

BBRC Monthly Digest

Come Run With Us

VOL -

36

MAY
2024



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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

ALS Walk...

Join our team on June 9th, to participate in the 2024 Walk to End ALS.

Location: Chinguacousy Park/Picnic Shelter #3
Address: 9050 Bramalea Rd, Brampton, ON L6S 6G7
Registration Time: 10:00am
Walk Start Time: 10:30am

You can register here: <https://alscanadawalktoendals.als.ca/ontario/register>
OR you can join our team/donate here:
<https://alscanadawalktoendals.als.ca/.../doanersgroanersi...>

Brampton Cheer Station...

The Brampton Half Marathon is happening on May 26th and the Benders will have a cheer station on site. There is a 5k, 10k and Half and all of the races will run 'laps' along Bramalea Rd so there will be plenty of runners going past the cheer station multiple times. Please come out and join us!!! Please contact Michelle if you're interested.

Mississauga Marathon...

The Mississauga Marathon and Half Marathon took place on April 28th. We had some Benders participating and enjoyed cheering them on as they put in their best race.

The Cheer Station was set up at the 35k mark. There were more than a few runners in need to some extra motivation and we did not disappoint. It was quite the party as runners were being cheered on!



Benders Stories...

Foxtail Rail Trail Race – Saturday, April 20, 2024

By: Christine Horner

Trail Races come in various sizes and configurations – distances from 10K to 100 milers, technical, non-technical, elevation gains, single track to groomed trails; this is what makes trail running so exciting.... you can get a bit of everything! It can be daunting to sign up for a trail race for these reasons but the Foxtail Rail Trail Race located at the Dundas Valley Conservation Area Trail Centre, is a fantastic race to introduce you to fun on the trails.

This race offers three distances 10.3K, 25K and 50K along a wide, flat, groomed trail with the beauty of conservation lands and lush forest. I did the 50K 2 years ago and decided on the 25K this time out. For the 25K distance you run 5.5 km out from the start line, turn around and head back then cross the start and head out in the opposite direction for 7 km, then turn around to take it home. The 50K group runs this route twice. I enjoy the out and back races as I like to see the faster runners on the return to provide an extra boost of energy and make me think I should have done more training. It also makes it fun for your family and friends to see you in action. The 25k and 50K start together at 9:00 with the 10.3K starting a bit later.

This is a cupless event, as many trail races are, so you do need to carry a hydration pack/soft flask to refill at the aid stations which are at 5K on the first out and back, at the start and at 7K on the second. They are well stocked with salty snacks, PB&J sandwiches, fruit.... a nice alternative to gels!

This race is held in memory of the race director's cousin who passed away from cancer and there is a special aid station on the second loop supported by the family with plenty of fruit. You never go hungry at trail races. Plus you can have a drop bag at the start/finish area.

The race kit offers a nice T-shirt, buff and soft flask plus a great medal awaiting you at the finish! Trail races are generally smaller events so it a great opportunity to mingle with runners. The 10.3K had 120 runners, 25K – 77 and the 50K – 54. I had a great race, taking in the fantastic scenery, enjoying the great outdoors on a perfect weather running day.

Happy running!
Christine



Bender Golf Tourney...

The Benders 9 Hole Best Ball Tourney

Sunday, June 23rd, 4pm

Mayfield Golf, 12552 Torbram Rd. Caledon East, ON

Approximate cost is \$40/person including cart, but this needs to be confirmed still.



Bike the Creek...

Join us as we celebrate the 10th anniversary of Bike the Creek and 50 years of cycling across Peel Region's urban roads and trails!

Bike the Creek is more than just an event; it's a community-driven initiative aimed at promoting the benefits of cycling and advocating for active transportation to create healthier and more sustainable communities. Since its inception in 2014, Bike the Creek has been organized in partnership with BikeBrampton, Toronto and Region Conservation Authority (TRCA), City of Brampton, City of Mississauga, and the Town of Caledon. With over 1,000 cycling enthusiasts of all ages participating each year and supported by more than 50 dedicated volunteers, it's become a hallmark event in our region.

As we strive to make Bike the Creek as eco-friendly as possible, we kindly ask participants to bring reusable water bottles to help us minimize waste.

The first 1,000 participants to register will be treated to a complimentary lunch after their ride! BBQ lunch service opens at 11:15am. Finale program begins at 12pm.



[Click the photo to reserve tickets!!!](#)

Benders Stories...

The Toronto Half Marathon

By: Lauren Riches

I got up at about 5:30am to see that it was going to be raining and wet for the half marathon. I really thought I was going to do terribly and have to walk most of it as I only did a couple 5km runs in the last month leading up to it. I didn't want to make my friend Heather wait to long for me at the end so I thought I'll just try and run slowly.

It started to pour rain on us right before we started and we began to laugh, Heather said "well at least if we do badly we can blame the rain." I thought perfect. It also made it not as hot which was nice. As we started I just kept thinking try and go slower. I had gone way too fast at the beginning of my first half last year and was exhausted by 18km and I didn't want to do that again. There were a ton of people as far as you could see in front and behind me which was pretty amazing. I enjoyed all the hooting and hollering under the overpasses that echoed.

I also brought some Twizzlers with me this time. I didn't have any food the first race I ran and thought I'd try some candy this time. Unfortunately it stuck in my chest for about a kilometer but I felt pretty good after. I really enjoyed the first 14km of the race; I was grooving to my music and taking it slow. At about km 14 my music stopped working and then the zipper broke on my pack so I couldn't get into my phone to get it working again. So the rest of the race was music-less. Happy I took it slow at the beginning because I could keep up my running pace for the rest of it. Towards the end of the race lots of people on the sidelines were cheering and had music playing! I was so thankful!

Overall I am proud I did the half, I was going to just do a 10k because I didn't train but I am happy I did the half. I killed it in my opinion considering and was finished in 2 hours 16 minutes. Woohoo!



Georgina Spring Fling

By: Heather Situm

On Sunday May 6th myself, my daughter and a friend drove up to the Georgina Spring Fling. My daughter's husband was a hero as he dropped off our forgotten race bibs at 5:30a.m. This race was special as it was my daughter's first half marathon. She did great! She ran with me until just after 9k, then went off on her own faster pace. She was thrilled to complete this race. Another friend completed her first full marathon the same day. Over all, a super experience, with lovely views and high spirits. Emily's time was 2:25 and mine was 2:27.



New Bender Story...

Extra, Extra, this just in...

By: Mark Shepard

In June of 2023 I fell off my roof and fractured my pelvis, leaving me bedridden for 4 weeks, pretty useless, and full of pain for the better part of 3 months. Having practiced Yoga for many years I had a pretty great mental picture of where my body used to be pre-injury, and I knew I was choosing a stubborn road to a full recovery. So in December of 2023, I decided on a whim after finding the website to show up to the Brampton Benders Saturday run and try out running, after all I had read some articles mentioning how it was good for the knees and back. I had a lot of damaged muscle and scar tissue around my 'girdle' area and sacrum, and was having difficulty figuring out how to get into those areas a little more. The micro impacts from running, I hypothesized, could help out in breaking up all that scar tissue and assisting in my flexibility recovery. Also, I wanted to find out who these crazy people are that run in the mornings all the time...

Well fast forward to May 2024 and although I have missed a few Saturdays here and there, Maria helped me out weekly right from the get-go making sure of all the important steps to getting into the sport. Things like taking care of all the timing and breaks (huge help for a new runner), advising about getting the right shoes, correcting my posture when I would get tired, telling me the importance of slowly going up in distance instead of just forcing it to try and keep up with the group. I'm athletic, but my body has never been put into running mode before and it really is a slow and steady progression. My cardio needed work for sure but my bigger issues were more hip flexors related from the fall, and that tendon on the bottom of my non-dominant foot that would get all tightened up. Over the months, just every Saturday, Maria scaled me from 4kms on 9 or 10 minutes, all the way up to 9kms or just shy of 10km I think, and a few times we were doing a 7:20 pace I believe. All that pain and discomfort just melted away, and I am definitely more flexible than before my injury, and that is mainly thanks to the mechanics of running in aiding in regaining joint flexibility.

I have way more energy which benefits the entire week after my Saturday run. My sacrum has more flexibility than before the injury, and my knees don't get that inflammation soreness anymore in the mornings. I am a bit leaner - over the past 5 months I lost about 5-6lbs of mostly body fat as my belt is looser. It's been a lot of fun meeting everyone, and I am so glad I showed up to try out running after never giving it a chance all these years. My body will thank me when I'm 70.

Shout outs to all the Saturday folks I am meeting and especially Maria for coaching me into the sport. See you out there!

Benders Stories cont...

Toronto Half Marathon By: Andrea Kewin

The Toronto Half Marathon on Sunday May 5, 2024 did not disappoint despite a very rainy start. Running in drizzle is actually ideal. But in this case, the deluge was pretty spectacular and there was no place to shelter at Yonge and Sheppard. My daughter Jenna, her running buddy Marisa and my training partner and fellow Brampton Bender, Sonia and I huddled under a tiny checkered umbrella that someone had cast away. We were dressed in ponchos and garbage bags which didn't prevent our runners and exposed spots from getting drenched and cold. By the time we tossed the umbrella and they kept us waiting, we were totally pumped about starting to run so we could warm up. The crowd of runners were super friendly, stoked and gave me plenty of people-watching opportunities! The route was indeed scenic with storefronts, lots of spectators cheering despite the weather, undulating hills, scream tunnels, a canopy of green along Rosedale Valley, Queens Park, very clever/ funny signs, restaurants, pubs and Cafés that beckoned, the Lakeshore (but not the pretty part) and finally culminating at the Princess Gates!!!! Unfortunately, my daughter had warned me this was not actually the end. We had to continue uphill for some distance only to be bottlenecked at Exhibition Place for the finish. I stepped over the timing mat and literally had to come to a full stop! Runners were packed cheek to jowl but no one complained. We just kept slowly moving forward. No attendants were visible. No medals placed on our necks. We were siphoned into 4 regular sized doors and greeted with a bottle of Smart Water. "Umm, Thank-you is this flavoured?" "No but it's PH balanced".

Cold, hungry, with no sign of a medal and separated from my girl squad, I finally spotted the bling! Very large, Miami-sized without the weaponry. They were beautiful. I continued to be pushed along by the sardine-packed runners without a single morsel. Finally, I turned around and asked if there was food and was directed to the start of the scrum. Determined, I obnoxiously pushed myself in the opposite direction of the masses and was given a banana, a thin, flat bagel round and a tiny packet of nutritional gummies. I had actually put all my energy into the run and really needed that fuel. Sonia and my daughter never even managed to get any food. Luckily, Marisa shared hers. Mine was history! Sonia and I kicked it old school by not carrying cell phones. We did wear our Garmin so had all kinds of data to analyze at our leisure after the fact. The problem was the recovery area was a zoo. I ended up borrowing a stranger's cell to call my husband to call my daughter and tell her to meet me at the Gate 5 sign in front of the BMO stadium. Jenna had tracked us with her cell of course and easily brought Marisa along to the meeting spot. Our next problem was finding Sonia! We had decided to meet at the letter K Family and Friends area but that didn't actually exist. I climbed up on that sign, Jenna scoured the inside of Exhibition place, and Marisa searched far and wide until we were finally reunited with Sonia. She had added another 1000 steps in search of all of us!

In spite of these glitches, we all felt a sense accomplishment. Walking to our warm Uber we reflected. Sonia had exceeded her time goal by 10 minutes. Marisa was finally feeling like her head was in a good space on race day rather than just on training days. Jenna thought she was doing awful and this would be her worst 1/2 marathon but then when she looked at her splits, she realized it was actually pretty good! I was nursing a cold, so had lowered my expectations. I went out too fast and put most of my speed in the first 10 kms. But thanks to the encouragement of our running community, the training plans that were loosely followed, and the fact that I was running with my daughter and my dear friends, I ended up running within 5 seconds of my NYC half marathon last year. That felt awesome. As soon, as I stepped inside of Sonia's car to drive back to Brampton, she said: "Andrea let's do another half marathon in the Fall!"

And so it goes.....



Next Tailgate...

Our next tailgate will be taking place on June 16th.

The location of the tailgate: 6545 Creditview Rd, Mississauga, ON L5N 8L1

Come join us for a run and some delicious post run snacks!!!



Current Race Discounts

Upcoming BBRC Meetings... Monday, June 3rd—7pm

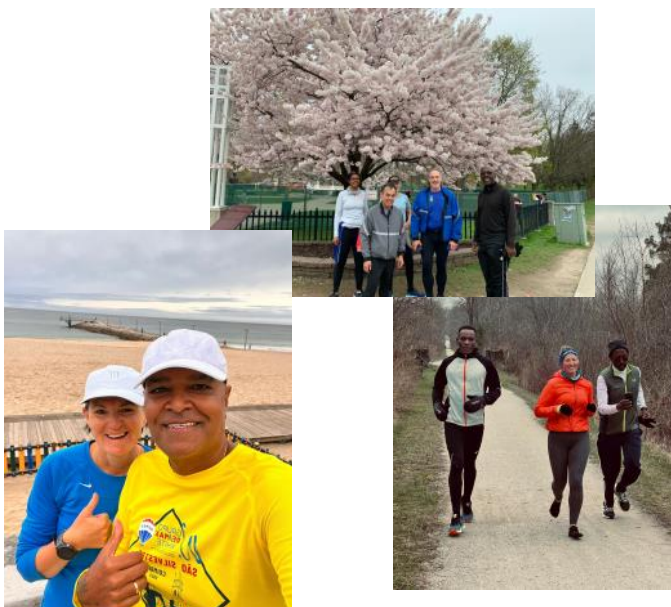
New Bender Stories...

New to the Club...by: Kirk Douglas

I decided to join the Brampton Benders to improve my fitness and, more specifically, my longevity. I like the feeling of running a long race and finishing, which makes my body feel a form of relief. My first few runs with the benders have been an excellent experience. I believe that new runners are on different levels, making it a very level playing field for new runners. The Benders have a very diverse team of runner, enabling them to be very helpful to all new runners.



Comings and Goings...



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
Sonal

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
May 12	Sporting Life 10k	Toronto, ON	
June 15	Under Armour Toronto 10K	Toronto, ON	Ines, Heather P, Gina, David, Ravi, Carlo, Patti, Ken, Liz
July 1	Canada Day 5k	Hamilton, ON	
Sept 8	Georgina Marathon	Georgina, ON	
Sept 8	Don Doan Dash	Brampton, ON	
Sept 14	Oasis Zoo Run	Toronto, ON	
Sept 29	Oakville Half	Oakville, ON	
Oct 20	Toronto Waterfront	Toronto, ON	
Oct 20	Art in Motion	Kleinburg, ON	Michelle
Nov 3	Hamilton Road2Hope	Hamilton, ON	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), [@run4hopebrampton](https://www.instagram.com/run4hopebrampton),
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Strava: [Brampton Benders Running Club](https://www.strava.com/clubs/brampton-benders-running-club)



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