

# BBRC Monthly Digest

Come Run With Us

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Established **2010**

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

Email run\_with\_us@bramptonbenders.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

**2025 Membership renewals are now due. Please remit your \$25 as soon as possible!!!**

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)

## Upcoming Events...Bowling Night!!!

We're organizing a Bender Bowling event - roll on our and join us for some bowling fun!!

**Date and Time** - Sunday, January 26th from 3-5pm

**Price** - \$30 per person + tax = **\$33.90 payment due end of day Monday, January 20th!!!**

**Location** - Bowlero Brampton: 50 Bramtree Court, Brampton, ON L6X 5Z7



Please RSVP to Liz via email or WhatsApp or text

([coxenham@hotmail.com](mailto:coxenham@hotmail.com) / 416-320-5528) and **provide payment no later than end of the day on Monday, January 20th.** Payment can be made in cash to Carlo or e-transfer to the Bender account at [bramptonbenders@outlook.com](mailto:bramptonbenders@outlook.com) (e-transfer preferred). We do need a minimum of 12 bowlers for this event.

Price includes shoe rental, and a priceless 2 hours of great fun with your fellow Benders.

## Polar Plunge...

By: Ken Wilton

“A Polar Bear Dip on New Year's Day is a thrilling tradition where participants take a daring plunge into frigid waters to kick off the New Year with a rush of adrenaline and a sense of adventure or so says chatgtp :)”

After a year of work turmoil and loss of a good friend we decided something was needed to properly kick 2021 to curb - a Polar Bear Dip might be just the thing. New Year's day 2022 saw seven friends meet in the cold grey fog at Jack Darling Park and strip down to our swimsuits and old running shoes. We quietly waded into the calm but frigid waters of Lake Ontario until we were knee deep and then waist deep and then everyone dunked under. WOW, absolutely nothing prepares you for the shock of the cold clear water and we didn't stay in long either. I'm sure the locals could hear us yelling and whooping on the run back to the beach and our warm clothes. A quick Fireball toast to the New Year and it was back to a friend's home for some hot soup and coffee. Everyone agreed it was exactly what was needed and so we have done it every year since.

CHATgtp is not wrong in its summation. It is a rush and does require you to literally step out of your comfort zone. If you decide to try it and why wouldn't you? Wear old shoes to protect your feet and pick clothes or a bathing suit that doesn't trap water. Going in is not that bad but afterwards you want the wet stuff to shed that cold water fast.

There are many groups that organize Polar Bear dip for New Year's day and are attended by 100's of people. Coming soon, Sunday Jan 19th the C3 Triathlon group is having a free winter fest event at the Caledon quarry and they will have a hole cut in the ice for a polar bear dip at 2pm.

Hmmm...



## ***New to Winter Running...***

By: Surender Singh

Running in -15 degrees with the BBRC team was more than just a workout; it was a masterclass in winter running essentials. Surrounded by experienced and supportive runners, I learned the value of the right gear, from cleats for icy trails to insulated gloves that kept my hands warm and night lights for safe evening runs. Their guidance transformed the harsh winter conditions into an exciting challenge, where every run became an opportunity to grow and adapt. The camaraderie, shared knowledge, and encouragement from these awesome runners made the cold feel less biting and the experience truly unforgettable. Each step on those frosty trails felt lighter with their encouragement, and the shared laughter made the biting chill almost enjoyable. Together, we pushed boundaries, embraced challenges, and found joy in every mile. BBRC isn't just about running; it's about building a resilient spirit and celebrating the journey, no matter how cold it gets.

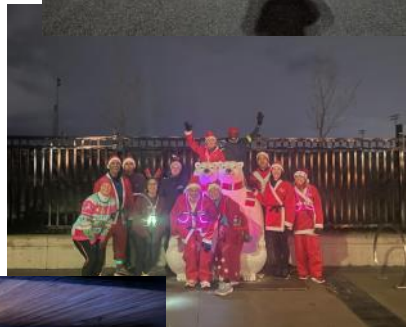


## ***Run4Hope Committee...***

We are actively looking for volunteers to join the Run4Hope race committee. Let's not forget that many hands make for light work. Contact anyone on the executive to express your interest.

## ***Santa's Out and About...***

The Benders were out and about for a Tuesday night and Wednesday night run. We ran downtown and did a tour around on Tuesday. On Wednesday we ran around Chinguacousy Park and made a quick pit stop at Pam Barnwell's house for something to help us stay warm. A great time was had by all!!!



## Current Race Discounts

## Benders Out and About...



## Upcoming BBRC Meetings... Monday, Feb 3rd—7pm



## We want YOU, to be an Active Member...

### Benders Gear

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



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)...

Tom	Jasleen

## 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
March 2	Chilly Half Marathon	Burlington, ON	Heather P, Yeggi, Michelle
March 16	Frigid 10k & Frosty 5k	Hamilton, ON	
March 16	St. Patricks Day Run	Toronto, ON	**Coupon Code**
March 30	Around the Bay	Hamilton, ON	Heather P, Yeggi, Patti, Surrender (15k), Michelle
April 5	Spring Run-Off	Toronto, ON	
April 13	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)



Facebook: [Brampton Benders Running Club](https://www.facebook.com/bramptonbendersrunningclub)