



BBRC Monthly Digest #23



April/May, 2023

Bike the Creek



Register for Bike the creek, it's free with a lunch after the ride.

<https://trca.ca/conservation/watershed-management/etobicoke-mimico-creek/bike-the-creek/>

Saturday June 10th, 2023.

Benders run Mississauga

picture by Heather

It's that time again...





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We are looking for volunteers, Sponsors, donations and member promotion.

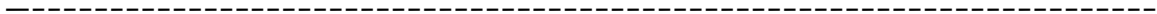
Next DDD Meeting: June 12th 8pm

ZOOM LINK: [BBRC MEETING LINK](#)

Next BBRC Board Meeting:

Monday June 12th @ 7:00 pm

ZOOM LINK: [BBRC MEETING LINK](#)



From the Social Committee

Sunday May 28th

Bender Tailgate at Inglewood

Bring coffee & treats to share after the run

Hummingbird virtual run (info below)

Courage Hope Beauty:

<https://virtualpaceseries.myshopify.com/collections/current/products/breast-cancer-awareness-run>



Virtual Pace Series



Courage, Hope, Beauty Virtual Run



From info@vpsruns.com

To jacki_lyn@yahoo.com

Mar 9 at 1:20 PM



BREAST CANCER AWARENESS
Courage, Hope, Beauty

Virtual
5K / 10K / HALF / FULL-MARATHON

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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BBRC's Party at Playdium

Date: TBD



20 Biscayne Cres. Brampton

\$30 includes:

***Social Committee members:** Ines, Alain & Michelle

Current RACE DISCOUNTS...

EVENT	Discount info	Expires:
2024 Chilly Half, Frigid & Frosty	\$5 off with code BENDERS	TBD
Breast Cancer Awareness Run	20% off using code: RESULTS20	April



EXCITING PLANS . . .

Date:	ACTIVITY
May 28th	Inglewood Tailgate
June 10th	Bike the Creek
Oct 1	Benders for the Cure

Cycling:

Some fellow Benders are members of the BCC.

This year the membership fee for Brampton Cycling Club is free.

You only need to pay for the Ontario Cycling Association fee and insurance (which is around \$50).

It's always good to brush up techniques for riding with a group, as well as cycling safety.

The BCC has groups for different levels. Here's the link:

<https://bramptoncyclingclub.com/>

Weekly Group Runs/Walk

We have added a night run to the schedule!!

Day	Time	Location	Run Group Leader
Tuesday	6:00 pm	Shoppers World Tim's Parking	patti.wilton@gmail.com
*Tuesday	7:00 pm	Night Run (Shoppers World)	jacki_lyn@yahoo.com

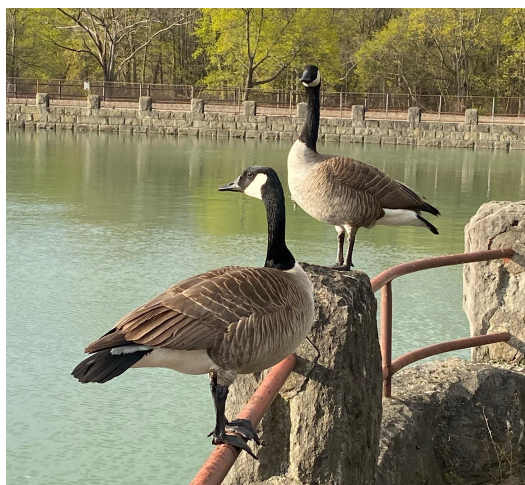


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Wednesday	6:00 pm	Chinguacousy Park (ski chalet)	patti.wilton@gmail.com
*Wednesday	7:30 pm	Night Run (Chinguacousy)	Jacki_lyn@yahoo.com
Saturday LSD	8:00 am	Second Cup -Main and Bovaird	Patti.wilton@gmail.com
Sunday 10K run	8:30 am	Longo's Plaza Hurontario & Ray Lawson	Carlo martuzi@hotmail.com
Sunday Learn to RUN/WALK	8:30 am	Longo's Plaza Hurontario & Ray Lawson	Maria martuzi@hotmail.com
Sunday Long Run	7:00 am	Longo's Plaza Hurontario & Ray Lawson	Alain jeanAlain1@gmail.com

*new

Interesting Sights on our Runs/Walks . . .



RACE COMMITTEE MEETINGS:

Next DDD Race committee meeting **June 12, 2023 8:00pm**

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



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

MONTHLY COACHING SESSIONS

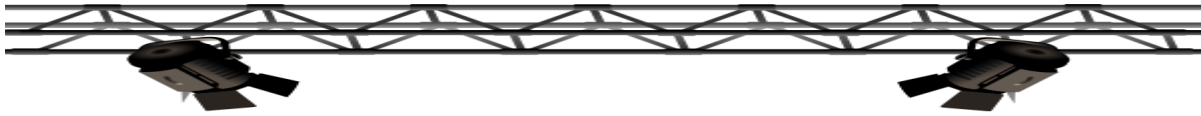
(Wednesday's at the Ski Chalet)

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=NjYvTGpERmRKcHRLWHJJb0RZVGtuZz09>



Bender SPOTLIGHT STORY



Andrea runs the Shape & Health Women's half in Central Park

The Shape and Health Women's half is a 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.



Benders Firsts. . .



Make sure to congratulate Ranusha, who completed her first half marathon at The Mississauga Run.

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 . . .

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/>

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):

Sandra



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Gagan
Manish
Jaiden
Lindsay

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

Month	RACES	Location
May 28th	Hummingbird tailgate for Breast Cancer Awareness	Brampton virtual
June	TBD	
July 1	Canada Day (1st)	
August	TBD	
Sept	Don Doan Dash	Brampton
Sept 10	Georgina Half	Georgina ON
October	Art in Motion	
	Toronto Waterfront	Toronto
	Train de Nort	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



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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.

BBRC Board meeting Minutes:

Date	Meeting Minutes LINK
April 23rd	Moved to June
March 20th	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 June 1th @ 7:00 pm

ZOOM LINK:

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





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

Or join our Group Whatsapp chat for announcements and group conversations.



Whatsapp

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

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



Twitter: @bendersrunning



Instagram: @bramptonbenders, @dondoandash



BramptonBendersRunningClub



Facebook: brampton benders runclub

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Brampton, ON,

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