

BBRC Monthly Digest

Come Run With Us

VOL -

39

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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

A New Level to Cross Training...

By: Alain Penda

In the continuing pursuit of challenging my fear in trainings, I did my first tandem jump, 15,000 feet, at the Burnaby skydiving center in Niagara Falls on August 5, 2024.

My parachute jump was incredible. The feeling was dizzying and indescribable. I was barely aware of falling because everything was so fast and new. I felt like I had completely lost my bearings and was floating. The only thing that connected me to reality was the presence of my instructor in the earpiece, who continued to give me advice. And yet, everything is so fast and magical that you want to return to the sky upon landing.

As a long-distance runner, I have learned over the years how capable and sophisticated the human body is of overcoming pain and resilience as part of its well-being. However, pushing the body to achieve those limits requires resilience at surpassing fears. For those reasons, I have always liked cliff jumping and scuba diving and now skydiving is added to my list.

Before the jump, I felt a mixture of apprehension and excitement. The instructors briefed me on the extraction techniques, the position to take in flight, the emergency opening of the reserve wing, and the landing circuit to arrive facing the wind, thus reducing my speed relative to the ground. But when the door opened, I didn't remember any of that. You barely have a fraction of a second to be emotional or to hesitate. I was already in a free-fall that lasted over 2 minutes at an impressive speed of 210 km/h. After floating in the air, the instructor opened the tandem parachute at about 5000 feet. I had the unique opportunity to guide the canopy descent for a few minutes, and it ended with a soft landing.

The skydiving experience has enhanced my athletic life by giving me an extra approach to handling fear. I encourage you to try it. A tandem parachute jump guarantees an unforgettable moment where you will discover the adrenaline and freedom that come with a secured and unique type of incredible free-fall.



This run is making me thirsty...

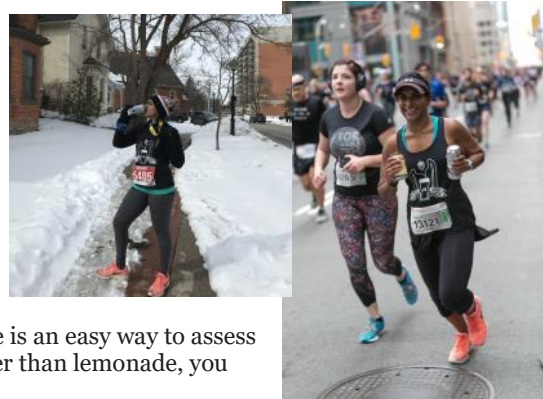
Ariellia Rodrigues, MSc, RD, CDE

A large percentage of the human body is water and most adults need at least 2-3L of fluid daily to stay adequately hydrated. Fluids have many roles in the body including normalizing blood pressure, controlling body temperature and reducing risk of dehydration and heat stroke. Staying adequately hydrated is important to keep your body healthy, but also to optimize sports performance to help you finish strong in your fall races!

Training through the summer months increases your risk of becoming dehydrated because the majority of recreational athletes do not replenish fluids at the same rate they are losing them through sweat. If you feel fine while out on the trail but later in the day are experiencing any of the following, it's a sign that you may be dehydrated and didn't drink enough before, during or after your run:

- Thirst
- Dry lips and dry mouth
- Headaches
- Dizziness
- Dark yellow, strong smelling urine
- Low blood pressure
- Increased heart rate

Prevention is the best way to avoid dehydration, so get into the habit of sipping throughout the day. Do this even when you don't feel thirsty because we often don't experience thirst until we are already dehydrated. Every body will have different fluid needs depending on individual size, sweat rates and the weather - particularly in conditions with higher temperatures and humidity levels. Looking at the colour and volume of your urine is an easy way to assess your fluid status - if you are not producing much urine throughout the day and it is darker than lemonade, you need to drink more!



What should I drink?

Water is the best option for daily hydration needs, but in some cases you may benefit from consuming beverages that contain carbohydrates and/or electrolytes, such as sports drinks. Electrolytes, such as sodium and potassium, help with fluid balance, maintain pH levels, and transport nutrients in and out of cells to help muscles, nerves and other organs work properly. For runners, this means getting in those electrolytes will help you avoid muscle cramps and GI issues and benefit from improved temperature regulation.

Sports drinks are generally recommended when doing higher intensity activities that last longer than 45-60 minutes, especially when in hot or humid weather. Sports drinks have specific ratios of sugar, salt and water designed to maximize nutrient and fluid absorption and help to replace what is being used up by your muscles or lost through sweat. Electrolyte beverages also help to increase the sensation of thirst, which encourages you to drink more and lowers the chance of becoming dehydrated.

Tips for avoiding dehydration:

Before activity:

- Aim to drink 1-2.5 cups of fluids 2-3 hours before activity and have some more if you have not needed to pee 1 hour before
- Consider using a sports drink instead of water if you plan on doing an activity that will be longer than 90 minutes

During activity:

- Aim to sip on a few ounces of water or sports drink every 15-20 minutes - this may seem like a lot but many runners produce more than 1 L of sweat per hour!
- If you are not used to drinking while running, start by having a few small sips and gradually increasing volume over time

After activity:

- Drink at least 1-2 cups of fluid right after your run and continue to drink until your urine is a pale yellow
- Consider a combination of beverages such as water (flat or sparkling), electrolyte/sports drinks, or even chocolate milk to replenish your body
- Weighing yourself before and after long runs can help you better understand your fluid losses - drink 1 L of fluid for every 2 lbs you lose during a run

Bottomline:

Staying hydrated is important for your overall health and your running performance. Plain water is the best option most of the time, but consider using a sports drink when doing heavy exercise for more than 45-60 minutes at a time.

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

Oakville Half

10% OFF with code
BENDERS

Hamilton Road2Hope

10% OFF with code
2024BENDERS

Upcoming BBRC Meetings... Monday, Sept 9th—7pm

Benders Gear

Want a Toques. Send \$25 to bramptonbenders@outlook.com and write toque in the message.

We'll save one for you.



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.



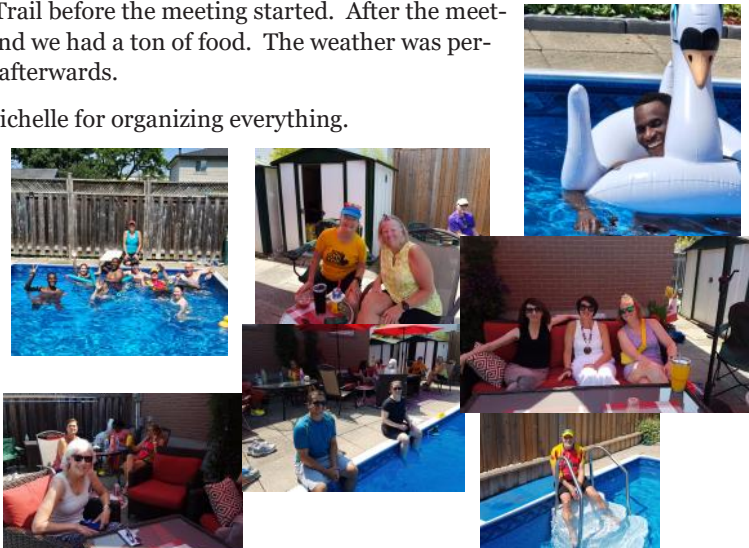
Annual General Meeting...

I welcomed the Benders to my home on July 28th for our Annual General Meeting. Some members came early to run the Don Doan Trail before the meeting started. After the meeting, Cook Carlo, did the grilling and we had a ton of food. The weather was perfect for pool fun and lawn games afterwards.

Thank you to Carlo, Maria and Michelle for organizing everything.

- Pam Barnwell

On behalf of the Benders and the Benders Executive we would like to send our most sincere thanks to Pam for hosting our AGM this year. It wouldn't have been nearly as much fun had we not spent this time with you at your wonderful home.



Run for the Cure...

Sunday, October 6th, 8am-12pm

Come support fellow benders in running for the cure.

Click the photo to sign up or donate!!!



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.

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

Sending a 'Welcome' to our Newest Member(s)...

Brian	Jacob
Ewan	Dave P
Baljeet	Shiela

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	Michelle, Liz
Oct 5	Muskoka Marathon	Bracebridge, ON	
Oct 6	Run for the Cure	Brampton, ON	
Oct 13	Chicago Marathon	Chicago, IL	Tanisha, Eve
Oct 20	Toronto Waterfront	Toronto, ON	Yeggi
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)