

BBRC Monthly Digest

Come Run With Us

VOL -

32

FEBRUARY
2024



inside

| | |
|------------------|------|
| Social Activites | P. 2 |
| Cheer Stations | P. 2 |
| Race Stories | P. 3 |
| Race Plans | P. 5 |
| Upcoming Races | P. 5 |



Established **2010**

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

| | |
|---------------------|-----------|
| 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

Social Activities...

Fancy the idea of going skating....

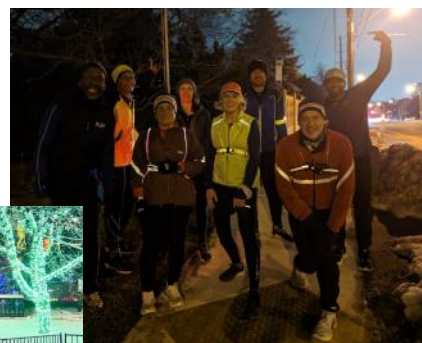
Your social committee has planned an upcoming event at Gage Park on February 28th at 7pm. Bring your skates and your cheery attitudes and do some laps around the rink with all your running friends. Families and friends are welcome to join as well!

Hope to see you all there!!!

Chilly and ATB Cheer Stations...

Is anyone interested in organizing a cheer station of sorts...perhaps just a meet up spot for Benders to cheer on those who are racing the Chilly Half and ATB.

If you are already planning on coming to cheer your fellow runners on, maybe let the group know so that we can tell others where to find you!!!



Run4Hope news...

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



Helping To Alleviate Hunger in Peel Region

Benders Stories...

Miami Half Marathon

By: Ines Sawh

My husband signed up for the Miami half marathon sometime in the early spring of last year when it was extremely cold outside and dreaming of the sunny destination. He asked if I was onboard which was an easy decision when it was below zero degrees outside. Since I had several months to train, I thought I could potentially see a big improvement. That quickly changed after I watched a few youtube video recaps of previous races and how hot it can potentially be.

The past several months, training has not been perfect due to travel but based on my training and my last 10k races I was about 2:03 fit. I have been able to hit my paces in training, so 2:03 was doable. I planned to start slow and be on pace by mile 3, take it to mile 10 and see what I could do after. It's usually the plan I always execute and worked in the past.

We travelled to Miami on Friday afternoon. All went smooth. Our hotel was about 2 miles from the start line. Saturday morning, we did a test run from the hotel to the start line. It was hot! And I wonder how I was going to run 21.1 km in the heat.

Saturday mid-morning we went to the expo which was at the Miami Beach convention center. it was well organized and was very big. We didn't go through it all because we wanted to stay off our feet. After the expo we went for lunch and spent the rest of the afternoon relaxing at the beach. South beach was packed with runners and the conversation amongst everyone was how to survive the heat. Met several runners from other countries. It was cool to just meet so many people with the same goals.

The morning of the race we woke up at 3:30 am, had the normal oatmeal breakfast with a litre of nuun hydration. Checked the weather app and it was already 78 degrees. At 4:45 am we left the hotel and made our way to the start line. My feet felt like bricks and legs would not turn. Then I started to worry.

There were 18000 runners doing the half and the full marathon and everyone starts at the same time. The Miami marathon is 3rd race in the US with the most international runners behind Boston and NYC. There were a lot of people at the start line, but it was not chaotic. Well organized and everyone knew where to go. We were in wave F (2:00 HM) and we crossed the start line at 6:30 am. The course is relatively flat with 2 bridges to cross so 2 hills. Very scenic route and a lot of spectators. Water stops are about every mile with Gatorade and water. But still at some stations we had to wait to fill our cup. A lot of runners were passing out. People were just dropping. Never seen that before. I was planning my usual race fuel. A gel I took at 30 min, a salt tablet at 1 hour and 1:45. I planned to take a gel at 1:15 but decided to just stick to the salt tablets. I thought I needed the salt more than the sugar and my stomach could not handle both. Surprising I never cramped but I never found that surge of energy the entire race too.

Overall, it is a great event, and I would recommend it and would do it again except for the heat. The heat made it very tough but again it's south Florida.

My time was 2:19:20. Way off my personal best but that's all my body could do given the heat conditions.

I must not forget the Medal saga. The medal is beautiful. It's the design of the sun. very fitting for the location. However, it's also the shape of a ninja throwing star which is on the TSA of prohibited items. Runners who tried to bring them through security got them confiscated. We're lucky that we only returned Wednesday and we were able to read the news. American Airlines was kind and let us check in our bag for free. Otherwise, we'd have to pay for checked luggage if we wanted to keep the medal.



Current Race Discounts

Upcoming BBRC Meetings... March 4th 6:30

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 |



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.



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.

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|--------|
| Lauren |
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| |

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

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 | Matthew (Half) |
| 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 | Ines, Heather P |

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)