

BBRC Monthly Digest

Come Run With Us

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Established **2010**

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

President	Alain
Vice President	Jeet
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 Running 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

Run for the Cure...

By: Michelle Basciano

This year's Run for the Cure was an incredible experience for me as a breast cancer survivor. Being surrounded by friends and family who came out to support and celebrate with me made it truly special. I had the honour of being Hope Speaker this year, sharing my journey and encouraging others to keep fighting. It's moments like these that remind us of the strength we have together in the fight against breast cancer.



The club's 100th member!!!



Please welcome Surender Singh,
our 100th member!!!

The Brampton Benders Running Club is truly a remarkable group that embodies the spirit of community and dedication to fitness. From the moment I joined, I was welcomed with open arms by the members, each of whom brings their own unique energy and positivity to every run. The club fosters an environment of encouragement, where runners of all levels are supported to achieve their personal best. The camaraderie among members is inspiring, with everyone cheering each other on, whether it's a casual run or a race day. The Benders aren't just about running—they're about building lasting friendships, promoting a healthy lifestyle, and making each run an enjoyable and fulfilling experience. I'm proud to be part of such a passionate and motivating group.

- Surender Singh

Success at the Don Doan Dash..

The Brampton Benders are making a donation of \$7000 to ALS Canada. Race participants also donated \$1621.31 directly to ALS Canada.



Beer, Food and Jetlag: How I Conquered the 50th Berlin Marathon!!!

By: Jeet Tulshi

Earlier this year, I was grounded by shin splints, limited to just one short run a week. The thought of running a marathon—let alone a major one—felt like a distant dream. But when a friend casually mentioned he'd entered the Berlin Marathon ballot, I couldn't resist the thrill. Let's face it: runners are a little crazy, right?

While he snagged a spot, I didn't. So, I applied to various charities and promptly forgot about it. Fast forward to late July—just two months before the race—I received an offer for a charity spot. I had 24 hours to decide. I accepted in about 24 seconds! Yes, more craziness! Charities are allocated spots by major marathons in exchange for fundraising, and I managed to raise about \$1,400 for NSPCC, a UK charity dedicated to protecting children from abuse.

With new shoes—I ditched my Brooks Glycerin for Under Armour Elite Pro—I took on a conservative training plan over the next 6 to 8 weeks, aiming to finish upright and with beer in hand! Feeling good as race day approached, I set my sights on a 4.5-hour finish.

Turning the trip into a family vacation, we booked our flights (around \$1,200 each) and a hotel (\$350/night). I flew in on Friday, just two days before the race. The bustling expo where I picked up my race kit was at an abandoned airport—very cool! The excitement was palpable! A large beer (I am in Berlin!) and a seafood pasta dinner later, I settled in for the night... and didn't sleep a wink! To top it off, I accidentally consumed milk—yep, I'm lactose intolerant! Nuff said!

Race day arrived, and I felt surprisingly good standing at the iconic Brandenburg Gate with 50,000 fellow runners. The energy was electric! The 50th Berlin Marathon route was packed with stunning monuments and enthusiastic spectators cheering us on the entire 42 km. Despite a slower pace thanks to my sleepless night and lactose mishap, I started to fade around the 27 km mark.

Berlin is known for its flat and fast course, yet I clocked my slowest time ever—4 hours and 55 minutes. But honestly? I didn't care (well, maybe a little). I was in tears when I finally spotted my family at the finish line!

Huge thanks to my Bender friends for the support, especially Warren Kozonguizi for those 5 a.m. long runs!

Lessons learned: New shoes might just save your shins, always pack Lactaid and



The Muskoka Marathon...

By: Holly Lumley

It all started as a conversation between friends that we should do a fall race and then became which race. Jaswinder and I had both done Georgina and Scotia and were looking for something different. We settled on Marathon P'tit Train du Nord but it sold out before we got a chance to register. Our back-up race became the Muskoka Marathon as it was in the same timeframe and was relatively flat.

This is a smaller race, I would say similar to Georgina in that it is an out and back on country roads. In this case the course followed along a river rather than a lake. Given the race was at the end of September there was a chance of fall colours!

We booked the Quality Inn in May which was close to Santa's Village the start of the race. When we arrived on Friday night we went straight to get our kits which was a smooth process. The kits themselves included a toque and a headband. I pointed out that there didn't seem to be enough porta potties as there looked to be less than 20.

There was a bit of a scramble the morning of the race as they closed the road near the hotel that we had planned to use. We weren't the only one's needing to reroute and we were happy we hadn't come up the day of the race. We had given ourselves plenty of time and thankfully my sister was driving so Jaswinder and myself jumped out of the car with 15 minutes prior to the start when we got near the parking. It took her another 10 minutes or so to park.

Once onsite, the next stop was to the porta potties but it looked like the entire race field had the same idea. The line was so long that near the start time of the race someone came around collecting people as I believe they decided to open the washrooms in Santa's Village.

The marathon started at 7:30 am and some folks obviously delayed were starting late as a result. Our race was supposed to start at 8:00 am but started 5 minutes late. I'm assuming due to the number of folks wanting to use the washroom.

The good;

- The course was nice and there was only one section of bad pavement around the turnaround otherwise no potholes to dodge!
- The hills weren't bad and like what I run around my neighbourhood.
- We both had good races and were happy with our results.

Areas for improvement;

- Not enough porta potties! There were approximately 2,000 runners between the half and the marathon so there should have been more.
- The start / finish line was very narrow so there was bumping at the start of the race.
- They used what appeared to be soccer pylons to mark the course. These are light weight and blew into the course becoming a tripping hazard.
- There were very few mileage markers so if you like to know how far you have gone or have to go you might have been frustrated.
- The finish line was chaos as there were no railings stopping spectators from coming onto the course so finding it was a challenge.
- There was no food. At the finish line you got a bottle of water and your medal. If you wanted food, they had a BBQ for \$20. I can't remember ever being at a race that didn't at least give you bananas.
- From my sister's point of view it wasn't a good spectator course as realistically she could only see us at the start. It was too challenging to move around the course to cheer us on.

Would we do the Muskoka Marathon again? We were happy we gave it a try but probably would not do it again. I'm assuming they got more runners than they expected so hopefully next year they can make some improvements.



Current Race Discounts

Art in Motion

\$7.50 OFF with code
BENDERSSAVE

Hamilton Road2Hope

10% OFF with code
2024BENDERS

Upcoming BBRC Meetings... Monday, Nov 4th—7pm

Benders Gear

Want a Toques. Send \$25 to bramptobenders@outlook.com and write toque in the message.

We'll save one for you.



First races...

At the Oakville Half, held on September 29th, we had two new half marathon finishers!!! Nika completed her first half marathon and Luis completed his first half marathon in North America! Congrats runners!!!



Benders out and about...



A big CONGRATULATIONS to Tanisha and Eve for completing the Chicago Marathon!!! Good Job Ladies!!!

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.

Be sure to continue spreading the word about our run club, that encourages active living in the city of Brampton.

Sending a 'Welcome' to our Newest Member(s)...

Surender	

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
Oct 20	Toronto Waterfront	Toronto, ON	Yeggi, Warren, Brian V
Oct 20	Art in Motion	Kleinburg, ON	Michelle, Carlo, Maria, Grace
Nov 3	Hamilton Road2Hope	Hamilton, ON	Heather P, Jackie
Nov 24	Holly Jolly Fun Run	Toronto, ON	Holly, Jas
Dec 1	C3 Egg Nog Jog 5k & 10k	Albion Hills, ON	Jackie, Patti, Liz, Carlo, Maria, Michelle, Ken, Christine, David,
Dec 8	BlackToe Holiday 10k	Toronto, ON	Ines
Dec 26	Boxing Day 4 and 10 miler	Hamilton, ON	
March 2	Chilly Half Marathon	Burlington, ON	Heather P, Yeggi, Michelle
March 30	Around the Bay	Hamilton, ON	Heather P, Yeggi, Patti (15k), Surrender (15k), Michelle

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),
[@run4hope_brampton](https://www.instagram.com/run4hope_brampton)



Strava: [Brampton Benders Running Club](https://www.strava.com/clubs/brampton-benders-running-club)



Facebook: [Brampton Benders Running Club](https://www.facebook.com/bramptonbendersrunningclub)