

BBRC Monthly Digest

Come Run With Us

VOL -

40

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Established **2010**

Web www.bramptonbenders.com

Email bramptonbenders@outlook.com

Executive

President	Alain
Vice President	Jeet
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...

Another Don Doan Dash in the books.

After many months of planning, the Don Doan Race held on September 8th, went off without any issues.

We had 284 registrants for the 5k and 10k event.

This year was the 10th anniversary for the ALS Ice Bucket Challenge. In tribute to that, we had our own challenge with Mayor Brown and Alain Penda participating in the early challenge, and the full event involving 8 other participants being done later.

Many thanks to the Race Committee members and all other BBRC members who helped out with flyer distribution and on race day.

A big thank you to all of our sponsors as well.

As with many things, with many helping hands we can achieve our goals and lighten the load.

— Race Committee



10th Anniversary—ALS Ice Bucket Challenge..



Mayor Patrick Brown, Bender President Alain Penda, as well as other Bender members and city councilors.



A big welcome to our new VP...

The Brampton Benders Running Club would like to extend a huge 'Welcome to the Executive' to Jeet Tulshi. He has been officially named the new Vice President of the club. When you see him next, give him a handshake, high five or fist bump!

Our New VP is also running the Berlin Marathon this coming weekend...we can't wait to hear about it!

Benders run the Don Doan Dash...



The Benders who registered but volunteered for race day earned their medals the following Wednesday running the DDD course around Professors Lake.

Not pictured: Yeggi, Alain and Nika.

Abbott World Marathon Majors..

For those of you new to the sport of running....read on about the world majors...something to inspire all of us...

The World Marathon Majors is a championship-style competition for marathon runners that started in 2006. A points-based competition founded on six major marathon races recognized as the most high-profile on the calendar, the series comprises annual races for the cities of Tokyo, Boston, London, Berlin, Chicago and New York.

In addition, each edition of the series recognizes and includes the results of the major global championship marathon held in that year, usually on a one-off lapped course. These races are the biennial World Athletics Championships Marathon, and the quadrennial Olympic Games Marathon.

Each World Marathon Majors series originally spanned two full calendar years; the second year of a series overlapped with the first year of the next. Starting in 2015, each series began with a defined city race and ended with the following race in the same city. So, series IX started in February 2015 at the 2015 Tokyo Marathon and ended there in February 2016 at the 2016 Tokyo Marathon. Series X started at the 2016 Boston Marathon and finished at the 2017 Boston Marathon. Series XI started at the 2017 London Marathon and finished at the 2018 London Marathon.

It began being sponsored by Abbott Laboratories in 2015. On April 26, 2017, Dalian Wanda Group Co., Ltd., one of the leading Chinese private conglomerates, announced a ten-year strategic partnership aimed at the continued growth and development of marathon events worldwide.

Beginning with Series X at the 2016 Boston Marathon, wheelchair competitions were added for men and women.



TOKYO MARATHON

The Tokyo Marathon is unique: no other mass marathon in Japan has an extensive elite field, and no other elite marathon has such a huge mass participation field.



BOSTON MARATHON

Inspired by the 1896 Olympic Games, the world's oldest annual marathon was founded in 1897 and has been run every year since.



BMW BERLIN MARATHON

Kenya's Eliud Kipchoge smashed his own world record at the 2022 BMW BERLIN-MARATHON, running 2:01:09 to take 30 seconds of the time he set there in 2018 with another scintillating performance.



TCS LONDON MARATHON

Since 1981, the TCS London Marathon has grown to more than 43,000 starters and finishers, is viewed in more than 196 countries worldwide and watched by between four and five million viewers in the UK.



BANK OF AMERICA CHICAGO MARATHON

More than 1.7 million spectators line the Chicago streets every autumn to cheer on a field of over 40,000 runners, who sweep through 29 different neighborhoods in the city.



TCS NEW YORK CITY MARATHON

Regarded as one of the world's greatest road races, the TCS New York City Marathon has seen more than one million runners cross the finish line in Central Park since it began in 1970.

Current Race Discounts

Art in Motion

\$7.50 OFF with code
BENDERSSAVE

Oakville Half

10% OFF with code
BENDERS

Hamilton Road2Hope

10% OFF with code
2024BENDERS

Upcoming BBRC Meetings... Monday, Oct 7th—7pm

Benders Gear

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

We'll save one for you.



Run for the Cure...

Sunday, October 6th, 8am-12pm

Come support fellow benders in running for the cure. Our very own Michelle Basciano is the Hope Speaker this year and would really love all your support.

Click the photo to sign up or donate!!!



Benders out and about...



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)...

Maria	Surender
Harneet	

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 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)