

BBRC Monthly Digest

Come Run With Us

VOL -

33

MARCH
2024



inside

Run4Hope News	P. 2
Meeting Details	P. 2
Race Stories	P. 3
Social Committee	P. 3
Survey Results	P. 4
Chilly Highlights	P. 5
Race Plans	P. 6



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

Run4Hope Details...

<https://www.bramptonbenders.com/dddash/run4hope/>

Our Run4Hope race committee is working diligently to put on another great 5k/10k/school challenge race. It takes place at Professors Lake Rec Centre on April 14th. Please consider registering and don't forget our Bender discount code for \$10 off (**BBRC2024**). We are also looking for volunteers for various duties on race day. Benders who have signed up but cannot run because of volunteer assignments will have a chance to earn their medals the following Wednesday. We will meet for our group run at Professors Lake (all invited), if interested in volunteering, let us know — volunteers@bramptonbenders.com. The race website also has a volunteer form you can fill out and send to us.



Gold Sponsor: Dr HVAC

The Brampton Benders are happy to announce that Dr HVAC is back as a gold sponsor of the Run4Hope race on April 14th. For expert furnace, central AC, heat pump repairs please consider reaching out to Dr HVAC.

Their service area covers; Brampton, Georgetown, Mississauga, Oakville, Milton, Etobicoke, Scarborough and the GTA. More information about the company can be found on their website; <https://www.drhvac.ca/>

Gold Sponsor: Back 2 Hands Massage Therapy

From soothing massages to targeted treatments in Brampton, Back 2 Hands Massage offers the services to better your body and mind.



News from our last meeting...

- ◆ The Don Doan Dash has been set for September 8th, Registration is now open.
- ◆ 82 current members in the club, lets get everyone out joining in!
- ◆ Social Committee is investigating some fun options for everyone, an Escape Room, a Spring Run/Tailgate soon...
- ◆ Mississauga Marathon Cheer Station, money provided for sound equipment. Club would need to provide tables/tents, and members interested in participating.

Benders Stories...

My First Half Marathon By: Grace Mulcahy

In October 2023 I ran my first official race – a 5km at the TCS Toronto Waterfront Marathon. I was so nervous but was proud to complete my first race as I had always wanted to become a runner. My sister and her fiancé completed the half marathon that same day – which sounded like a huge undertaking to me at the time.

After my first 5k, I decided to join the Brampton Benders to take my running to the next level! I had my first run with the Benders on Tuesday, October 17th. I was not expecting much, other than to be running consistently with a group every week. After a few weeks of running consistently with the group, I felt confident enough to sign up for the Chilly Half Marathon! I had about 4 months to train, so I thought it was definitely doable.

Training was going very well... until my knee started hurting during a run in December. The pain was so bad that it hurt to walk and go down the stairs. I had developed runner's knee! Between this injury and the busy season of Christmas and New Years, my training was not as consistent as it had been. Fast forward to January, with some rest and taping, I was able to continue my training. Race day came up very suddenly – with February being such a short month, it was the week leading up to the race in no time.

I was so nervous, but excited for my race. At the starting line, my heart was pounding and all kinds of thoughts were racing through my head “What if I can't finish it?” or “What if my knee starts hurting and I need to walk the rest of the race?” Not to mention it felt like we were standing at the starting line forever!



We finally took off! I went out way too fast than I was planning too. By kilometre five, I was starting to feel tired. I had to remind myself that I can do this – I had run 18km during training! The race definitely wasn't easy and it was very much a mental game. I had to challenge myself and remind myself that I could do this. The first 5km and last 4km were definitely felt like the slowest parts of the race – everything in between went by in a flash. Finally, I had hit kilometre eighteen. “Only four kilometres to go... this is a laid back easy run...” Only I am not usually that exhausted during an easy run. The last four kilometres were the biggest challenge – even the last 700m felt like forever! Finally, I had made it to the final stretch and could see the finish line! I heard my sister and Patti cheering for me! I did it! My goal was to get under 2:30 and I finished with a time of 2:24:38! One year ago I could have never imagined I would run 5km, let alone a half marathon. I was on cloud nine (and still am!). Time to chase PBs and go for even bigger goals... maybe a marathon one day?!

A special shoutout to MARIA for all of her help, support and guidance throughout my training and MICHELLE for being my running partner during my first race! I could not have done it without the two of them.



Social Committee News..

- ◆ Come out on Sunday, March 17th for our group run wearing green in celebration of St. Patrick Day!
- ◆ Bowlero Bowling Night?!? We are looking to gauge interest in a Bender Bowling Night on Friday, April 5th at 7pm. Approximately 2 hours of bowling, \$30/person taxes and shoes included. If you're interested in participating please let Liz know by text 416-320-5528, email exenham@hotmail.com or in the group Whatsapp if that's easiest for you. We need to know as soon

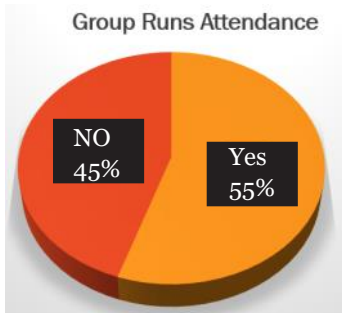


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Survey Results...

*Survey results based on 29 responses (approx. 35% of the members)

Do you attend the weekly group runs?



Reasons for not attending group runs?

- Injured (2)
- Days Don't work (3)
- Start Time (8)
- Location (5)
- Other (6)

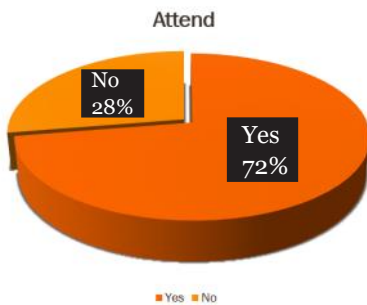
Do you use the training plans posted on the website?

- * 66% of respondents don't use online plans

The training plans take a lot of work for our IT director (Holly) so we will no longer customize the plans for specific races. Generic plans will be available to use.

It would be up to each runner to determine the number of weeks before their race to start following the plan.

Do you attend Social Activities?



Reasons for not attending social activities?

- Date/Times don't work (56%)
- No Interest (33%)
- Other (11%)

We encourage members to reach out to the executive to identify activities that you think would be of interest to our members. We can then look at organizing it.

Other Thoughts:

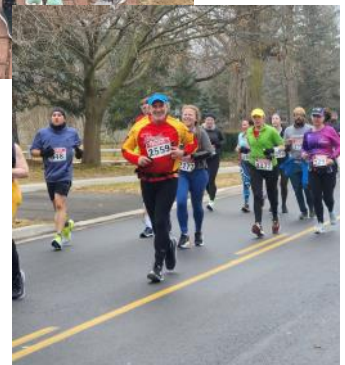
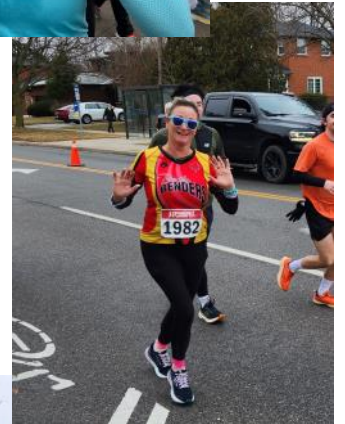
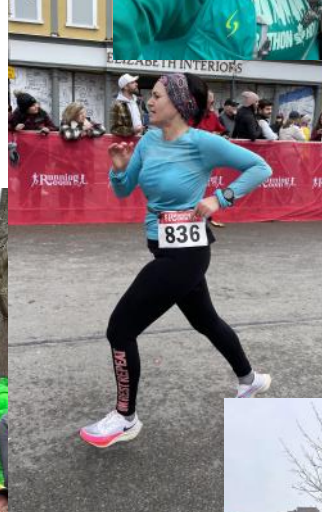
- 93% of responders read the newsletter
- 83% of responders feel they get enough communication
- Posting run routes prior to the day would be helpful

- A few people were concerned about running alone in the dark or not knowing the route. We rarely leave a runner behind, especially if you're new to the group or new to the night/route being run that night. We will post the typical routes run for each group run so that you know ahead of time where we are all headed.

- What's the financial situation, with details, of the club
 - If you have questions regarding the club financials please reach out to Carlo, our treasurer, who would be happy to review it with you. Alternatively, you can join the executive meeting where the financials are always reviewed. Next meeting is set for April 1st at 6:30pm. Reach out if you would like a meeting invite.
- Finding times outside of currently organized group runs

- Responses indicate that days of the week, locations and start times of runs don't work for some of you. The executive encourages our members to use the Whatsapp group to propose other days, times or locations that are more suitable to you to find like minded members to run with.

Chilly Half Photos and Results...



Current Race Discounts

Upcoming BBRC Meetings... April 1st 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
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.

Mark
Mithra

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 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)