

# BBRC Monthly Digest

Come Run With Us

VOL -

37

JUNE  
2024



## inside

ALS Walk Highlights	P. 2
Cheer Station	P. 2
News & Updates	P. 2
Knights Donation	P. 3
Bike the Creek	P. 3
Race Stories	P. 4
Upcoming Races	P. 8



Established **2010**

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

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

## Executive

President	Alain
Vice President	*vacant*
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)

## ALS Walk...

Sunday June 9th was the annual walk to end ALS at Chinguacousy Park.

Thank you to everyone who attended. Your continued support is appreciated beyond words. This marked the 10th anniversary of the Ice Bucket challenge. Maria, Christine, Ann, myself and an extended family member participated in the challenge. We nominated the community of Brampton to participate in their own ice bucket challenge.

Bringing community together was very important to Don. There was another ALS team in attendance yesterday. They shared their barbecue with everyone that walked.

That is community coming together. Don would be very proud.

To the Benders, I'm truly grateful and honoured to have you in my life.

Pam

#DoItForDon



## Brampton Cheer Station...

The race director for the Brampton Half Marathon reached out to us looking for our help with a water station during the race, and we were more than happy to pitch in.

Add music, a tent and a handful of Benders and it doubled as a cheer station. It was a lot of fun and always nice to meet other Bramptonions with a passion for running.

Thank you once again to the Benders that came out to help.

- Michelle



## Bender News and Updates...

Don't forget...**The Benders 9 Hole Best Ball Tourney**

Sunday, June 23rd, 4pm

Peel Village Golf Course, we will be looking to make a reservation a week ahead of time so will need to know who is attending. Cost and details are to be confirmed at that point.



Our next **Bender Tailgate** will be taking place on June 16th.

The location of the tailgate: 6545 Creditview Rd, Mississauga, ON L5N 8L1  
Come join us for a run and some delicious post run snacks!!! Please bring snacks to share.

The **Benders Annual General Meeting** will be on Sunday, July 28th, time and location yet to be determined. We are on the lookout for a location and will update all members as soon as we have one.



## ***Knights Table Donation...***

Donation made to the Knights table in the amount of \$5,000



## ***Bike the Creek...***

By: Michelle Basciano

This was my second year attending this bike event. I heard that there were 1800 people registered this year. It's a fun and well organized event. There are different routes to choose from, so I picked the 25k route.

There are smaller routes for kids and much longer route for the more experienced bikers. They time it perfectly so that all events end around the same time. They served beef and veggie burgers with salads, followed by draw prizes and a few speeches.

I will definitely be signing up again next year.



## ***Benders Stories...***

### **Paddle Boats at Sunrise**

By: Heather Situm



Why did I think jumping off a paddle boat and swimming 750 meters in open water would be romantic? It wasn't. But it was not as scary as I feared. The boat was indeed pretty and quaint. The jump distance was only 5 feet, the young crew member assured me. The wind was blowing on-shore so once I was able to get into a rhythm, it really helped push me towards the swim exit. For once I was neither kicked nor elbowed while swimming.

The cycling was good: hilly but no one hill was too steep, and the same was true for the run, with a solid downhill finish.

The highlight of the day for me was a man who huffed and puffed behind me for quite a while, then passed me when I walked for a bit. At the finish line he turned back and said I was a machine!

The Gravenhurst Triathlon is extremely well organized and the swim is not so scary, especially if the wind is on-shore but it is not romantic, even if someone calls you a machine!

### **Brampton Marathon**

By: Sarah-Ann Black

After 30km around the bay I was looking for a 1/2 marathon to do. I looked at the Mississauga 1/2 marathon and they changed the route. I have also ran this 1/2 at least 10 times. I also looked at the Toronto 1/2 marathon and it did really interest me. I always found it too big. So 1 week after I was talking to one of my high school friends and he was doing the 5km in Brampton. My direct words were "what do you mean there is a 1/2 marathon in Brampton". So when I got off the phone I looked it up.

To my surprise there was one. So I looked at all the page and options. There were a lot of options and was a lot cheaper than most other races. Then I looked at the route and realized why. It was a there and back route and it was loops. I figured I would run it as a training run.

Race day came, and my friend arrived at the house 30 minutes early before we had to leave. I told him we would park at the mall and do our warmup to the race. When we arrived at the stadium and was shocked on how much was there. There was water/g2 stations, the route was clearly marked, there was a warm up station and even food. I haven't seen or been to a race this well organized in years. Very pleasant and welcoming environment.

The race started at 9 am and before I knew it, it was done. I was the first female runner to come in which was a stocker. I was also very surprised to learn about the prize money. There was a \$300 cash bonus that I was expecting. Over all great experience.



## ***Benders Stories...***

### **The Way of Legends – Burgos Spain May 16-21, 2024**

By: Christine Horner

I'm at the start line of "The Way of Legends" an ultra-stage race in Burgos, Spain. We are given three olive leaves to make wishes on and then toss into the fire to have them released into the breeze. I can't come up with anything profound and simply wish for a good race, good weather and no blisters, but I will have plenty of time for profound thoughts and reflection as myself and 40 fellow runners are about to embark on a 200 km trail race over the next six days.

The race director, Manu, has created a very special event; an ultra-runner himself, he wanted to share his love of ultra running, showcase his beautiful country and provide an experience you will never forget. He has put together a very welcoming and enthusiastic group of staff and volunteers consisting of his family, close friends, and fellow runners to host us for the week. As runners we only need to concentrate on running as this is a fully catered event with comfortable accommodations and hot showers! Every detail, no matter how small, is taken care of by this amazing group. The meals, freshly prepared and made with local ingredients, are available at breakfast, when we return from our run and at dinner by an amazing kitchen staff. The large family style meal setting, and shared accommodations adds to the unique atmosphere of these stage races. Having done many staged races over the past 14 years, I know half of the runners and it's nice to meet up with them again and meet 20 new running friends.

Day One is 42K and will introduce us to the terrain, elevation and climate for the balance of the week. The course is well marked with white/red stripped tape on the trees approx. every 250m and check points approx. 10K. Today the weather is comfortably cool for running and the trails are well groomed. The climbs are steady and often, with a gradual downhill in the second half of the course.

Day Two is 38K. With 1100m of cumulative climbing the prior day, it is nice to start with flat trails for 18k, but we soon start to climb again for 1100m over the next 10k, the weather is getting cooler, and I arrive at the checkpoint located in a Ranger's hunt. I warm up inside and just as I open the door to leave the weather has changed to hail! Fortunately, I am with a husband and wife team and the three of us tackle the 1.5 km section along the ridge before descending on a rocky path to the finish.

Day Three is 30K, less km's today but more climbing as we will reach the highest point on the course at 2150m with 1700m of steep climbing. The legs are feeling the cumulative miles! With a smaller group of runners, we start to spread out early in the day and I am often running by myself. It's very peaceful running along the trails taking in the magnificent scenery and reflecting on how simple life is when spending time in nature. There is a wonderful calming effect despite the tough effort required to reach the finish each day. As the miles pass you do meet up with fellow runners and it is nice to have the company and share the experience.

Day Four is 31K with another day of 1700m climbing. We start with a very steep climb which becomes more technical as we reach the top and it takes me 35 mins to cover 1.5K, we get relief over the next 18K as it is mainly flat then tackle another steep climb before descending again to the finish. After day 3, the top two women in the race are well ahead of the balance of the women and I am in tight with the next four but the 3rd place women had just starting to settle in and was, in my opinion, easily going to secure 3rd place, but unfortunately on this day, when I caught up with her (she was running with her husband) and she had just tripped and pulled a muscle and the two of them had to walk to the finish. Fortunately, she was able to complete the remaining days but with more walk breaks. This put me in 3rd at the end of day four with a 28 min lead over the next women, Lynn.

Day Five is 43K, flat and runnable. Difficult for me to keep a solid lead as I knew Lynn was a faster runner over the flats, plus the cumulative miles were taking their toll! I met Lynn several years ago and we have done a few multiday races together and are good running friends. In multiday races after the many miles and multiple days you can easily lose concentration, get caught up in your own thoughts and.... miss a turn! And this is what happened. I was blissfully running head down, with a runner about 400m ahead of me and just following along until I realized I had not seen a flag in a while. Since I did see the runner, I thought maybe I missed it but when I didn't see another one, I called ahead to him and asked if he could see any, he responded "no" and I yelled "I'm heading back". It was also in the back of my mind that the runner ahead of me got lost the day before and did an extra 10K! so I wasn't going to follow him any further. He also turned around, and we found the many flags indicating the turn! I caught up with another runner soon after and we compared GPS readings and determined I had done an extra 1K, not a significant distance but would definitely cut into the 28 min lead. I came into the finish where Lynn greeted me!

Day Six is 13K, a celebratory run to the finish at the World Heritage Site of the Burgos Cathedral. It is also flat and runnable, and my lead is now down to 5 mins. Lynn and I had already hugged it out the night before knowing we were both going to try for 3rd place... why not we were both so close. Again, knowing Lynn was faster I just needed to keep her close and I did for the first few km's but then she was out of sight. I ran hard but once again found myself not seeing flags and having to slow down until two other runners caught up and the three of us looked for flags, fortunately we were told to follow the river on our right so we knew we must be going in the right direction and eventually found the flags. I picked up my pace again and ran the final km with Kevin who I knew from prior races, and he kept encouraging me by saying "don't lose this by seconds". As I came to the final bridge, the finish line was in sight, and I ran as fast as I could. As I crossed my time was recorded and Lynn had already come in, but they didn't reveal the final times and we would have to wait until the last finisher came in. The finish line is flooded with emotion as we celebrate a long week of running and friendship. Lots of hugs, pictures

## Benders Stories cont...

and finally the results.... I finished 3rd by 2 seconds! Hard to believe that after 200k over 6 days it would result in such a close finish. We all gathered on the final night for the awards ceremony and dinner, with each runner being recognized individually with a unique finishers medal made by a local artist. As some runners were off early the next morning to the airport, about 20 runners including myself continued the celebration at a local bar where we laughed, sang and danced the night away! These small multiday stage races are a very unique experience where you discover new horizons, meet new friends, further the bond with old friends and learn more about yourself as you tap into your hidden potential.

Happy running,  
Christine



## Back to Back Races

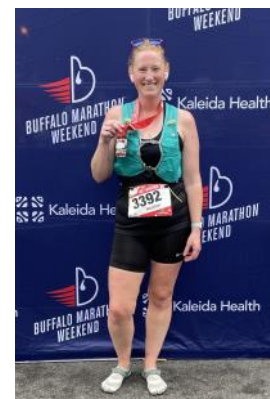
By: Heather Pietz

Running a 10k trail race just 6 days after running a Half Marathon wasn't the plan, it never is, but it's not the first time I've done it. I registered for the Buffalo Half Marathon because I ran it last year and had a really amazing experience. It was a week-end away for the family, my kids ran the 'mini marathon' on Saturday and I had my half on Sunday. It was well organized and nice to be at a race that still had an expo for kit pick-up. I hadn't been feeling too well the week before the race so I wasn't sure that I was going to be able to push this one like I originally planned. It's also tough running a race away from home because I try not to make meals all about what's best for my race...which is how I ended up eating barbeque and smoked meat the night before my race...luckily not to my detriment. It was only a 5 minute walk from the hotel to the start line which was amazing, and at 6:30am in a very foggy Buffalo, we got started. The race went really well, it wasn't a PB but it was a nice solid sub-2 half marathon. My favourite part, because the races starts so early, I was home earlier than the half I just ran in Toronto!!

About 2 days after the race I remembered that I had signed up for a race that coming Saturday. Another Bender, Lauren Riches, had expressed an interest in it and I signed up on a whim without really looking at the races I was already running. Luckily it was only 10k though so it wasn't anything to really worry about. It was a very relaxed race atmosphere, there were two longer distances but they had already started by the time I arrived, and there were only 76 runners. We got under way, immediately running uphill into the woods, and off we went. Switchbacks and sharp turns, up and down the hill, it was amazing. Single track running for the first few km's before runners started to spread out, and then it was just me chasing one female in front of me, while another female behind me was trying to run me down. It stayed like that until the very end and it was amazing. Such a different experience than road running, I've learned to ignore my race time, and just enjoy crossing the finish line...it also helped that I had a hamburger in my hand about five minutes after finishing. My only complaint....I have to (or feel I have to) wear trail shoes for these races, and running in trail shoes when my legs are so used to fivefingers usually means some extra soreness in store for me. It always feels worth it though. The rush of the race is always worth it for me. I also got the great news of finishing 6th female, that was such a cherry on top for me.

Time to get ready for the Under Armour 10k!!

Let's go Benders!!!



## ***Benders Family Stories...***

***“On Sunday, May 26th, some Brampton Benders ran through the streets of Ottawa completing the Half Marathon. It was a memorable run for Derek’s brother-in-law Tilaye Asfaw as this was his first half marathon. Derek, Jacki and Alain were so thrilled to share this new and amazing experience with Tilaye. Well done Tilaye!”***

### **My First Half Marathon Journey**

By: Tilaye Asfaw

My journey began last year when I participated in a 10k race hosted by the Brampton Benders, local race to support my nephew, Stephen Ferreira. Running alongside Stevie brought me immense joy. It was during last summer BBQ lunch that I had the privilege of shaking hands with two elite athletes, Derek Ferreira, and Alain Penda. Although the idea of running alongside such accomplished athletes initially made me nervous, my goal to fulfill my commitment to completing my first marathon never wavered. With Derek and Alain's unwavering support and motivation, I embarked on my training journey. Residing in Canada, braving the winter for running posed a great challenge. Yet, fortune smiled upon us last January and February, provided us with several favorable running days, allowing me to sustain my running activities.

Officially, my training started in spring season. Despite my training being limited by traveling and injuries, I persisted in my running journey. Gradually, I diligently built upon my endurance and distance, week after week.

My aim was to complete the half marathon. As the official running week approached, I ensured I was both mentally and physically prepared. I immersed myself in training videos, learning how to maintain hydration and an effective fueling strategy to carry me through the race.

Race day filled with anticipation and excitement. The atmosphere was electric, with over 10,000 participants gearing up for the half marathon. As a first timer, I entered the race with a mix of nerves and emotions, unsure of what lay ahead. Though I began the race with Alain by my side, he swiftly outpaced me within moments. Guided by the surging crowd, I navigated through the initial 3 or 4 kilometers at a faster pace than anticipated, before finding my rhythm and adjusting my speed accordingly, all the way to the finish line.

In summary, what an incredible journey and experience it has been. Regular running has become a source of immense happiness for me, providing not just physical strength but also fortifying my mental resilience. Staying active has undoubtedly paved the way for a better life overall.

Moreover, I take great pride in setting an example for my 25-year-old daughter and 22-year-old son. By prioritizing fitness and health, I hope to instill in them the importance of leading a vibrant and wholesome lifestyle, thereby laying the foundation for a bright and healthy future for them.

In closing, I hope my journey will inspire someone to take up a half marathon challenge. I extend my heartfelt gratitude to Derek and Alain for their unwavering support throughout my journey. Their encouragement and guidance have been invaluable every step of the way. And just so you know, we shared that handshake once again at the end of the race, symbolizing the triumphs we've overcome together. As we look ahead, I embrace the challenges yet to come next year with enthusiasm and determination.



**Upcoming BBRC Meetings...  
Monday, July  
8th—7pm**

## **Comings and Goings...**



## **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.

Khadija

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

### Benders Gear

Want a Toques. Send \$25 to [bramptobenders@outlook.com](mailto:bramptobenders@outlook.com) and write toque in the message. We'll save one for you.



## 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	Members Running
June 15	Under Armour Toronto 10K	Toronto, ON	Ines, Heather P, Gina, David, Ravi, Carlo, Patti, Ken, Liz
July 1	Canada Day 5k	Hamilton, ON	
Sept 8	Georgina Marathon	Georgina, ON	
Sept 8	Don Doan Dash	Brampton, ON	
Sept 14	Oasis Zoo Run	Toronto, ON	
Sept 29	Oakville Half	Oakville, ON	
Oct 5	Muskoka Marathon	Bracebridge, ON	
Oct 20	Toronto Waterfront	Toronto, ON	
Oct 20	Art in Motion	Kleinburg, ON	Michelle
Nov 3	Hamilton Road2Hope	Hamilton, ON	Heather P

## 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), [@run4hopebrampton](https://www.instagram.com/run4hopebrampton),  
[@run4hope\\_brampton](https://www.instagram.com/run4hope_brampton)



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



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