

BBRC Monthly Digest

Come Run With Us



VOL -

35

APRIL
2024



RUN 4 HOPE

special edition

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The Run4Hope...

April 14th worries....



All looked so good 7 days before the race, the forecast called for sun and 15°C...then day by day it started showing rain and more rain. Sunday morning at 5:30am it's pouring...

What can you do about the weather..... wear rain resistant clothing and have an umbrella ready? So, we put on our rain gear and took umbrellas with us.



While setting up it would switch between lighter and harder rain...and then just before the races started...the skies cleared and the Sun started to shine.

It all worked out without needing to worry.... and that old superstition, that if the forecast says it will rain, take an umbrella with you and it will not rain but leave the umbrella behind and it definitely will. In our case the 5 umbrellas we packed the night before eventually did the trick...



In the end, we had 280 participants able to go for a run on a nice sunny day.

Carlo
Co-Race Director

Young Dragons Taekwondo...

Dear Run4Hope Organizers and Volunteers,

We, the students of Young Dragons Taekwondo, extend our heartfelt gratitude to you for orchestrating the **Run4Hope 5K School Challenge Run**. It was an exhilarating experience to run alongside our friends, sharing laughter, determination, and the excitement of crossing the finish line.

The medals we received were more than just tokens; they symbolized our commitment and hard work. Your meticulous planning and dedication made this event a success. We appreciate the effort you put into bringing our community together for a meaningful cause.

As we eagerly wait for the next run, we want you to know that your efforts have left an indelible mark on us.

Thank you once again for making this event possible.

With gratitude, **Instructor Nadira**
and the Young Dragons Taekwondo Team



Thank you to our Sponsors...

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.



Silver Sponsors:

The SUR-TAAL Heritage Organization

647 Tent Rental

647 Trailer Service

Bronze Sponsors:

ARGO International

Graham McGregor MPP

Ruth Ballantyne and Nataleigh Ballantyne of Re/Max Realty Services

Ashok Bali and Paul Sharma of Homelife G1 Realty

Perfect balance Renovation Inc.



Volunteer Thanks...

A big shout out to all our volunteers. Without you, we couldn't possibly make these events happen. A big shoutout to our Race Directors, Carlo Tuzi and Jeet Tulshi. Thank you to Holly for consistently and frequently posting to our website and social media accounts. A big thanks to Maria and Carlo for packing, and re-packing the race kits to make sure everything was ready for kit pick up. Thank you to all members who helped set up, tear down, man tables before the race, to our announcer David, to the members who helped marshal runners around the course, to the members who put in tireless hours behind the scenes. To all of you!!! We love you all!!!



The Run4Hope...

A SHORT STORY ABOUT BRAMPTON BENDER STEVIE FERREIRA

Brampton Bender runner Stevie Ferreira is an inspiration to numerous individuals who, like himself, need to overcome the many challenges of having autism. Stevie is an avid runner who has completed many 5km and 10km charity races throughout the province of Ontario.

If you ran/walked or helped volunteer at a recent Don Doan Dash or Run4Hope charity event then you would have seen and heard Stevie Ferreira. Stevie sang our National Anthem at these events as well as running the 5km and 10km races. You might have also seen Stevie wearing his trademark Ethiopian jersey or jacket as he is half Ethiopian. Stevie calls Ethiopia his other home outside of Canada as he lived there for 8 years.

With close to 2,500 YouTube subscribers Stevie is also known as DeeJay Stevie. Beyond singing O'Canada at Professor's Lake Recreation Centre, Stevie has performed at Gage Park, Garden Square and the Lester B. Pearson Theatre in Brampton, the Tranzac Club in Toronto and the Rock & Roll Hall of Fame Museum in Cleveland, Ohio. He is planning to soon sing at the Cyril Clark Theatre in Brampton.

As a Brampton Bender runner and singer, Stevie is planning to train to run a 15km race in Hamilton, Ontario and to sing this upcoming summer at the Motown Museum in Detroit, Michigan. Stevie encourages everyone to please check out his YouTube channel "DeeJay Stevie (Autism Rocks!!!)" at the following link - www.youtube.com/@deejaystevieautismrocks



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>



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