

# BBRC Monthly Digest

Come Run With Us

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Established **2010**

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

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

## Benders Christmas Party...

You're invited to our festive holiday party! Join us for an evening of good cheer, great company and a delicious dinner!

Our Holiday Party will once again be held at [Onyx Sports Bar & Grill](#) (70 Maritime Ontario Blvd) on Saturday, Dec 7th at 6:30pm. This year we are going to have a buffet style dinner with a menu of...Rice & Peas, Curried Chickpeas & Potatoes, Tilapia, Chicken, Vegetables and Garden Salad.

The fee for Bender members is \$20 and for non-Benders \$35, additional food and beverages can be purchased. Payment and RSVP are due no later than Friday, November 22nd. Payment can be e-transferred to [bramptonbenders@outlook.com](mailto:bramptonbenders@outlook.com) or Carlo can accept cash. RSVP with your name and names of guests to [exenham@hotmail.com](mailto:exenham@hotmail.com) or via text to Liz at 416-320-5528.

Please bring a non-perishable item(s) as there will be a collection bin to make a donation to [Knights Table Brampton](#).

Thank you and we look forward to celebrating the holiday season with everyone!!!

## Art in Motion...

The Art in Motion Fall race, has become an annual event, which raises funds for rheumatoid kids' arthritis.

The 5K, 10K and 2K(children's) event takes place at Boyd Conservation area in Vaughan, which provides for a picturesque background as you run the course, which is mainly run on the trail. This year's event, had the perfect weather for a fall race, not too cold, not too hot, just right.

Place in the 5 or 10K and you will receive a one-of-a-kind hand painted canvas shoe as your reward along with a medal.

The organizer's provided a pancake breakfast along with other food goodies.

If you are interested, Next Years race in on Sunday October 19,2025.

Carlo



## Every Step Counts..

Lessons from My First Marathon...

By: Yeggi K

Running my first marathon felt like a natural progression in a journey that began with last October's TCS half marathon. Returning to the same event a year later to tackle the full marathon—and doing so on my 40th birthday—made the experience all the more rewarding. The race itself wasn't the toughest part; the real challenge lay in the months of commitment, balancing training with life's demands, unexpected setbacks, and still finding the motivation to keep going. Learning to navigate these challenges taught me resilience and made me appreciate each step, each breath, and each moment of progress along the way.

Every kilometer I ran with the Benders played a crucial role in my training. Whether someone joined for a few kilometers or came out on a weekend to run together, their presence made a difference, helping me push forward when it mattered most. On race day, the energy was electric, with cheers and support lining every stretch of the route. Crossing that finish line on my 40th birthday felt like more than just an achievement—it was a powerful reminder that every step, no matter how small, counts.

As for what's next? Well, if there's one thing I've learned, it's that the road ahead is worth every step.



## ***My First Half Marathon...***

By: Aditya Bisht

Two weeks ago, I took on the TCS Toronto Half Marathon and had an absolute blast. The feeling of crossing that finish line was incredible!

I started training four months ago, slowly building up my mileage. My running group, the Brampton Benders, were a huge part of my journey. The camaraderie within the group made the training process more enjoyable and less daunting.

While chasing personal bests is fun, I believe the real joy of running lies in the simple act of putting one foot in front of the other. It's about the freedom, the peace, and the sense of accomplishment it brings. The Toronto Half Marathon was more than just a race; it was a celebration of dedication, perseverance, and the power of community.

The race itself was an unforgettable experience. The energy of the crowd, the beautiful course, and the sense of achievement were all incredible. I'm so grateful for the opportunity to have participated in such a prestigious event.

As I reflect on my journey, I'm reminded of the importance of staying true to the love of running. It's not just about the destination, but the journey itself. I can't wait to see what my next running adventure brings.



## ***New Member Story...***

By: Brian van Stokkum

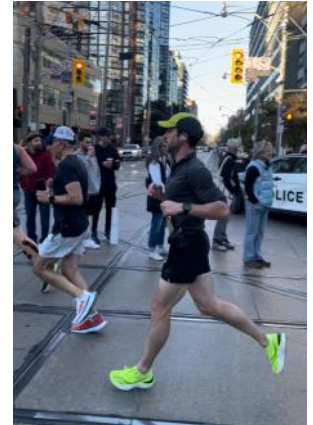
I'm a relatively new member of the Brampton Benders. I've participated in the Don Doan Dash and Run4Hope a couple of times and I was looking to connect with other runners. While I haven't managed to join many group runs yet, I'm looking forward to becoming more involved and meeting more of you.

A few weeks ago, I participated in the TCS Waterfront Half Marathon for the third year in a row. The lead up was a bit of a rollercoaster. A year full of injuries meant training didn't go as I had envisioned. There were lots of missed runs, poorly planned workouts, and unnecessary stress.

In the days leading up to the race, I found myself feeling increasingly anxious and doubtful. I almost talked myself out of it entirely. I knew the distance wasn't an issue but I felt pressured to beat my previous year's time.

Despite that, on the morning of, I decided to bus it down and give it my best. Fortunately, it couldn't have gone better. The weather was perfect, the crowds were supportive, and the course is well marked. I paced well and felt strong throughout. To my surprise, I ended up setting a new personal best by three minutes!

I'm glad I ran it. In retrospect, my preparation wasn't ideal but I was as consistent as I could be given the circumstances. I had a year's worth of additional experience on my side. And on top of all that, it's important to remember that it's just running!



## ***Halloween Group Run..***



## Dressing for Cold Weather...

Each person feels and handles temperature differently. For your first winter, keep a journal.

Moisture-management fabrics are a necessity. AVOID COTTON. Wicking Fabrics which are technical (read the label) and other fabrics such as fleece (micro, polar and arctic) can be used. In Winter, you need to protect yourself from the 'winds' and the 'wet'. Layering is your best option.

### 3 LAYERS:

1. Base layer (should be the most wicking fabric. e.g. short or long sleeve t-shirt). To keep warmer, tuck the shirt into your pants. (If you're too warm, wear it outside.)
2. Thermal layer should have a collar and a zipper opening. Have a thinner and a thicker option for the different temps).
3. Outer Shell: should be wind proof and water resistant. Must be breathable/with ventilation. Please include reflection on your garment.

We lose a lot of heat through our head & neck. Wear a hat, a light beanie or a warmer toque depending on the weather ... (make sure your forehead and ears are well covered).

Take care of the extremities. Mitts are better than gloves. Keep different thickness for different days... or use 2 pairs. ("HAND WARMERS" are handy and can be used more than once. --after use, store in zip-lock bag...)

Wear wicking socks. If you tend to have cold feet. Look for socks with warming fibers. --(Marino wool, Thermostat, sliver threads, Polartec, Coolmax...)

Collect a few neck warmers. They are handy on windy days for your face and neck. Even to cover your mouth when starting until you warm up.

We lose body heat 30% faster on the wet days. (freezing rain and wet snow...) Keep the core body warm, your arms and legs can handle more of the cold.

Check the WINDCHILL FACTOR AND THE WIND SPEED.... and DRESS WITH OPTION IN CASE IT GETS COLDER OR WARMER during the run. --'PLAN for the worst and HOPE for the best'. Weather can change very quickly.

Stay hydrated and bring water. Fuel well: before, during and after... It helps the body manage the cold better.

Other tricks... On Cold and/or Windy days; Petroleum jelly or Body GLIDE on the face to protect the skin and feet (before socks) to keep warmer.

--if the wind bothers your eyes... Plastic safety glasses can help. Sunglasses on the bright days (especially when sun is reflected on the snow).

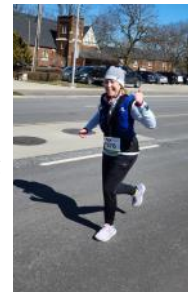
PANTS: if need: long underwear, pants with water resistant outer-layer front-panels, pants with inner thermal layer. Avoid cotton inner wear...

TRACTION; there are trail and winter shoes with Gortex uppers to keep feet dry. There are GRIPS to add on under the shoes with pins for gripping the ice and snow...

Keep extra mitts and other items you may need in the car. Just in case... (Change of clothes, especially tops, towel...). Carry paper towels instead of tissues, they don't fall apart.

ABOVE ALL: BE SAFE. Don't be shy to ask for help. If you're in distress, or you see another. DO SOME READING ON "FROST BITE AND HYPOTHERMIA"... And first aid. SLOW DOWN when necessary.

"WINTER RUNNING, BUILDS SUMMER BODIES"



**Current Race Discounts**

**Chilly Half 2025**

Use code BENDERS for \$10 off!

**Around the Bay 2025**

Use code BBRC2025 for \$10 off! (expires Dec 31,24)

**Upcoming BBRC Meetings... Monday, Dec 2nd—7pm**



**Bender Day at the Races...**

On November 9th 18 Benders spent a sunny afternoon at Woodbine Racetrack for an amazing lunch and to watch the Thoroughbred races. Some of us tried betting on the horses for fun, a few of us even won a bit of money, and all of us had a great time!

Jackie O arranged a guided tour of the Paddock area and then we followed the horses to the track, and watched a race trackside - it was so exciting. We went back down to the track for race 6, where Michelle, Ravi, David and Liz presented the winner of race #6, in the winners circle. It was so cool to be up close to the winning horse – they are beautiful animals!

All and all it was an awesome day at the races. Our run club was even mentioned on the big screen with a special welcome note to the Brampton Benders Running Club. Look forward to doing it again next year!!



**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)...**

John	Emma

## 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
Nov 24	Holly Jolly Fun Run	Toronto, ON	Holly, Jas
Dec 1	C3 Egg Nog Jog 5k & 10k	Albion Hills, ON	Jackie, Patti, Liz, Carlo, Maria, Michelle, Ken, Christine, David,
Dec 8	BlackToe Holiday 10k	Toronto, ON	Ines
Dec 26	Boxing Day 4 and 10 miler	Hamilton, ON	
March 2	Chilly Half Marathon	Burlington, ON	Heather P, Yeggi, Michelle
March 16	Frigid 10k & Frosty 5k	Hamilton, ON	
March 30	Around the Bay	Hamilton, ON	Heather P, Yeggi, Patti (15k), Surrender (15k), Michelle
April 5	Spring Run-Off	Toronto, ON	
April ...	Run4Hope	Brampton, ON	
April 27	Mississauga Marathon & Races	Mississauga, ON	Heather (10k)
May 4	Toronto Marathon & Races	Toronto, ON	
May 4	Georgina Spring Fling	Sutton, ON	
May 11	Sporting Life 10k	Toronto, ON	
May 24/25	Sulphur Springs Trail Race	Hamilton, ON	Emma
June 14	Under Armour 10k	Toronto, ON	
June 21	Niagara Ultra	Niagara, ON	

## 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)



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