

# BBRC Monthly Digest

Come Run With Us

VOL -

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Established **2010**

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## 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](mailto: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](mailto:run_with_us@bramptonbenders.com)

## Run4Hope Details...

We've raised \$3,951 from sponsors, with two gold sponsors.

We have reached 230 registrants—if members have not registered yet, do it now, using code BBRC2024 for a discount. We have a really nice Teal Green shirt this year!

\*\* Don't forget, all Bender Volunteers who registered for the Race can meet on Wednesday, April 17th to run the 5k loop and get their medals (and t-shirt if not already picked up).\*\*

**Any and all Benders interested in going to Oscars at 1pm after the Run4Hope, please reach out to Michelle and let her know you plan to attend.**



5k and 10k—Race Medals



Race Shirt



## Upcoming Tailgates...

The Benders are planning on two upcoming tailgates in Inglewood. They will be taking place on Saturday, April 20th and Sunday, May 5th.

## Mississauga Cheer Station...

Join the **BBRC** at the **Beneva Mississauga Marathon**

on Sunday, April 28th, 2024 as we cheer on **Runners** at the **35k marker** on the course.

There will be music, snacks (bring to share) and noisemakers (bring if you have your own) available for all. We will also have markers and Bristol boards to make your own signs.

Write words of encouragement to runners and members nearing race completion (7k to go). We will be at a tough spot for runners needing the motivation and encouragement, many runners "hit the wall" at 35k.

According to the Mississauga Marathon coordinators, the first participant runners will pass us at 9:15am and the last runner should pass us at 1:30pm.

We will be located just before the water station and blasting some motivational movement music. We will park at [Richard's Memorial Park](#).

Let's wear our Bender colours (red/yellow) from DDD, Run4Hope or Bender gear and show our club's enthusiasm for running.

Let us know if you will be joining us by sending a text to **BBRC 905-457-1938**. If you have a song you want added to the playlist, be sure to share that with us as well.

## ***Benders Stories...***

### **Embracing the Journey: From Half Marathon to Conquering the 30K**

**By: Yegnesh Kalyanakrishnan (Yeggi)**

As an average runner, I found solace in the occasional race, treating each event as a personal challenge rather than a consistent pursuit. It was a routine of convenience – six months of sporadic running followed by a winter hibernation, only to emerge for another race the following year. However, in 2022, after completing my committed half marathon at the Toronto TCS Waterfront, I felt a stirring within me – a desire to push beyond the familiar territory of 21 kilometers and delve into the realm of longer distances. It was during this quest for a new challenge that I stumbled upon the Brampton Benders running group, quite serendipitously through a Facebook search. Little did I know that this encounter would mark the beginning of a transformative journey in my running endeavors.

One of my biggest hurdles was navigating through the winter months, a feat I had never attempted before. With determination, I joined the Brampton Benders on a chilly Tuesday evening, and week after week, I found myself putting one foot in front of the other, gradually accumulating miles and gaining the confidence to conquer the winter chill. Fortunately, the season proved milder than expected, but the mental fortitude I cultivated during those cold runs proved invaluable.

Through Benders, I was introduced to the iconic Around the Bay race, now in its 130<sup>th</sup> year – a milestone older than the Boston Marathon itself. This challenging 30K course beckoned as the perfect next step following my half marathon endeavors. However, what started as a 30K endeavor amusingly stretched to 35.4 kilometers on the penultimate day of the race – a humorous twist that only added to the adventure (and pain).

My inaugural experience at the ATB 30K was nothing short of remarkable. With the sun shining but the air biting at -7°C, I found solace in the fact that I had trained in similar conditions. The course itself was a testament to the adage that races are never meant to be easy. Crossing the finish line, I was overwhelmed with a myriad of emotions – a mix of satisfaction, disappointment, and relief that it was finally over. Reflecting on the race, I realized the multitude of lessons I had gleaned from the experience. From the importance of strength training to the significance of mental fortitude and race-day nutrition, each aspect played a pivotal role in my journey to the finish line. Yet, amidst the physical and logistical challenges, it was the unwavering support of my fellow runners that truly made the difference.

Contrary to popular belief, running isn't a solitary pursuit – it's a community, a family bound by a shared passion for the sport. My fellow Benders became more than just running companions; they were mentors, motivators, and friends who stood by me every step of the way.

In hindsight, I'm reminded of a quote by John Bingham, which encapsulates the essence of my journey: "The miracle isn't that I finished. The miracle is that I had the courage to start." Indeed, it takes courage to embark on a new path, to push beyond our comfort zones, and to embrace the challenges that lie ahead. My brother, who has been a source of inspiration throughout my running journey, once shared these words with me. Now, having experienced the highs and lows of training and racing, I understand the true meaning behind them.

As I continue this journey, I'm grateful for the courage that led me to start and the unwavering support of the running community that sustains me along the way. I won't stop here - my eyes are set for my maiden Full Marathon distance later this year - as I take all the learnings from ATB and continue to add miles and gain wisdom along the way while running with fellow Benders.



## ***Benders Stories...***

### **Around The Bay 2024**

**By: Jacki Wallace**

Well, there can be no better race deal than the deal we got this year at the Around The Bay Road Race on March 24th. Pay for 30K and get 5.4K for 'FREE'.

Months prior, many participants signed up for the annual 30K ATB (around the bay) race. This race is usually a marker for runners hoping to run a marathon or checking their capabilities thus far in the season.

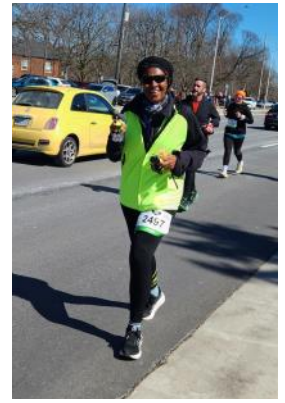
As we got closer to race day this year, that 30k turned into 34k and then the night before race day, it turned into a 35.4K. No small feat for those running this distance for the first time or those unprepared (like me) for such a distance at this point in the season. We had members in these categories, and several did a fantastic job. Those who deferred and those who decided to just do it and put their stamina to the test. Well, it wasn't just the distance, it included a few inclines. Ohhh, yes, the hills. Even with all the changes, the hills remained intact with a couple additions on the course.

As we approached the 30K and could see the timer display in the distance, a feeling of joy was short lived as you arrived and heard the beep to cross the 30K route marker. A quick change of emotion overcame runners as you immediately saw the hill in the near distance reminding you there was a remaining 5.4K to go. Many participants immediately walked; others chose to line up at the convenient port-a-potties located just before the ascend to begin the very long 5.4K. Few participants (like Heather P) chose to run it out to the end. While many (like me) decided to do a run-walk (mostly walk) to complete as my legs

immediately reminded me they were not ready and hated me for a few days after completion.

Well, we survived, and we have the medals and pains to prove it. Lesson learned: be cautious of things that are FREE.

But mostly, respect the distance and be sure to train!



### **Around the Bay**

**By: Donna Walsh**

During Covid times my running was all but nonexistent. ATB 2024 was my first race pre-covid. I signed on for a 30km race, which became a 34km race and then the finale as you know it became a 35.4km race. That played with my psyche a little but I showed up for the race start and persevered, and I won't lie that with a few of those hills I said WTF – ok – nope - not what you think – “Where's The Finish”. I could have contemplated giving up, thrown in the towel and made an excuse not to run but when running brings me the freedom to be me, to push beyond what I think I'm capable of, I know that giving up is not an option. Running lights something in me that I can't explain.

I often joke that my dreams of being a foot model were forever shattered since I started running, and ATB race only reinforced that thought as I lost yet another toenail. For those that haven't lost a nail just yet, not to worry, they do grow back. At 17/18km during ATB I was feeling what I thought was a blister, willed it to break and fleetingly wondered if I would have to end my race. I trotted along and was pleasantly surprised to see Patti along the course. Patti's smiling face and words of encouragement helped me push through. Thank you, Patti, and thanks to all the Benders for their commitment, words of encouragement and support.

Despite the heavy rains, temperature changes and at time furious winds on our training runs and races we all remain on a course to better ourselves, push ourselves beyond our comfort zones, we are dedicated and disciplined and we know that the finish line is out there waiting for us to cross. ATB was the beginning of finding my pre-covid self, reintroducing myself to the Benders fun runs and there's no going back. ATB inspired me to push myself a little further and I'll be at the start line for the Hamilton Marathon in November.

If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.

(John Bingham) **Run Happy!**



## ***Benders Stories cont...***

### **Around the Bay**

**By: Ariellia Rodrigues**

I'm sure I'm not the only Bender who has an inbox full of emails from races and occasionally signs up for races on a whim. This pattern struck again in mid-October when I got an email from ATB with the offer for a free deferral package and registering for the 30k seemed like a good decision. It wasn't until months later that I realized how smart of a choice it truly was registering that day.



Once the Christmas holidays were over, I knew it was time to get serious about training again. I had taken an extended period of mostly easy running after the NYC marathon so knew I had lost some fitness and had some work to do. January and February went by quickly with a few hiccups from the usual suspects in winter running - snowstorms, the common cold, and freezing rain. This meant missing a handful of speed and hill sessions plus a few long runs that got cut short or were completed on a treadmill instead of the great outdoors. Overall, this training cycle had a lot less weekly mileage and quality workouts than I'm used to for a race of this distance, especially with the course now being extended to a 34km route. Compounded with some additional life stress and poor sleep this winter, going into early March I wasn't feeling confident about finishing this race comfortably with a time I'd be happy about.

I completed my last long run of the cycle, though it was a struggle to maintain a consistent pace and based on past experiences with distance training, I knew I felt more tired than I should for the remainder of the day. The transfer deadline was soon approaching, and I knew I had a decision to make – tough out the long course or switch to a shorter distance.

As I was weighing my options, I had completely forgotten about the deferral package that initially led to my race registration until someone brought it up on a long run with friends. Thank you Heather! The stars aligned when another friend asked if I knew anyone that might be interested in their bib for the 15k. I knew the likelihood of me signing up for the long course in 2025 was pretty good but my desire to participate in a race this year was also high, so I deferred my registration to next year and had my friend transfer their 15k to me. This was not the first time I've switched a race to a shorter distance, and I'm sure it won't be the last.



The sun was shining on race morning and I felt great driving to Hamilton knowing my only goal was to enjoy the race. I found Heather in the school gym where we stayed warm while getting ready for our respective races. We ran together until the course split then went our separate ways. The 15k was a nice out and back with one small hill that made for a lovely Sunday morning run. I crossed the finish line a few minutes ahead of my predicted time with a big smile on my face. The goal of enjoying the race was a success and it was an automatic PR as was also my first 15k.

## ***St. Patrick's Day Run...***

Sunday Run Day...the Benders got together for a GREEN St. Patrick's Day run.

What a morning it was...we started in the snow, but then the sun came out...wait the snow was back....no the sun...snow....sun....the weather definitely kept everyone guessing all day long!!



## Current Race Discounts

## 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
<a href="#">Mississauga Half Marathon</a>	April 28, 2024
<a href="#">Toronto Half Marathon</a>	May 5, 2024
<a href="#">Toronto Full Marathon</a>	May 5, 2024

## Upcoming BBRC Meetings...

May 6th at 7pm



## 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.

Kirk
Sheldon
Warren

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

### 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](mailto:brampton-benders@outlook.com)

and write toque in the note/message.

We will save a toque for you.



## 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)