

BBRC Monthly Digest

Come Run With Us

VOL -

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2023



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Established **2010**

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

President	Ivar
Vice President	Alain
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 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

Bender Holiday Party...

Saturday, December 9th—7pm

The Bender Holiday Party will be at the Onyx Sports Bar & Grill located at 70 Mari-time Ontario Blvd.

The Benders will cover the cost of the appetizers for members, for non-Bender guests there will be a \$15 charge to attend. Everyone will be responsible for their own drinks and meal if you choose to purchase one. Please bring a non-perishable item (or items) as we will be collecting these for a food donation to the Knights Table Brampton.

Please RSVP by no later than November 30th with your name and the name of your guest, if you choose to bring one, to exenham@hotmail.com or text Liz at 416-320-5528 to let her know. Any fees for non-member attendees are due by November 30th.

Thank you and we look forward to celebrating with you!

[Knights Table—Helping to Alleviate Hunger in the Peel Region](#)

[Onyx Sports Bar & Grill](#)

HoHoHoliday 5k...

Tuesday, December 5th—6pm

Come dressed in your Santa Suit to run the HoHoHoliday 5k from Tim's at Shoppers World. You don't have to dress up to come out, but it will make it more fun!!

Winter Running...

Just a friendly reminder to all Benders, the seasons are changing and its getting much darker much earlier now, let's all be careful crossing roads, wear lights and reflective clothing to make sure cars can see you!!



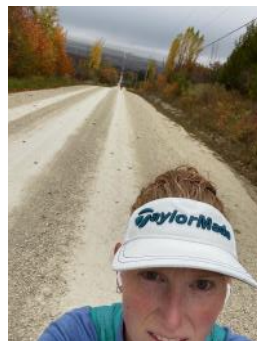
Bender Race Stories...

From disappointment to triumph!

By: Heather Pietz

It was a busy fall. I signed up for the Hamilton Half almost a year ago. I had set a PB on the same course in 2022 and wanted to see what I could do this year. Plans always change of course, and I ended up signing up for a 50k trail race that took place only two weeks before the Hamilton Half. Let's start there...the Creemore Vertical Challenge.

The 50k Creemore Vertical Challenge...how hard could it really be. I wanted to try something new and I wanted to push myself further than I had before. Well...as a 'road' runner, I was completely unprepared for what awaited me. I know, I know...it's right in the name of the race, but wow did I have no idea just how much vertical I would be doing. The downside of this was, I was dressed for a road race, I was wearing shorts because surely I would get warm and stay warm. A bit of rain and wind, that's never been an issue for me either...assuming I keep myself moving. Although I never stopped moving, I did end up walking far more of the race than I ever could have predicted. I was all by myself for lots of the race, I was cold and wet, and trudging up the hills got to be too much for me. I got lost in my head, it was a mental battle that I hadn't prepared for. I was supposed to do two 25k loops to complete my race...I crossed the line to complete the first loop (which turned out to be 27.5k) and knew I just couldn't keep going. I couldn't turn around and do it all over again. I turned to the race coordinator, who happened to be standing at the finish line, and simply stated...anyway I can switch to the one loop distance...otherwise I just need to walk away. Luckily, she handed me a medal and hoped I would return to see what I could do next year. I'll have to think long and hard about that for sure. My legs the next day were jelly, far worse than post-marathon, but I rested a few days and got right back to training for the Hamilton half.



The neverending hill of doom!!!



I was ready for the Hamilton Half, I had decided that I was going for a fun run with thousands of my friends and it didn't matter what happened or how it all ended. I started the race, had a relaxing first kilometre, then slowly felt myself speeding up. Everything felt really good so I didn't want to look at my watch. Things feel great, nothing is hurting, who cares what my current pace is. The turnaround point on the course is around 14/15k so I figured I would just take a casual glance at my watch and see how things were going. I took a quick glance and my average pace was 5:30...wait what!!! I'm not really sure what pace I thought I'd end up doing the race at, but I definitely assumed it would be over 2 hours. A 5:30 pace was really exciting considering I still felt like I hadn't 'tried' much. So I picked it up just a bit....took a look again at 20k and realized that if I really wanted to I could probably beat my 2022 PB. I pushed a 5:03 last kilometre and ended up beating last years PB time by a full minute!!!

In the end...it was the perfect ending to a tough two weeks. I went from a tough mental race that was full of regrets and what ifs, to the high of an unintended personal best time. But that's what running is, we all have good runs and bad runs, we all struggle at times and succeed other times. We keep pushing and getting out there because in the end it does make us feel so damn good!

Now onto the next race!!!



High Fives for my cheerleaders...



Bender Race Stories cont...

My New York Marathon!

By: Ariellia Rodrigues

On March 1, 2023 I found out I had been selected from the lottery to run the 2023 TCS New York City Marathon. I was excited to be running my second World Major Marathon and immediately created an overly ambitious training plan.

Fast forward to November 3rd: Not surprisingly, I did not complete the above-mentioned training plan as intended but was happily carb loading while driving to an AirBnB in New Jersey with Katrina, a last-minute guest that made the trip exponentially better. We arrived in the evening and after a supply run for essentials (Cherry Pop-tarts™), we settled into our home for the next few days, hoping to get a good night's sleep.

The next morning, we headed into the city for the race expo and with bib and race kit in hand we searched the expo floor for our friend Cathy. After finding her, we explored the expo for freebies and exercised self-restraint around the official race gear (much easier to do when they don't have your size or the jacket you wanted). We then walked to a local restaurant for some brunch, where we ate carbs and studied the course to come up with some ideas on where Katrina and Cathy's husband could try to spot us along the course. The next stop was Central Park for bag drop off. As many of you may know, Central Park is a big place, and this meant a lot of walking. We racked up over 20K steps that day, which was not ideal the day before a marathon, but post-race Ariellia was very appreciative of the warm, dry clothes and change of shoes made possible by this stop. We ended the day in Brooklyn with some more carbs in the form of Sicilian style pizza and pasta with a local friend and made our way back to the AirBnB for a typical pre-race night of restless sleep.

The 4am alarm came too early and I groggily had breakfast #1 while getting into my race outfit. Using one of the official transportation options to the start line was highly encouraged and I opted for the bus from New Jersey for many reasons including ease of getting there, cost of staying in NJ vs NYC and the lack of desire to learn and navigate NYC transit in the early hours of the day. Katrina dropped me off at the MetLife Stadium and I was on the 60-minute ride to the start line by 6am. Knowing that there would be a long wait in Runner's Village until my 10:20am start, I made sure to wear some throwaway layers to stay warm, and pack breakfast #2 along with some additional drinks and snacks on top of what I planned to consume during the race. The multi-hour wait was made better by some of the amenities in runners village including hot coffee, bagels and therapy dogs. I was impressed by the sheer number of porta potties and lack of lines more than 10 people long - Well done NYCM organizers!

Around 9:45am, I entered my start corral and we gradually made our way over to the official start line on the Verrazano-Narrows bridge where Frank Sinatra's New York, New York played before the cannon went off at 10:20am and the long run from Staten Island to Manhattan began. Due to the number of runners, this race has three courses that eventually merge ~2-3 miles into the race. From this point onwards, the streets were lined with spectators without a break all the way to the Queensboro Bridge. The challenging uphill of the bridge came shortly after the 15-mile marker and I was getting tired, so took a walk break. The slower pace and quiet from lack of spectators gave me the opportunity to re-evaluate my life choices and long-distance running as a hobby, but I remembered that Katrina and Ed would be somewhere near the 16-mile marker so I started running again on the downhill. Coming off the bridge, hearing my name and spotting familiar faces in the crowd was certainly a highlight of this race.

The last 10 miles were tough and the midday heat did not help, but I made it to Central Park with a smile on my face and joined 51 401 others from 148 countries to become a 2023 NYC Marathon Finisher. From a start line logistics perspective, this was the most challenging race I've ever done, but it was also an experience like no other and I would highly recommend this race.



Looking for my name at the expo...

Showing off our medals at dinner...



Flat Ariellia

On the course around the 16 mile mark...



Current Race Discounts

Chilly Half, Frosty 5k and Frigid 10k

\$10 OFF with code benders

Around the Bay 30k

\$10 OFF with code BBRC24

Upcoming BBRC Meetings...

**Thursday,
November 30th.**

Benders Gear

We still have a few red Toques left if anyone is looking to grab one.

Send your \$25 to

brampton-benders@outlook.com

and write toque in the note/message.

We will save a toque for you.



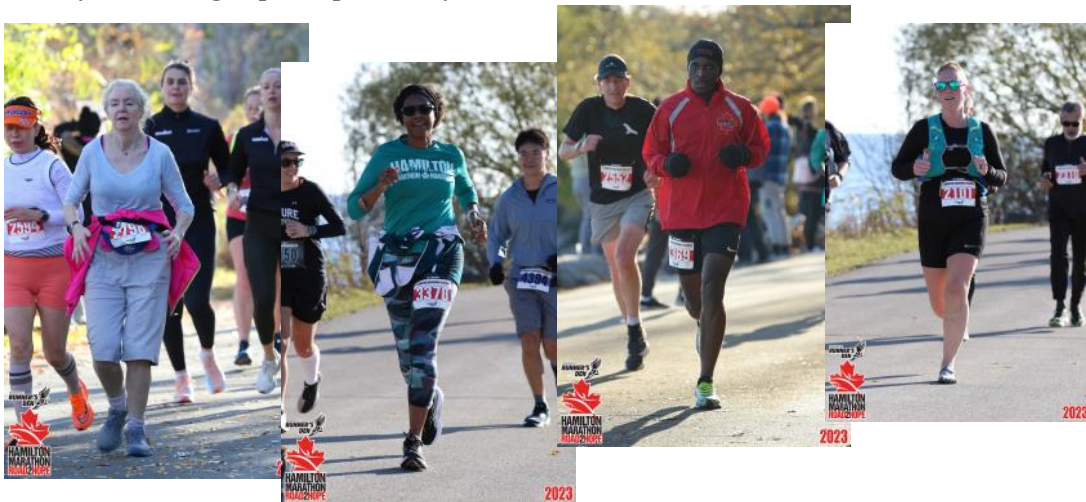
Bender Race Stories cont...

Hamilton Road2Hope
By: Jackilyn Wallace

The 2023 race was not the usual downhill run from the 'Hamilton Mountain' as in past years. This year's race stayed mostly along, or near to, the waterfront and included 2 loops of the route to complete the marathon distance.

Four members from our Benders Running Club participated in this years event. The event was found to be well organized from the 3 day race kit pick up, to race day pickup for an extra fee, plenty of available parking, post race snacks and water stations with electrolytes, this race had what all participants are usually looking for, with even more. The beautiful running weather did not disappoint and the fast turn around for race day photos (with free downloads) was extra nice.

Not sure if this is still considered a fast BQ, but the mostly flat double loop might still help for anyone looking to participate next year.



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):

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

Grace
Ellen
Gagandeep A.

Membership Renewal: <https://forms.gle/Jd66rK4ZSSAaUTve9>

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
December 3	Egg Nog Jog 5k & 10k	Caledon, ON
December 26	Boxing Day 4 & 10 Miler	Hamilton, ON
March 3	Chilly Half Marathon	Burlington, ON
March 17	Frigid 10k & Frosty 5k	Hamilton, ON
March 24	Around the Bay Road Race	Hamilton, ON
April 28th	Mississauga Marathon, Half, 10k, 5k	Mississauga, ON
May 5th	Toronto Marathon, Half, 10k, 5k	Toronto, 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)



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



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