

BBRC Monthly Digest

Come Run With Us

VOL -

43

DECEMBER
2024



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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 2025

\$25 New Membership

\$25 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

Benders Christmas Party...

The Bender Christmas Party took place this past Saturday at the Onyx Sports Bar & Grill. It was a festive night filled with great company, great food and a lot of cheer. We had 30+ people in total and it was wonderful to see familiar faces and new faces come out to celebrate the holidays.

Members brought non-perishable food donations to support the Knights Table, an organization dedicated to food insecurity and the members did not disappoint. We are thrilled to be able to support an initiative that helps our community thrive. Hopefully we can make the season brighter for those in need. We have 130lbs of food to deliver!

A big thank you to everyone that came out as well as everyone who organized the event or had a hand in making it such a great time!



Egg Nog Jog...

There were quite a few Benders participating in this years Egg Nog Jog on December 1st. The weather was really great, it was sitting right around -1 with a bit of a wind, but there was no snow on the ground which was a pleasant surprise compared to last years event. We were all congregating in the chalet staying warm while waiting for the race to start. Half of our members were participating in the 5k distance while the other half was doing the 10k distance. This race is known for its rolling hills and they did not disappoint. It was a non-stop loop of inclines and declines with a gravel parking lot thrown in the middle. There were lots of cheers at the finish line as we all crossed and the support was amazing. What a great event for us all!



Amazing Race Canada Opportunity...

Good Morning Everyone.

As I mentioned last week, the BBRC have been directly invited to apply for the upcoming season of *The Amazing Race Canada*!

If you haven't seen the show, it is a 5-week televised, all expenses paid competition against multiple duo-teams completing various challenges across the world to win a \$250,000 grand prize (plus other amazing prizes including a brand new car and a trip around the world). It is a SICK show, trust me!

I had another call with the casting director on Monday and she has invited AS MANY of us to apply before the December 15th deadline. I think there's a very good chance of one of us being selected, so go for it if you're interested!

The requirements:

- you are COMPETITIVE
- you are a Canadian PR holder or Canadian citizen
- you have to apply as a pair (doesn't have to be two Benders people; you can apply with whoever you want. But choose wisely because you'll be playing, travelling, eating and sleeping with them for 5 weeks!)
- you are available to compete and film continuously between April 14th and May 17th 2025
- minimum age of 19, no maximum age
- again, you must be COMPETITIVE and up for the challenge lol

Let's go for it guys! Apply at the link below. You can also reach out directly to the casting director on Instagram @cammlawrence and she's said she is more than happy to jump on a call with anyone who has questions...

Good luck!

<https://www.ctv.ca/the-amazing-race-canada-casting>

Upcoming Events...

Santa Runs — December 17th (Tuesday) & December 18th (Wednesday)

Ho Ho Ho! 'Tis the Season!!!

We're doing two 'Santa' runs on Dec 17th and 18th.

On Tuesday, December 17th the run will be starting at Tim Hortons; Shoppers World. Come out dressed in a Santa suit or wear any festive gear! You don't have to dress up to join in, but it will be fun! All runners will hang around downtown to take photos before heading back to Shoppers World.

On Wednesday, December 18th the run will start at the Chinguacousy Park Library. Come out dressed in a Santa suit or wear any festive gear! You don't have to dress up to join in, but it will be fun!

***Special Note:** on the Wednesday run from Ching Park, Pam Barnwell has graciously offered for us to make a pit stop at her house for some Christmas Cheer!!



January Events:

Skating at Gage Park — January 2nd at 7pm...

Skating at Chinguacousy Park — Date to be determined...

Potential Curling Night or Bowling night — Details to be determined and sent out...

ALS Donation Presentation...

The Brampton Benders are proud to announce a donation of \$7,000 to ALS, funds raised through the Don Doan Dash race held this past September. The donation was presented to an ALS representative in attendance to accept the cheque on behalf of the organization. We thank all who participated in the race—from runners to volunteers to sponsors.



Embracing the Brampton Blizzard...

Confessions from a (Slightly Late) Winter Runner...By: Matthew Kasujja

Last Wednesday, December 4th, marked our first real snowstorm of the winter. To be honest, the cozy warmth of being inside almost won out that evening. If the Brampton Benders didn't exist, I might have just stayed curled up with a hot chocolate. But thankfully, the call of the snowy sidewalks (and a little bit of peer pressure) got me out the door.

We got off to a slightly late start—a shoutout to my fellow runners for their patience while they waited for me. Their support turned a challenging evening into a 'not soon to be forgotten adventure'.

I can tell you now confidently that I'm glad I didn't miss out on this first snow run of the year... To experience the way our steps created these rhythmic crunches that echoed through the frosty air... (okay that part is thanks to chatgpt©)

This first snowy run also inspired me to share some "notes to self" for navigating the rest of our Brampton winter:

1. Dress for Success — Layering is key! And please don't forget a good pair of gloves, a hat, and warm socks. Your extremities will thank you.
2. Visibility is Vital — Winter runs often mean reduced daylight. Reflective gear ensures I'm seen by vehicles and fellow pedestrians. Special thanks to Maria and Carlo for sporting the reflective vests that kept us ALL visible!
3. Pace Yourself — Running in snow is harder than running on dry pavement. It's okay to slow down and focus on maintaining an even, steady effort. "Safety first" should always be the mantra.
4. Embrace the Elements — There's something magical about running through falling snow. The crisp air, the noisy streets (noisy cars), and the transformative beauty of the landscape make it worth every chilly step. Take a moment to soak it all in.
5. Stay Positive and Flexible — Winter weather is unpredictable, and runs might not always go as planned. Start with a positive mindset and be ready to adapt to the conditions. Whether it's a late start or an unexpected challenge, remember why you're out there in the first place.
6. Hydration and Warm-Up Matter — Cold weather doesn't mean you won't need water. Staying hydrated is just as important in winter as it is in summer. Also, take the time to warm up indoors before heading out—your muscles will thank you.

A Final Shoutout — A big thank you to David, Carlo, and Maria for making that snowy evening one for the books. Your bravery, patience, and teamwork are a testament to the power of running groups like ours. Together, we turned a snowstorm into a shared triumph. Here's to many more winter adventures ahead. Let's keep crunching through the snow, one step at a time!

2024 be like...

By: Patti Wilton

The Egg Nog Jog 2023: It was a good race with my fellow Benders. I ran the 2 loop 10K and even managed an age group placing. Little did I know at the time that it would be my last race for a year.

All was going well running through the winter and working towards 30K at Around the Bay. I followed the training up to a couple of 25k runs but I knew something wasn't right and in retrospect, I'd known it for a while.

I played my deferral card to pass on ATB, donned my cheerleader hat and made some signs for my fellow runners (who rocked the 34K course!)

Rest and denial proved not to be the best recovery strategy. I eventually got checked out and had a partial tear of the Achilles as well as Achilles bone spurs.

Around this time Ken came across this hilarious little gem.



In addition to physio and rehab, the summer saw me walking, biking and swimming at the C3 quarry but there were no running races, no triathlons and no runs with the group...not nearly as much fun.

I'm recently back to running and trying very hard to slow things down a bit and take it easy. I'm still far from 100% but hopeful recovery will continue if I stick to my rehab protocols and prioritize strength and mobility training and take rest days. The body does indeed take longer to recover the older you get. A hard pill to swallow when you've been lucky enough up until now to not have had any issues.

Fast forward to Egg Nog Jog 2024: Again, a great day with even more Benders coming out for the event! I ran the 5k and while my fitness was lacking somewhat for the hills, I was very happy to be at a race again.

Future Fast Forward—my deferral has been used and I'm signed up for the 30k at ATB in March

(fingers crossed). Here's hoping 2025 is a great year for us all!!!

Current Race Discounts

**Chilly Half
2025**

Use code BENDERS
for \$10 off!

Benders Out and About...



**Upcoming BBRC Meetings...
Monday, Jan 6th—7pm**

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)...



Chantal	

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
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, Surender (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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