



# BBRC Monthly Digest

Come Run With Us

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Established **2010**

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

Email [bramptonbenders@outlook.com](mailto: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](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)

## Bender Holiday Party...

Save the date for our Bender Holiday Party the evening of December 9<sup>th</sup> - details to follow.

Halloween is on a Tuesday this year, so let's encourage people to come in a costume for the 6pm run October 31<sup>st</sup> at Tim's Shoppers world.

Looking for volunteers for the social committee to help organize fun and outgoing activities for our club. People can contact me directly with questions at [eoexham@hotmail.com](mailto:eoexham@hotmail.com)

## Don Doan Dash Photos...



## ***Bender Race Stories...***

By: Jaswinder Kaur

I entered the lottery and got lucky by being accepted to run my first full marathon in Chicago. The race was well organized and I received all communication via email. The participant guide was very useful and I took copy with me to read during my trip to Chicago.

Amazing cheering crowd and support made this race memorable for me. You will not feel alone on this course. I ran to the start line on Saturday to check the distance from my hotel. The city itself has an amazing architecture and you will not be bored running through downtown of Chicago and the local streets.

The weather was perfect for the race however the start was very chilly. I enjoyed the race.

Everyone should run this race if you get an opportunity.



## ***CIBC Run for the Cure...***

Michelle Basciano

It was my twelfth year participating in the Run for the Cure event and I was once again overwhelmed with the support from my Bender family. The **Benders 4 the Cure** raised enough money this year that we earned our team name on our shirts. We got all "pinked up" and enjoyed the 5k race in unusually warm weather for October. Thank you again for all your support.



## Toronto Marathon Photos...

Sending out thanks to all the Benders who helped make our cheer station at the Toronto Waterfront Marathon a success. Lots of smiles and waves from the runners passing by, there must have been 20,000 people passing us by!



## Art in Motion...



## Current Race Discounts

...

## Upcoming BBRC Meetings...

**Monday,  
October 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](mailto:brampton-benders@outlook.com)

and write toque in the note/message.

We will save a toque for you.



## Bender Race Stories cont...

Brooklyn Ice Cream Social Half Marathon in Prospect Park, New York, US  
By: Alain Penda

Imagine yourself visiting your family abroad for a few days, a family you haven't met in person after a few years - primarily due to the pandemic – and on the second day of your visit, you unexpectedly find yourself running a fun half marathon, you did not prepare nor plan for – a half marathon rewarded by different types of healthy ice creams with different flavours among other prizes, during and even more Ice creams after the finish line. Is that not amazing?



That was my incredible experience on the sunny first hours of August 26 in Prospect Park, downtown Brooklyn, in New York City, US. Running a race wasn't planned, yet I couldn't be more excited with many great and lovely memories of my first race in the US.

Until less than an hour before the race, all I had in mind was to spend good quality time with my family and siblings and my regular training distances. Earlier that Saturday morning, I convinced, and my cousin agreed to join me on my weekend-long slow run. I was aiming to do 25km, but just after 6 am, when we got in the park, after running a few minutes through the incredible sceneries of Prospect Park, we met the NYC RUNS crew setting up the area to host what became in less than an hour, my race. Upon being introduced to the event, I signed up immediately to finish my long run through the 21.1 km of the Brooklyn Ice Cream Social Half Marathon and NYC RUNNERS.

As a long-distance runner, I learned that "what seems hard now will one day be your warm-up." So, in the spirit of my daily distance, the unprepared race was fun, and the ice cream at the end brought a different layer of spicy fun and a perfect reason to cross the finish line faster than usual.....



## 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.

|       |         |
|-------|---------|
| Henry | Simran  |
| Yeggi | Manjodh |
| Ana   |         |

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          |
|--------------|--------------------------|-------------------|
| October 22   | Niagara Falls Marathon   | Niagara Falls, ON |
| November 4/5 | Road 2 Hope              | Hamilton, ON      |
| 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      |

## Weekly Group Runs/Walks

| Day                                 | Time    | Location                                    |
|-------------------------------------|---------|---|
| Tuesday                             | 6:00 pm | Shoppers World Tim's Parking Lot            |
| Wednesday                           | 6:00 pm | Chinguacousy Park<br>(Ski Chalet)           |
| Saturday LSD                        | 8:00 am | Second Cup (Main St and Bovaird Ave)        |
| Sunday LSD                          | 8:30 am | Longo's Plaza (Huronario St and Ray Lawson) |
| Sunday LSD<br>(very long distances) | 7:00 am | Longo's Plaza (Huronario 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)