

BBRC Monthly Digest

Come Run With Us

VOL -

38

JULY
2024



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Established **2010**

Web www.bramptonbenders.com
Email 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

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 Details...

Sunday, September 8th, 2024—9am

We need volunteers and race committee members. If interested please let us know!!!

Don't forget to sign up for the race with code BBRC2024 (\$10 off). If you can't race because you're volunteering, you will earn your medal on a special Bender only run later in the week.

Maria has already started posting in the whatsapp group and leading the training for the 5k and 10k races.



Upcoming Tailgates...

Saturday, July 20th—Creditview/Mississauga Tailgate — 8am!

6545 Creditview Rd, Mississauga, ON L5N 8L1

Bring Snacks to Share!!!

Sunday, July 21st — Ingelwood Tailgate — 8:30am!

15551 McLaughlin Rd, Inglewood, ON L7C 1J5

Bring Snacks to Share!!!



Annual General Meeting...

This years Annual General Meeting will be on Sunday, July 28th.

It will be held at Pam Barnwell's house, 139 Fallingdale Cres.

We will be running from her house at 10am, with the meeting starting at 11am and party afterwards. More details will be coming soon.

A Bender Hello...

Hello,

I would like to reintroduce myself, as I have taken a 5 year hiatus from running. I joined the Brampton Benders in 2012 where life for me was much simpler. I was younger and without much responsibility other than working and caring for my chihuahua.

As a bender I challenged myself along with my running buddies. We ran marathons, countless half marathons and even ultramarathons.

Now married and a mother of two boys running has become more challenging.

Last year some of us decided to throw our names into the Chicago marathon lottery. I thought it would be a good idea to kick start my training and also a way to try to get back into shape. I was pumped to find out that I got in but some of my running buddies didn't. I thought to myself "there's always next year" but with some encouragement from my husband I decided to face the marathon beast on my own. Time quickly passed by and I slowly started running by myself. Which is a daunting task after such a long pause. I showed up to a few Sunday runs with the group. Where Maria kindly ran with me and encouraged me in the beginning. Michelle has also taken on the task of being my running coach and pushed me on days I felt discouraged (hot humid days) we recently ran 15km...a pb for me :)

I've always had a love/hate relationship with running but realized how blessed I am to be able to run. So I hope to see you on the trails, as I continue my marathon training.

My name is Tanisha ;)



My First Race in Canada...

Running with the Benders: My First Race in Canada
By: Warren Kozonguizi

When I landed in Canada from the sunny landscapes of Namibia and South Africa, I anticipated many firsts: experiencing snow, figuring out the mystery of poutine, and mastering the art of layering clothes. What I didn't expect was to be thrown headfirst into the world of Canadian running, starting with the Under Armour 10km race. Spoiler alert: my performance was less Usain Bolt and more of a highly motivated tortoise.



The Brampton Benders Welcome Wagon

My journey began in Brampton, a vibrant city with a tight-knit community vibe. As someone who had always found solace in running, I sought out a local club to join. That's how I stumbled upon the Brampton Benders, a group of runners with enough energy and enthusiasm to power a small village.

From the moment I joined, the Benders made me feel at home. They introduced me to the quirks of Canadian life, including the infamous double-double from Second Cup and, thanks to Carlo, my first bagel experience. (Yes, I had my first bagel in Brampton. Don't judge me.)

The Under Armour 10km: A Comedy of Errors

Fast forward a few months, and I found myself at the starting line of the Under Armour 10km race. It was my first official race in Canada, and the nerves were palpable. I had trained hard 'ish, but race day had its own set of surprises in store.

The atmosphere at the starting line was electric, with runners of all shapes, sizes, and skill levels bouncing on their toes, ready to take off. The gun went off, and so did we, a stampede of hopefuls chasing personal bests and glory. For the first kilometer, I was feeling strong, fueled by adrenaline and perhaps a bit too much carbo-loading.

Then came kilometer three, where my shoelace decided it needed some attention. Ever tried tying your shoelace mid-race while simultaneously dodging fellow runners? It's an art form I hadn't mastered. After fumbling around and losing precious seconds, I was back on track, only to be greeted by a surprise uphill stretch that seemed never-ending.

By kilometer six, my breakfast choices were haunting me. Note to self: maybe skip the experimental pre-race meal next time. My stomach was doing somersaults, and I started to wonder if I'd make it to the finish line without a gastronomic disaster. As I approached the final stretch, my legs felt like lead, and my dreams of a triumphant sprint finish faded. Instead, I lumbered across the finish line looking like I'd just escaped from a bear attack. My time? Let's just say it was far from my personal best.

Despite my less-than-ideal performance, the Benders were there, cheering louder than ever. "You did it! Their support turned a disappointing finish into a celebration of effort and camaraderie.

The Brampton Benders aren't just a running club; they're a lifeline. They've introduced me to the beauty of Brampton's trails, the charm of Canadian small talk, and the importance of layering clothes for winter runs "thanks Maria". Most importantly, they've given me a sense of belonging in a new country.

We've shared countless runs, each filled with laughter, encouragement, and the occasional friendly competition. Training for the Toronto Half Marathon with the Benders has been a game-changer. Their collective wisdom and infectious enthusiasm have been invaluable as I prepare for my next big challenge.

Reflecting on my journey from Namibia to Brampton, I'm grateful for every step, stumble, and sprint. The Under Armour 10km race, despite its challenges, was a vital part of my story. It taught me resilience, the importance of community, and the joy of finding humor in mishaps.

So, here's to the Brampton Benders, my running family. Here's to the miles we've conquered and the many more to come. As I lace up my shoes for the Toronto Half Marathon, I carry the spirit of the Benders with me, one step at a time.

And who knows? Maybe this time, I'll remember to double-knot my shoelaces.



Current Race Discounts

Art in Motion

\$7.50 OFF with code
BENDERSSAVE

Don Doan Dash

\$10 OFF with code
BBRC2024

Georgina Marathon

10% OFF with code
BENDERS

Muskoka Marathon

15% OFF with code
BENDERS2024
Expires: June 7, 2024

Oakville Half

10% OFF with code
BENDERS

Hamilton Road2Hope

10% OFF with code
2024BENDERS

Upcoming BBRC Meetings... Monday, August 12th—7pm

Benders Gear

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



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.

Denise	Michelle M.
Carrie	
Aditya	

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	Members Running
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)