit of shopping and we checked into the hotel. The rest of the afternoon we just relaxed. Our hotel was 1 mile from the start/finish line. Very convenient.

Late afternoon I met with Heather from the BB to catch up and discussed the next day's logistics. We went to smoke BBQ not a meal I would have if I was going for a PR but It was damm good! Had a good sound sleep and got awakened by the hotel manager talking in the hallway just before our alarm went off at 4:45 am. Forced myself to eat my oatmeal, it was just too early to eat and as always I ate a Ucan bar before leaving. At 5:45 am we met Heather, and we left for the race just before 6. Race started at 6:30 am. The weather was in the mid 50's but over-cast.

They had corals by time, but we could line up anywhere. We tried to go to the front, but I wanted to start slow, and we ended up in the 2:15 coral. I knew the course was a bit hilly (not steep but long) for the first 11 km and a mistake many runners make on that course is to go out too fast and fade in the second half and I wanted to avoid it so that I could enjoy the whole race.

At 6:30 am we were off. It was crowded. But I patiently waited and passed when I could. I just ran at a comfortable pace on the uphill, then on the downhill I held back so that I could enjoy it to the end. The route was beautiful. Big green trees along the road as far as the eye can see and very nice buildings. This race is famous for the route, but it stands up to its reputation. At the first water stop, 2 miles in, I took a salt tablet and at 45 min into the race I took my first and only gel. I planned on taking 2nd gel at 90 min but it was hard to open the pack and I started to panic. So I took another salt tab instead. Just after the 10 km we turned right into a neighborhood towards the waterfront and at around 11 km my time was 1:05:4x and I realized that perhaps we could potentially PR. I told myself it was time to get serious. I focused on running strong and passing runners. Then I met Brett. Brett was from Buffalo and had run the race many times and the next 3 miles he coached me on the course. We would be running towards the marina to mile 10 and then mile 12 is uphill so you need to keep energy to be strong. We ran together for 18.5 km. I felt strong and asked him to come and close it in, but he didn't come. Mile 12 (km 19) we went into an industrial area, not the best part, and I just used the energy from others to keep going. Every time I saw someone walk, I told them to dig deep and come with me. I told others to be strong and that gave me energy. We then turned right towards the finish line, and we could see it but it was still over .5 km away and just felt like the longest stretch. I crossed the finish line and my watch said 2:01:40 and I was bummed. I missed my PR. I couldn't even remember by how much. I really wanted to ring the PR bell.

We made our way to the hotel and over breakfast I realized I had PRed and I needed to go back and ring that bell and that's what I did. I would do this race again. I'm really surprised with my time. I got 15 in my AG out of 99 and that's top 15%.

What's next?

Boston Qualify! In March my coach and I put together an 18-month plan to achieve my BQ goal. I will focus on a speed season throughout the summer till Oct. Include 3 times a week of strength training strategically placed within my training, increase, and maintain my mileage at 80 km/week on up weeks and decrease by 20% on down weeks (my schedule is 2 weeks up/ 1 weeks down mileage) and include stretching and mobility daily. So far, it's been achievable.

How does she do it you might ask. Simple!

I work 50 hr/week, sleep 56, 15 hours I dedicate them to my fitness (we workout as a family so it's also family time), around 20 hours I do my housework and cooking. And that still leaves me over 25 hours per week free to spend on things that are important to me like coaching and mentoring young women to go into leadership roles.



Bender Race Stories...

Georgina Spring Fling

By: Holly Lumley

I was looking for a spring half marathon and was debating between Mississauga and Georgina. Once Mississauga announced the course change, it dropped out of the running. I had also looked at the Toronto Marathon but found a lot of negative reviews which nixed that one.

I still debated about Georgina because my longest run during the training plan was 16.5 kms which meant doubt crept into my mind. The rational part of me said, you ran 42 kms over 3 days, 21.1 kms no problem. The rational side won since I knew that part of my brain that loved to bring up doubts was a big fat liar.

After registering for Georgina and reading their guide I had some concerns;

- It would be on a “cottage road” which had me thinking of potholes and being narrower than a regular road. Turns out the cottage road was better than all the roads I’ve run on in the past. No potholes! While the road wasn’t that narrow, the congestion I had thought might happen didn’t. Once we got 1 kms into the race, passing was fine.
- The 5 kms and 10 kms races were going to start 10 minutes after the ½ and marathon start and this would add to the congestion on the road. On the day of the race the start time was pushed back to 20 minutes after our start. I was also able to get past the turnarounds without being caught. Hooray!
- I had also been concerned about the number of runners but the races were capped and there were about 250 per race which helped with congestion.

My sister booked a hotel, Jackson Point Ramada and I picked up the race kit early which made race day less stressful. We also drove the race course the night before so we had a good lay of the land prior to the race. The hotel had negative reviews but we had a renovated room and were happy with it. The hotel was close enough to walk (2 kms) to the start but the race also offered a bus.

My sister dropped me off near the start and when we left the hotel we saw people walking and some waiting for the bus. Onsite the line for bad drop-off and race kit pick-up was long but since I had the race kit and wasn’t dropping a bag no impact to me. There was enough time for the doubts to start rolling in again but I had already decided to treat the race as a Sunday run. Before I knew it, the race started and my body took off and shut down the conversation in my mind.

Feeling confident prior to the start - NOT!

It was a great day for a race with cool temperatures and hardly any wind. I got into my rhythm and was able to avoid going out too fast. You run along the shoreline of Lake Simcoe and there are a number of parks along the way. As I settled into the race, I was in a group of four people that we kept passing each other back and forth. Then it became a game of spotting my sister who would pop-up at different intersections to cheer me on.

One of the mistakes I made the night before was I hadn’t looked at the map closely enough. That caused some frustration when the turnaround wasn’t where I expected it to be. Once we reached the turnaround, I was ready to break free from the group and increased my pace. It worked and I dropped them and headed off in pursuit of the folks ahead of me only to have most of them disappear off into the distance. I ended up with one guy ahead of me and I was able to eventually pass him.

...continued on page 7...

Benders Race Stories...

...continued from page 6...

At this point, I knew I wouldn't have the ability to sprint at the end if I had to race someone to the finish. To my dismay of course I heard footsteps behind me but it turned out to be someone running the marathon. We had a nice chat as we went back and forth only for her to eventually pull away. I'm used to running by myself so it felt normal not to have anyone around but for others this might not be the case.

I could hear the finish line activities but the downside was I was still 3 kms away so I was looking around every corner for the finish which wasn't going to be there. When it finally appeared I was happy as I was ready for the race to be over. Overall I had a good race and was able to achieve a PB.

Happy to be done with my tiny medal.

One negative to the race is if you live for the atmosphere and large cheering crowds this isn't the race for you. The crowd was small and mostly at the start. The locals were out and walking but ignored the runners.

The course is flat as advertised with a slight incline in the middle of the race so a good place to get a qualifying time.

My sister gave the race two thumbs up from a spectator point of view because she was able to get around easily without roadblocks to see me multiple times on the race course.

In the spring the sun will be in your eyes on the way back, not sure if that would be the same for the fall race.

I'm glad that I ended up picking Georgina for my spring half. For more information on the race: <https://enduranceeventproductions.com/> and they also hold a race in the fall.



Cycling

Some fellow Benders are members of the BCC.

This year the membership fee for Brampton Cycling Club is free.

You only need to pay for the Ontario Cycling Association fee and insurance (which is around \$50).

It's always good to brush up techniques for riding with a group, as well as cycling safety.

The BCC has groups for different levels.

Here's the link: <https://bramptoncyclingclub.com/>

Dragon Boating

Dragon Boating anyone?

It's that time of year again to get a 22 person team together if we are to enter a coed BBRC dragon boat team.

Send a message if you're interested and spread the word asap.

We need to know we have 22+ paddlers before we register. Practice will be once per week at the Mississauga Canoe Club. Festival is on Sunday June 11th.



Welcome New Members

Sending a welcome to our newest Members...

As we meet for our group runs, please look out for, and welcome our newest members...

Sandra

Gagen

Manish

Jaiden

Lindsay

Meeting Minutes

June 12th Meeting Minutes — [Link Here](#)

Upcoming Races

What races will you be participating in?

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.

New on the website; members can indicate the races they are doing, find training partners or meet up at the race itself.

<https://www.bramptonbenders.com/bender-race-plans/>

Month	Races	Location
May 28th	Hummingbird for Breast Cancer Awareness	Virtual in Inglewood
July	Canada Day	
August		
September	Don Doan Dash	Brampton
October	Art in Motion	
	Toronto Waterfront	Toronto
	Train de Nort	Quebec
November	Road 2 Hope	Hamilton
December	Boxing Day 10 Miler	Hamilton

Toronto Waterfront 10k...



Weekly Group Runs/Walks

We have added a night run to the schedule...

Day	Time	Location	Run Group Leader
Tuesday	6:00 pm	Shoppers World Tim's Parking Lot	Patti.wilton@gmail.com
Tuesday (2)	7:00 pm	Shoppers World Tim's Parking Lot	Jacki_lyn@yahoo.com
Wednesday	6:00 pm	Chinguacousy Park (Ski Chalet)	Patti.wilton@gmail.com
Wednesday (2)	7:30 pm	Chinguacousy Park (Ski Chalet)	Jacki_lyn@yahoo.com
Saturday LSD	8:00 am	Second Cup (Main St and Bovaird Ave)	Patti.wilton@gmail.com
Sunday 10k	8:30 am	Longo's Plaza (Hurontario St and Ray Lawson)	Carlo martuzi@hotmail.com
Sunday Learn to Run/Walk	8:30 am	Longo's Plaza (Hurontario St and Ray Lawson)	Maria martuzi@hotmail.com
Sunday Long Run	7:00 am	Longo's Plaza (Hurontario St and Ray Lawson)	Alain jeanalain1@gmail.com

What are you all looking at...



Monthly Coaching Sessions

Month	Topic	Instructor	Time
January	Stretching & Injury	TBD	TBD
February	Nutrition , Fueling &	TBD	TBD
March	Street Safety	TBD	TBD
April	Running Form	TBD	TBD
May	Hill Training	TBD	TBD
June		TBD	TBD
July	Hydration	TBD	TBD
August		TBD	TBD
September		TBD	TBD
October		TBD	TBD
November	Dressing for the	TBD	TBD
December	Footwear	TBD	TBD

We want YOU, to BE AN 'ACTIVE' MEMBER...

The best way to motivate yourself to keep running is to get involved! We've got an open position waiting just for you. Let us know what you are interested in and we will find something that you can do to support the club.

Use this link to see the various ways you can become an active Board Member.

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

Membership Renewal: <https://forms.gle/Jd66rK4ZSSAaUTve9>

Remember to share using our social media hashtags:

#bramptonbendersrc #bendersrunning #bramptonbender #BBRC #werunthistown #yourbehindabender

Or join our Group Whatsapp chat for announcements and group conversations. Whatsapp Use this link to join the BBRC



<https://chat.whatsapp.com/HhpLYigAqaXDV3B97Wcbv1>

If you are not on social media and would like to receive weekly emails and updates, please add your name and email here: <https://forms.gle/65yWi2TQxMEbaRkW6>



Twitter: @bendersrunning



Instagram: @bramptonbenders, @dondoandash



BramptonBendersRunningClub



Facebook: brampton benders runclub