



BBRC Monthly Digest #21



February 20, 2023

# BBRC Keeping At It!

Success can only happen when you keep working at it...



Weekly meet-ups for runs and walks 2023.

## Next BBRC Board Meeting:

Monday February 27th @ 7:30pm

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>



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It's that time again...

We are looking for Race day volunteers, Sponsors, donations and members to promote the Race.

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## From the Social Committee

**Skating event:** Monday March 6th & Thursday March 9th



Meet at Gage park at 7pm skate until 9:45

Skate rentals are only available Thurs & Fri evening and Sat & Sun all day.

Double check here for weather permitting updates:

[https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Outdoor-Skating.aspx#:~:text=Skate%2C%20helmet%20and%20skate%20aid.for%20ages%2013%20and%20over\)](https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Outdoor-Skating.aspx#:~:text=Skate%2C%20helmet%20and%20skate%20aid.for%20ages%2013%20and%20over)



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### Bowling... Date TBA



### BBRC's Playdium Group party

March Date TBD



20 Biscayne Cres. Brampton

### Bender Toques Available



We still have a few red Toques left if anyone is looking to grab one. Send your \$25 to [bramptonbenders@outlook.com](mailto:bramptonbenders@outlook.com) and write toque in the note/message. We will save a toque for you.



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## BBRC current RACE DISCOUNTS...

**\$10.00 OFF CHILLY HALF**

**10% OFF all other VR PRO RACES:**

What races will you be participating in?

Contact a Board member to be added to the list or to get the BBRC member discount code.



## Some EXCITING PLANS . . .

Date:	ACTIVITY
March 5 (Sun)	Chilly Half a bender tradition... free chilly afterwards. (VR Pro)
Date TBD	Bowling
March 13 & 16	Skating at Gage Park
March 26	Around the 'Bay Race' 30K
Date TBD	Paydium



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**This week's Group Runs/Walk**

(Use our group Whatsapp to contact members for walks or Runs)

Use this link to join BBRC Members' **WhatsApp** Group:

<https://chat.whatsapp.com/HhpLYigAqaXDV3B97Wcbv1>

or text: 905 457 1938 for link/invite to the whatsapp group.

Day	Time	Location	Run Group Leader
Tuesday	6:00 pm	Shoppers World Tim's Parking	<a href="mailto:patti.wilton@gmail.com">patti.wilton@gmail.com</a>
Wednesday	6:00 pm	Chinguacousy Park (ski chalet)	<a href="mailto:patti.wilton@gmail.com">patti.wilton@gmail.com</a>
Saturday	8:00 am	Second Cup -Main and Bovaird	<a href="mailto:Patti.wilton@gmail.com">Patti.wilton@gmail.com</a>
Sunday 10K Reg run	8:30 am	Longo's Plaza Hurontario & Ray Lawson	Carlo <a href="mailto:martuzi@hotmail.com">martuzi@hotmail.com</a>
Sunday Learn to run/WALKERS	8:30am	Longo's Plaza Hurontario & Ray Lawson	Michelle <a href="mailto:Mbasciano29@gmail.com">Mbasciano29@gmail.com</a>
Sunday Long Run	7:00 am	Longo's Plaza Hurontario & Ray Lawson	<a href="mailto:jeanAlain1@gmail.com">jeanAlain1@gmail.com</a>

**RACE COMMITTEE MEETINGS:**

**Next Run4Hope** Race committee meeting **Feb 27, 2023 8:30pm**

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>

If you would like to be part of the race committee, send an email to have your name added and we will see you at our next meeting.



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**MONTHLY COACHING SESSIONS going Hybrid**

<b>MONTH</b>	<b>Topic</b>		<b>Time</b>
JANUARY	Stretching & Injury Prevention	TBD	6:00pm
FEBRUARY	Nutrition, Fuelling & Hydration	TBD	6:00pm
MARCH	Street Safety & Running Form	TBD	6:00pm
APRIL	Run 4 Hope planning		6:00pm
MAY	TBD		6:00pm
June	TBD		6:00pm
*DECEMBER	Footwear & Dressing for the Weather	TBD	6:00pm

**Next COACHING SESSION:** TBD

Be sure to join us for the session at 6:00pm. In Chinguacousy park

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>



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## THIS WEEK'S Spotlight STORY

### Completing the Cambodian Run

Our fellow Bender member Christine participated in the Global Limits Cambodia run, starting on Dec 3rd and finishing on Dec 8th, 2022.

The Ancient Khmer Path in Cambodia is a **220km six day staged race** starting in Phnom Penh at a Buddhist temple and ending in Siem Reap at the world heritage site of Angkor Wat.

The running adventure takes you through local villages and past ancient temples while running on an off-road track with water crossings and steep climbs. The distance for each of the 6 stages are 32 km, 36 km, 62 km, 30 km, 44 km and 16 km.

The cumulative mileage is made more challenging with temperatures reaching in the mid 30's and high humidity. The reward each night is at the campsites, which are held in villages and temples where you can take in the local culture and or chat with your fellow runners about the day's adventures. With a group of just 30 runners and 10 volunteers it feels like family. Friendships are quickly made, which keeps you going back for more!



Crossing muddy waters

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Running on the 'Course'.

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After the finish line.



**Fun RUN Times with BBRC . . .**





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**We want YOU, to BECOME 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 help out the club.

Use this link to see the various ways you can become an active Board Member.

[BBRC Membership Link](#) to Board Positions.

And this link for the [BBRC Race Committee Sign-up](#) .

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**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):

Gaurav Vaid

Be sure to continue spreading the word about our run club, BBRC, so we can continue to encourage active living in the city of Brampton.

**UPCOMING RACES:**

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.

Month	RACES	
March 5	Chilly Half	
April 16	Run 4 Hope	
May		
June		
July 1	Canada Day (1st)	



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August		
September	Don Doan Dash ()	Army Run ()
October	Art in Motion	Toronto Waterfront
November	Road 2 Hope (Hamilton)	
December	Boxing Day Run (26th) 10 miler	

Be sure to visit our BBRC website for Race Training and upcoming Race information

**Board meeting Minutes:**

Date	Meeting Minutes LINK
February	Feb 27
January	Cancelled
December 5	<a href="#">BBRC Meeting Minutes Dec 5</a>
November 7	<a href="#">BBRC minutes Nov 7</a>
July 17	<a href="#">BBRC meeting minutes AGM</a>

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Remember to share with our social media hashtags: #bramptonbendersrc #bendersrunning #bramptonbender #BBRC #werunthistown #yourbehindabender



Whatsapp (905-457-1938)



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Twitter: @bendersrunning



Instagram: @bramptonbenders, @dondoandash



BramptonBendersRunningClub



Facebook: brampton benders runclub

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