

# BBRC Monthly Digest

Come Run With Us



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Established **2010**

Web [www.bramptonbenders.com](http://www.bramptonbenders.com)

Email [run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com)

## Executive

President	Alain
Vice President	Jeet
Treasurer	Carlo
Membership Director	Michelle
Social Director	Elizabeth
IT Director	Holly
Secretary	David
Comm Director	Heather

## Membership 2025

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)

## ALS Walk...

The ALS Walk took place on Sunday, June 8th. The Brampton benders joined Pam Barnwell's group the Doaners Groaners in memory of Don Doan.



## Sulphur Springs 50k...

**Trail and Error: Sulphur Springs 50k**  
By: Emma Jones

On May 24, I ran the Sulphur Springs 50K trail race — my first ultramarathon of the season and a race I'd been excited about for months. The conditions couldn't have been better: cool temperatures, light cloud cover, and trails that somehow stayed dry despite heavy rain in the days prior. It was the perfect setup for a big day on my feet.

The course is made up of one 10K loop followed by two 20K loops through the beautiful Dundas Valley Conservation Area. It's not especially technical, which made it ideal for keeping a steady rhythm. The trails roll gently, with just enough elevation change to keep things interesting without being overwhelming. With well-marked paths and frequent aid stations, it was easy to focus on enjoying the trail and the atmosphere.

I started out feeling great, but in hindsight I consumed too much Tailwind too early, which led to some discomfort that lingered through the second half of the race. I carried a hydration bladder, which made it tough to gauge how much I was taking in — and by the time I reached the later aid stations, I didn't feel up to enjoying the PB&J, pretzels, and cookies I'd been looking forward to. Next time, I'll stick to a simpler strategy and keep a closer eye on pacing my nutrition.

Gear-wise, I thought I had everything dialed. I wore Hoka Mafate Speed 4s, double-layer blister socks, tape on all potential problem areas, and a generous helping of Squirrel's Nut Butter. Despite all of that, I still ended up with a sizable blister — nothing race-ending, but definitely a lingering annoyance by the time I finished. I'll need to keep experimenting to find a combo that works better for longer distances.

Despite the fueling missteps and that stubborn blister, I still had a fantastic time. The volunteers were incredibly supportive, the trails were in excellent shape, and the whole event had a laid-back, welcoming vibe. Just the right amount of mud, no bugs, and lots of great energy out on the course. I'm already looking forward to returning next year with a bit more experience to soak it all in again.



# Bikes and Barges...

## Bike and Barge Trip - Amsterdam to Bruges (warning, this story contains no running ;-)

By: Patti Wilton

For at least 12 years it's been on my radar. Ever since I read about the Bike and Barge, Amsterdam to Bruges, Belgium trip, it's been up there on my 'list'. The premise, (new at the time, I believe) was they converted old barges to floating 'hotels' and they were used in cycling tours. You bike all day while the barge moves through the waterways where you meet it at the next location. Have dinner, socialize, sleep on board and start off again the following morning.

It was mentioned at a cottage weekend with friends last Labour Day and shortly thereafter a group of 8 committed to the 8 day B&B trip.

Ken and I added some extra days in France before meeting our friends in Rotterdam for a few days and eventually Amsterdam. We boarded our boat, and in addition to our group of 8, there were another 8 cyclists. Also on board was Ed, our ride leader, our chef, a first mate and our captain making a total of 20.

We'd start the morning with a hearty breakfast, pack our boxed lunches and grab our bikes. They were supplied as part of the tour and were heavy, upright city style cruisers with 24 speeds. They were relatively easy to ride with comfy seats, and panniers for our dry bags. Off we'd go averaging 45 to 55 km per day. Ed would stop us for story time whenever we'd encounter something he wanted to show us or tell us about. Day one was idyllic, cruising through the countryside in the Netherlands under blue sky. Their cycling infrastructure is second to none.

We toured an authentic Gouda cheese farm in Gouda. Cycled to Kinderdijk, a UNESCO site with 19 historic windmills dating back to the early and mid 1700s, most of which are still in operation. As the Netherlands is below sea level, we cycled over the dikes and canals (higher up and exposed) on multiple days where the winds off the North Sea made the riding much more difficult than anticipated. On the Sunday, we were faced with mostly head winds of 42 kph with gusts to 63 (according to Ken's drone app). It was the most challenging day I'd ever spent on a bicycle and I really missed my clip-in shoes and pedals and lower style handlebars. Some of the group had E-bikes and as the week progressed, with the help of Ed, we'd gotten more adept at using them for drafting to make navigating the winds easier.

8 days later, on May 29th, we arrived in Bruges. Ken and I climbed the Belfry Tower (has anyone seen the movie 'In Bruges' with Colin Farrell and Brendan Gleason?) for an amazing view of the city. May 29th in Bruges was Ascension Day which includes the Procession of the Holy Blood which has been happening since the 13th century!

It was very cool to cycle in and through towns that have been around for centuries. The cobblestones, the buildings, churches, windmills etc that have all been standing so much longer than Canada has even existed. It was often surreal to comprehend how old things were.

Ed said this particular tour was in his top 3 for winds and one day it rained so hard in the afternoon that he called the captain to see if the boat could meet us a few km earlier. It was harder than I expected for a tour that was rated 'easy' for its 'flat terrain and relatively low daily mileage' but was it what I wanted for a bucket list item? Absolutely! And when you have a group of friends along for the ride it's even better.



## ***Benders and the Blue Jays...***

Based on the survey response, we have purchased 11 outfield tickets for Saturday July 19th 3:07pm start, versus San Francisco Giants. The tickets are \$20 each and funds can be e-transferred to the Benders at [bramptonbenders@outlook.com](mailto:bramptonbenders@outlook.com), or Carlo can accept cash. Please RSVP to Liz (416-320-5528 text/WhatsApp) and send payment by Friday July 4th. Please also provide Liz an email address that she can use to transfer you your ticket.



### PLAN FOR THE DAY:

Let's plan on meeting at the Bramalea GO Train station (Bramalea and Steeles) to catch the 1pm train, arriving at Union Station at 1:35 and it's a short 10 minute walk to the Rogers Center. We'll have some time downtown before the game!

Trains depart back to Bramalea from Union at :48 after the hour, every hour up until 11:48pm.

Can't wait to see everyone!

## ***Annual General Meeting Executive Positions...***

As we approach the BBRC biennial board elections, we invite all members to take an active role in shaping the future of the Brampton Benders Running Club. On **July 27th**, this year's AGM will be hosting a meeting to elect new board members, and we encourage everyone to consider contributing to the leadership of our club. Please RSVP by July 18th.

The following positions will be up for election:

- **President:** Leads the club, presides over board meeting, and provides overall leadership
- **Vice-President:** Supports the President and assumed responsibilities in their absence
- **Treasurer:** Manages club finances, keeps records, and ensures timely bill payments
- **Secretary:** Records and shares meeting minutes and keep members informed via newsletters
- **Membership Director:** Welcomes new members, maintains the membership list and actively works to attract potential new members to the club
- **IT Director:** Maintains and updates the website, social media platforms and club communications
- **Digital Marketing Director:** Assists the IT Director with marketing efforts for club activities and events, ensuring a strong online presence and outreach
- **Social Director:** Organizes club events, monthly tailgates and social activities
- **Communications Director:** Manages newsletters, announcements and club-wide communications

If you are passionate about running and want to help shape our club's direction, this is your chance to get involved! To express your interest in one of the board positions, please email the club executive at [run\\_with\\_us@bramptonbenders.com](mailto:run_with_us@bramptonbenders.com), indicating the role you're interested in.

We look forward to seeing you all at the meeting and encourage members to step forward for these important roles.

**Date:** July 27th **Location:** 139 Fallingdale, Brampton...

Thank you for your continued support, and we look forward to building a stronger club together.

**Best regards,** President, Brampton Benders Running Club

## ***Don Doan Dash...***

Let's not forget about the upcoming Don Doan Dash! Taking place on September 7th. Don't forget to register to race, or volunteer the day of the race and run with the club on Wednesday the 10th. The promo code can be found on the next page...BBRC2025DDD

We are always looking for people interested in helping out, or taking on a larger roll in the organization or planning of our races. If you think you're interested in helping out please don't hesitate to contact any executive member to let them know.

Let's also look forward to seeing what this years race shirt and medal will look like....perhaps they will be teased to us over the next month or so...

## Current Race Discounts

## Benders Out and About...



## 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)...

Jyoti	Kani

Membership Renewal: <https://forms.gle/Jd66rK4ZSSAaUTveq>

### Benders Gear

Want a Toques. Send \$25 to [bramptobenders@outlook.com](mailto:bramptobenders@outlook.com) and write toque in the message.

We'll save one 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
July 5	Summit 700	Blue Mountains, ON	
July 12	Five Peaks Albion Hills	Caledon, ON	
Aug 23	Toronto Women's 10k/5k	Toronto, ON	
Sept 1	Summer Shores 5k/8k	Hamilton, ON	
Sept 7	Don Doan Dash	Brampton, ON	
Oct 5	Oakville Half Marathon	Oakville, ON	
Oct 19	Toronto TCS Marathon	Toronto, ON	
Oct 19	Detroit Free Press Marathon	Detroit, ON	Ariella, Jon, Heather, Alain, Nika
Nov 2	Hamilton Road2Hope	Hamilton, ON	

## 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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