

BBRC Monthly Digest

Come Run With Us



VOL -

45

FEBRUARY
2025



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Established **2010**

Web 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

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

Run4Hope Updates and News...

Run4Hope road race around Professor's Lake mark's it's 20th anniversary in 2025.

The race was founded in 2005 by the Fletcher's Meadow Cross Training Club.

The peak attendance for the race was in 2016, which has 404 participants.

The Brampton Benders were asked to take over the race in 2020, at which time the Fletcher's meadow group transferred \$6,458 to the Brampton benders, which represented the balance of the races held over the years, the starting balance for the 2025 event is \$12,836, which provides funds to be used to pay for the various race expenses until registration and sponsorship money starts to come in.

Over the years that the Fletcher's Meadow Cross Training club ran the event, they used proceeds from the Run4Hope races for donations to the Sky's the limit charity which provided refurbished computers for students in need.



2024 race was a great success which enabled a donation of \$5,000 to the Knight's Table Brampton food bank. To-date we have **66** individuals registered, we need to have 250 + participants in order to have a successful event. If you have not yet registered for the event, please do so, even if you are volunteering for the event.

We will have our own race the week after for the volunteer.

Take a moment and promote the race to anyone you know who may wish to Run or Walk the event.

We are also looking to for Bender participation on the day of race and additional volunteers for race day, so if you know of anyone wishing to help, have them get in touch with us.

Running Shoes...

SHOES; The most important piece of equipment..

They need to support, cushion, and protect you. They let you know how your gait is doing..

Your wear-pattern will say a lot about your gait. The treads on the forefoot should wear down evenly in the middle. And the heel should not wear down faster than the forefoot. If one shoe is wearing differently than the other, there may be an imbalance. Please show/talk to your physio therapist, chiropractor or chiropodist.

Check your training schedule. If you think your shoes need replacing for a race event... Shop 1.5 to 2 months before, to run/walk with them prior to be sure...

Where ever you shop for running shoes, please know:

-'Running Shoes' are designed for the forward motion of running and/or walking.

-They need to absorb the pressure-- When walking; each step is 2-3 times your body weight. When running it's 3-4 times your body weight for each step..

-Shoes typically last 500k to 800k..... (keep a record)

-Shoes need 48 hours to recover.

-They have a shelf-life, the older models are great, but remember you won't get the same kilometers from an older model shoe.

Running shoes are come in 3 categories:

1. Neutral
2. Stability
3. Motion Control

Be sure you wear the right one. If orthotics are needed, use Neutral.

Size is important: when trying shoes on, make sure the heel is right back in the heel-pocket and stand up to check the fit.

- If training under 10k, need 1/2 thumbnail, over 10k, needs full thumbnail from the longest toe to the end of the shoe.

- It's important to tie the laces snug to protect your feet and ankles.

The size of your feet is always changing. .. at some point, you may need to go up 1/2 size, or go wider.

Top Reasons for an injury; are SHOE Related:

1. Wearing expired shoes.
2. Wrong shoe type for your gate.
 - knee pain (while running or after the run),
 - shin splints are common.

Also Remember:

- For Winter Running: There are trail shoes with 'GORETEX' upper, and deeper treads.

Tip: the material is a bit stiffer, common to go up half size.

- There are 'grips' available to add on to the bottom of your shoes for traction on snow and ice..

Note: grips are great on snow and ice, but when running/walking on a cleared area, it feels like you're on a gravel pathway.

If shoes get muddy, they can be washed by hand. Do Not put in dryer.

When shopping for shoes, plan to spend a minimum half hour to try various shoes; Do not rush it, your feet will thank you.



Current Race Discounts

Benders Out and About...



**Upcoming BBRC Meetings...
Monday, March 3rd—7:30pm**



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

Benders Gear

Want a Toques. Send \$25 to 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)...

Richard	

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)