

BBRC Monthly Digest

Come Run With Us



VOL -

31

JANUARY
2024



inside

Bender Exec News	P. 2
Winter Running	P. 2
Bender Stories	P. 3
Running Advice	P. 4
Injury Prevention	P. 5
Training Plans	P. 5
Upcoming Races	P. 6



Established **2010**

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

Interim President	Alain
Vice President	*Vacant*
Treasurer	Carlo
Membership Director	Michelle
Social Director	Elizabeth
IT Director	Holly
Secretary	David
Comm Director	Heather

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. 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

A change in leadership...

The Benders just wanted to give our thanks to Ivar for leading the club for the second half of the year. Ivar has decided to take a step back from the Executive and Alain, currently Vice President, will be our acting Interim President. Let's all thank Ivar and Alain for all the hard work they put in to keep things running well. ((Pun Intended ☺))

Winter Running...

Top 10 Winter Running Tips

1. Adjust your run intensity based on conditions. Don't accelerate and decelerate quickly.
2. Keep your head covered, especially your forehead and ears, up to 50% of heat loss occurs through your head.
3. Wear reflective gear—clothing, lights; day or night. "Be Safe, Be Seen!"
4. Shorten your stride in icy/snowy areas. Look out for fellow runners. Look for signs of hypothermia or frostbite.
5. Use shoes with deeper treads or use grips. Wear winter socks!
6. Cover exposed skin—petroleum jelly for your face, can also be used on your feet to protect them.
7. Mittens are warmer than gloves.
8. Dress according to conditions/temperature; look at the WIND CHILL FACTOR. If not sure what to wear, it's better to overdress, than underdress...AVOID wearing cotton, wicking fabrics are best.
9. Winter running will likely cause slight muscle soreness on your runs sine your muscles are working harder to control slipping.
10. Stay hydrated and fueled so your body can handle the cold temperatures better.

— Maria & Carlo



Bender Race Stories...

Great Virtual Race Across Tennessee

By: Holly Lumley, participated with Michelle Basciano

You might have heard of this race as it started in 2020 during the pandemic and that year attracted close to 20,000 runners from around the world. The challenge is to complete 631 miles / 1015.49 kms within 123 days. (May 1 to August 31) The race director likes to keep things interesting by changing the distance a little bit every year. A very valuable lesson is you need to read the instructions as many people assume they are done once they hit 1,000 kms. (they aren't!)

I have participated in the event for the last four years and find it's been great for building up my base and improving my stamina. The things that I've learned over the years;

- Ensure you are already walking or running daily prior to the start of the race. On average you need to do 8.3 kms daily to keep on track to complete on time. It doesn't seem like a lot but it does take a toll on your body if you haven't already been preparing.
- Have a plan of attack for instance go out first thing in the morning, at lunch and after work or do it all in one go first thing in the morning.
- Don't skip a day! If you miss a day you need to make up the distance you missed. This is easy to do earlier in the race when the percentage works out to be small but harder as the race goes on.
- Do more if you can. Building up a buffer is good as it helps if something comes up and you have to skip a day. Plus when you get to July and August the heat can be hard to deal with.
- It's a mental as well as a physical challenge and some days you don't want to go out. At some point during the race you realize just what you signed up for and you either give up or you dig in and get it done.
- It helps to have a buddy to walk / run with to help motivate you. Alternatively, find someone with the same first name, same city and race them by checking the standings.

For more information on the race; <https://gvrat.racing/> or join the Facebook group; <https://www.facebook.com/groups/234553700994287>

As an added bonus you get an ugly race shirt with your registration! For Canadians you have to pay an extra fee if you want the belt buckle medal.



Michelle Basciano's t-shirt and hardware

Holly Lumley's t-shirt and hardware.



Current Race Discounts

Upcoming BBRC Meetings...

February 5th 6:30

Benders Gear

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

Send your \$25 to

brampton-benders@outlook.com

and write toque in the note/message.

We will save a toque for you.



Running advice...

We're always looking for advice and suggestions and we'd love it if you would send us your thoughts or insights.

Running fuel: Have you been trying some different fueling options, gels, energy chews, drinks, waffles, or something completely new?

Pre-Race Fuel: How long before a run do you eat, what's your go to, pancakes, toast, oatmeal perhaps? Do you swear by peanut butter, or fruit, or do you go as basic as you can? Perhaps you have stomach issues and would love advice from someone else on what they have tried and tested so far.

Post-Race Fuel: What's your go to item for the end of a race? Sure we've all eaten many a banana, but is there something else that works even better? Do you swear by chocolate milk, a protein shake/bar, a mixture of carbs and protein and if that's the case, what do you suggest?

Perhaps you've had blisters in the past and you're looking for ways to prevent them; or you've found the best solution and want to spread the word. Could it be Vaseline, body glide, or something the rest of us haven't found yet?

What else have you discovered that you can share with the club? We love new ideas and new suggestions and always want to try new things. Maybe what works best for you won't work for anyone else...or, your newfound fuel makes someone else's race day that much better.

There's always time to learn and try new things and we'd love it if you would share with us. Email communtion@bramptonbenders.com

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.

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):

Be sure to continue spreading the word about our run club, that encourages active living in the city of Brampton.

Luis
Matthew

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

Preventing Injuries...

Looking to stay healthy and injury free, take a look at this ... [Action Physiotherapy—Tips to prevent running injuries](#)



Race Plans...

Some of you may be well on your way to training for a specific race, but any plan can be adjusted to any half or full marathon by just changing the dates. I've included a link to all the race plans we have on our site for your reference.

Race	Race Date
Chilly Half Marathon	March 3, 2024
Around the Bay 30k	March 24, 2024
Mississauga Half Marathon	April 28, 2024
Toronto Half Marathon	May 5, 2024
Toronto Full Marathon	May 5, 2024

Run4Hope news...

Sunday, April 14th at 9am... This years race will be in support of the Knight's Table Brampton.

We are still looking for volunteers for the race committee. No experience necessary and we have the tasks required so you aren't learning from scratch. Lots of hands are always helpful!



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	Members Running
March 3	Chilly Half Marathon	Burlington, ON	Heather P, Heather S, Liz, Michelle, Carlo, Maria, Grace, Derek, Christine, Sandra
March 17	Frigid 10k & Frosty 5k	Hamilton, ON	
March 24	Around the Bay Road Race	Hamilton, ON	Patti, Heather P, Julio, Ariellia, Heather S (15k), Carlo (5k)
April 6	Spring Run Off 8k, 5K	Toronto, ON	Heather S
April 14	Run4Hope 10k, 5k	Brampton, ON	
April 28	Mississauga Marathon, Half, 10k, 5k	Mississauga, ON	
May 5	Toronto Marathon, Half, 10k, 5k	Toronto, ON	Heather P (Half)
May 12	Sporting Life 10k	Toronto, ON	
June 15	Under Armour Toronto 10K	Toronto, ON	

Weekly Group Runs/Walks

Day	Time	Location
Tuesday	6:00 pm	Shoppers World Tim's Parking Lot Learn to Run clinic currently being offered
Wednesday	6:00 pm	Chinguacousy Park (Ski Chalet) Learn to Run clinic currently being offered
Saturday LSD	8:00 am	Second Cup (Main St and Bovaird Ave) Learn to Run clinic currently being offered
Sunday LSD	8:30 am	Longo's Plaza (Hurontario St and Ray Lawson) Learn to Run clinic currently being offered
Sunday LSD (very long distances)	7:00 am	Longo's Plaza (Hurontario St and Ray Lawson)

Remember to share using our social media hashtags:

#bramptonbendersrc #bendersrunning #bramptonbender #BBRC #werunthistown
#yourebehindabender

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](https://twitter.com/bendersrunning)



Instagram: [@bramptonbendersrunningclub](https://www.instagram.com/bramptonbendersrunningclub), [@dondoandash](https://www.instagram.com/dondoandash)



Strava: [Brampton Benders Running Club](https://www.strava.com/clubs/brampton-benders-running-club)



Facebook: [Brampton Benders Running Club](https://www.facebook.com/bramptonbendersrunningclub)