

BBRC Monthly Digest

Come Run With Us

VOL -

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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

Don Doan Dash...

It's coming up soon!!!

This Sunday (Sept 17th) is the Don Doan Dash. Bender Volunteers who signed up but aren't running on Sunday will earn their medals on the Wednesday evening run at Professors Lake at 6pm.

Don't forget to use the Bender discount when signing up, the code is BBRC2023 for \$10 off.

Other News...

We're looking for volunteers to cheer and support the runners at the Toronto Marathon on October 15th. Please let us know if you'll be available to attend and fill the booth.

A note from Benderfit Maria, the \$60 fee is for 4 classes. If you only want 2 classes it's \$30 and 1 class is \$15. The current session is running until October 18th. She would love to have a group of Benders sign up for the ABS & Back class. A strong core supports our lower torso and would be beneficial for runners.

Bender Race Stories...

Alain ran the Brooklyn Ice Cream Social Half Marathon!! Way to go Alain!



Bender Race Stories...

By: Patti Wilton

A destination race...if it's not a thing you've done yet, put it on the list!

Last month, Ken, 3 friends and I travelled to Iceland and while there, 4 of us ran a race.. The Reykjavik Half Marathon was held on Saturday, August 19th and was part of a busy day of races with a Full (1000 runners), Half (2000 runners), 10k (4500 runners) and a 3K Fun Run for the kids (2700 runners).

The races kicked off Reykjavik's Cultural Festival which is the biggest event of the year in Iceland. The country has a population of just over 370,000 and almost half of them live in Reykjavik. People flock to the capital city for this weekend where there are celebrations in the streets and squares, in museums, businesses and in residential gardens. There was live music everywhere and a large main concert stage with fireworks to end the night. All events were free and the city was packed!

A lot of those people were out to support the runners earlier in the day. I'd say a good 85% of the half marathon course had people along the sidelines cheering and making noise. There was a large men's choir along the route and lots of musical instruments being played but the most common, surprisingly, was children banging away on full drum kits! In addition to the regular fuel at the aid stations there was chocolate...sweet! (literally and figuratively).

The race started and finished downtown by City Hall and by a large pond that is a full city block in size. It was a 5 min walk from our Airbnb. We had to laugh at the corral assignments though. Red: under 1hr,35min, Blue: 1:35 to 1:45, Black: 1:45 to 1:55, White: 1:55 to 2:05 and Purple 2:05 and over. Just the one corral for ALL times over 2:05. We were on vacation, there was no mistaking what corral we were in! The pre-race welcome and instructions were all in Icelandic so if they were saying anything other than the standard stuff, we had no clue. There were only a few pace bunnies to be seen but they had bunches of balloons tied around their waist. One thing that Ken commented on was he noticed not many people waiting to run were wearing hats or caps (when you're his height and see over most people's heads I guess you notice things like that).

The start of the race went through a residential area and then we ran along the seaside with great views of the ocean and the mountains that surround Reykjavik. The race also took us past some historic buildings and statues around the city that we'd learned about on an earlier tour. There were some rolling hills but it was a mostly flat course. While it started out cloudy, the sun came out half way through and I was glad I'd chosen short sleeves. We'd actually been really lucky with the weather during the trip. August temps were normally a high of 14 but we had high teens and even a few days with low 20s. We were told early on that "there is no bad weather in Iceland, just poor choices of layers". Additional bonus while we were there it didn't get dark til almost 10pm (that was street light time).

After the race, we walked to one of the many outdoor city pools where we got free entrance by showing our race bibs. The pools are all heated using geothermal energy and it was so relaxing after the run.. There were numerous hot tubs of varying sizes and temperatures for relaxing in. There was even a small pool of 6-8C for the cold plunge. We did not last long in that! The Icelandic people enjoy these pools year round thanks to the geothermal activity of the island.

The pools both relaxed and rejuvenated us so we were able to join the masses and experience the Cultural Festival.

It was an amazing trip and adventure!

A destination or vacation race; if you haven't yet...do it.

One question remains...Where is the next one?



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
September 17	Don Doan Dash	Brampton, ON
September 30	Muskoka Marathon	Bracebridge, ON
October 1	Benders Run 4 the Cure	Brampton, ON
Sept 30/October 1	Marathon Petit du Nord	Laurentians, QC
October 8	Chicago Marathon	Chicago, IL
October 15	Art in Motion	Kleinburg, ON
October 15	Toronto Waterfront	Toronto, ON
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

Weekly Group Runs/Walks

Day	Time	Location
Tuesday	6:00 pm	Shoppers World Tim's Parking Lot
Wednesday	6:00 pm	Chinguacousy Park (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)

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.

Nika

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

City of Brampton's "PINK WEEK"

On Wednesday, August 23rd the Brampton Benders participated in the Pink Week Run...



Current Race Discounts

2024 Chilly Half, Frigid

\$5 off with code BENDERS

Upcoming BBRC Meetings...

Thursday, September, 28th

...

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.



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)



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