



BBRC Monthly Digest #21



March 15, 2023

BBRC do the Chilly



BBRC were ready for the Chilly Half (Mike and Lester are missing from this photo)

Below on right is fellow Bender Ravi, who completed his first ever ½ marathon!



Pictures by Ken 2023

Thank you to our Cheering squad; Ken, Katrina and Ariella



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It's that time again...

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

Next Meeting: March 20th 8pm

Next BBRC Board Meeting:

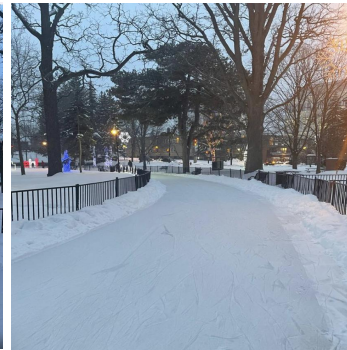
Monday March 20th @ 7:00 pm

ZOOM LINK: [BBRC MEETING LINK](#)

From the Social Committee

(Ines, Alain and Michelle)

Skating event: Monday and Thursday



Skate nights in Brampton



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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>

It is beginning to look like spring is coming as the ice is no longer available.



Bowling... March 25th



Brampton Bowling Center

8pm Saturday March 25th (10 pin) Family fun event,

\$16/person includes shoes and 1 hour of bowling.

Snacks available for sale (fries, chips, popcorn, samosas, coffee and tea)

Reserved lanes, so be sure to let our social committee know ahead of time, if you will be attending.



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BBRC's Playdium Group Party

Date TBD



20 Biscayne Cres. Brampton

Be sure to Support our Runners at the Annual Around the BAY Road Race Sunday March 26th!

Cheer our runners on the route, or join for the after party.

Stay tuned in whatsapp for final details.

BBRC current RACE DISCOUNTS...

20% off using code: RESULTS20 for Breast Cancer Awareness Run

What races will you be participating in?

BBRC has planned a virtual run on Sunday May 7th at 8:30 am.



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We will start at the Longos plaza and you can choose your distance.

VI Virtual Pace Series

♥ Courage, Hope, Beauty Virtual Run



From info@vpsruns.com

To jacki_lyn@yahoo.com

Mar 9 at 1:20 PM



It's NEVER too late to run for Courage, Hope, Beauty in support of breast cancer awareness. The finisher medal consists of the Hummingbird. **SAVE 20% WHEN USING CODE "RESULTS20".**

For those who are currently battling breast cancer, we wish the courage, hope and the beauty during this time. This run is dedicated to you and those that have been affected by breast cancer. **Benefits The Breast Cancer Research Foundation.**



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Some EXCITING PLANS . . .

Date:	ACTIVITY
March 23	Skating at Gage Park (final skate, possibly)
March 25	Bowling
March 26	Around the 'Bay Race' 30K
Date TBD	Paydium
May 7th 8:30 am	Courage Hope Beauty: https://virtualpaceseries.myshopify.com/collections/current/products/breast-cancer-awareness-run

Group Runs/Walk

We have added a night run to the schedule!!

(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	patti.wilton@gmail.com
*Tuesday	7:30 pm	Night Run (Shoppers World)	jacki_lyn@yahoo.com
Wednesday	6:00 pm	Chinguacousy Park (ski chalet)	patti.wilton@gmail.com
*Wednesday	7:30 pm	Night Run (Chinguacousy)	Jacki_lyn@yahoo.com



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Saturday LSD	8:00 am	Second Cup -Main and Bovaird	Patti.wilton@gmail.com
Sunday 10K run	8:30 am	Longo's Plaza Hurontario & Ray Lawson	Carlo martuzi@hotmail.com
Sunday Learn to RUN/WALK	8:30 am	Longo's Plaza Hurontario & Ray Lawson	Michelle Mbasciano29@gmail.com
Sunday Long Run	7:00 am	Longo's Plaza Hurontario & Ray Lawson	jeanAlain1@gmail.com

*new

Sights seen on the Run/Walk ...



Photos by Michelle

RACE COMMITTEE MEETINGS:

Next Run4Hope Race committee meeting **March 20, 2023 8:00pm**

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

If you would like to be part of the race committee, come join us at the meeting.



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MONTHLY COACHING SESSIONS

(Wednesday's at the Ski Chalet)

MONTH	Topic	Instructor	Time
JANUARY	Stretching & Injury Prevention	TBD	:00pm
FEBRUARY	Nutrition, Fuelling & Hydration	TBD	:00pm
MARCH	Street Safety	TBD	7:00pm
APRIL	Running Form	TBD	7:00pm
MAY	Hill Training	TBD	7:00pm
June	Bike the Creek/Dragon Boat Ragatta?	TBD	7:00pm
July	Hydration	TBD	
August		TBD	
September		TBD	
November	Dressing for the Weather	TBD	6:00pm
December	Footwear	TBD	

Next COACHING SESSION: TBD

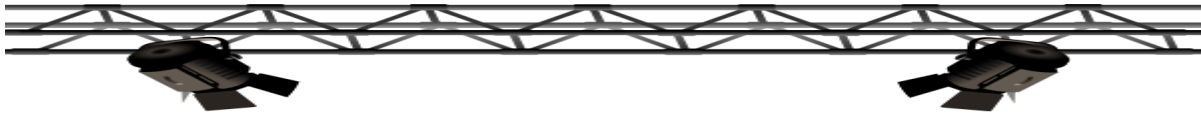
Be sure to join us for the session at 7:00pm. In Chinguacousy park at the Ski Chalet or online

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJlY0RZVGtuZz09>

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 and write toque in the note/message. We will save a toque for you.



Bender SPOTLIGHT STORY



Ines completes the Tokyo Marathon

Fellow Bender Ines is on a quest to complete all 6 Abbott majors marathons! She has now completed 3 of the six; Chicago, Berlin, and Tokyo. Next in her sight is London, and New York City as he works towards her goal of qualifying for Boston.

The Tokyo Marathon is a lottery based marathon with only about 1% of applicants getting in due to the amount of applicants received and the limited spots.

This was Ines' first attempt at the lottery and was really lucky to have received a spot.

Japan has very strict rules in place to ensure that those runners that get into the race are the ones running the race, to prevent selling or giving away bibs.

They are super organized and as long as you follow the protocols in place, you have a fantastic time. In order to run the race, a mobile phone is mandatory and an app is used to authenticate the bib and match the runner with the bib. This is done several times leading up until you arrive into the coral.



The weather in Tokyo in March is perfect for marathoning. Ines will be back in another week to share in person as she stayed an extra two weeks to travel through the country.



“It was a great experience, running through the streets of Tokyo, and seeing the various landmarks was amazing.” -Photos from Ines.



Another Adventure with Christine . . .



Muddy and Hilly trail marathon on Catalina Island, California

Dragon Boating anyone?

It's that time of year again to get a 22 person team together if we are to enter a coed BBRC dragon boat team.

Send a message if you're interested and spread the word asap.

We need to know we have 22+ paddlers before we register. Practice will be once per week at the Mississauga Canoe Club. Festival is on Sunday June 11th.





Fun RUNning Times with BBRC . . .



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 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](#) .



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):

Ranusha
Dilraj
Amees

Be sure to continue spreading the word about our run club, 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	Location
March 5	Chilly Half	Burlington
April 16	Run 4 Hope	Brampton
May 7th	Breast Cancer Awareness	Brampton
June	TBD	
July 1	Canada Day (1st)	
August	TBD	
September	Don Doan Dash	Brampton
October	Art in Motion/Toronto Waterfront/Train de Nort	Toronto/ Quebec
November	Road 2 Hope (Hamilton)	
Dec 26th	Boxing Day 10 miler	Hamilton

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

Board meeting Minutes:



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Date	Meeting Minutes LINK
March	March 20th
February	Feb Meeting Minutes
January	Canceled
December 5	BBRC Meeting Minutes Dec 5
November 7	BBRC minutes Nov 7
July 17	BBRC meeting minutes AGM

Next Board Meeting:

Monday February 27th @ 7:30 pm

ZOOM LINK: <https://tdsb-ca.zoom.us/j/97528359009?pwd=NjYvTGpERmRKcHRLWHJib0RZVGtuZz09>

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



Whatsapp (905-457-1938)



Twitter: @bendersrunning



Instagram: @bramptonbenders, @dondoandash



BramptonBendersRunningClub



Facebook: brampton benders runclub



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Brampton, ON,

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