



BBRC Monthly Digest

Come Run With Us

VOL -

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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

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...

A huge Thank You to our Sponsors!

We want to extend our heartfelt gratitude to all of our incredible sponsors. Their generous support makes our race possible, and we truly couldn't do it without them. Dr. HVAC has been a Gold sponsor since inception for the Run4Hope and they also sponsored the Don Doan Dash last year. Senior Comfort Care was a new sponsor for the Don Doan Dash last year and we welcomed them again for the Run4Hope this year. Sur-Taal once again brought samosas for everyone to enjoy and the Cooperators were also a Gold sponsor this year. Shout out to all and keep them in mind if you are in need of their services.

The weather cooperated this year, with no signs of rain whatsoever, nice and sunny.

The total runners and walkers reached an all time high of 320, which the 24 participants of the school challenge.

Worries? Yes, there were some; # of participants was very low for the longest time, we had 142 by late March, and with a number of items needing to be ordered well in advance, there were some concerns I can tell you... The number of T-shirts to be ordered were reduced (projecting a loss) and then registration picked up, so we were able to some additional number to the order...kept on going up and up. Medals, we thought we had enough, we had ordered 300 Medals (200 5K and 100 10k) for the event and then there we not enough, so we used the 2024 medals for the school challenge.

Thanks to all of the volunteers who helped in making the 2025 Run4Hope another successful race along with our sponsor's; without their kind donations it would be difficult to make ends meet.

The Unexpected Joys of Running...

By: Maria Ospina

I joined the running club last October, as part of my healthier lifestyle journey, and a love for the outdoors. What I didn't anticipate was the emotional rollercoaster that would come with it, filled with incredible athletes, mind-blowing endurance stories, and the kindest, most supportive group of people. But ultimately, running is a battle between you, the weather and your own questionable fashion choices.

The journey has been one of endurance-building, learning which foods fuel me versus which betray me, and, perhaps my toughest lesson, figuring out how to dress for the wildly unpredictable weather. The wrong jacket, the wrong socks, a headband that won't stay on, it all adds up to a very unique experience.

Despite multiple failed attempts at running in the past, I think I can finally say that I've found my safe haven. Even on days when I can't make it, I feel the pull to return. It's a real commitment, part strategy, part stubbornness, part coffee-fueled determination.

Post-training coffee chats are a ritual, often filled with talk of upcoming races, distances to conquer, and ways to shave precious seconds off personal bests. I listened to all these stories, convinced that racing wasn't for me. But when the Benders Run came along, I couldn't ignore its meaningful cause. Time to bite the bullet.

My plan? Run the 5K while my husband and six-year-old son took a leisurely stroll. My reality? Life with kids rarely goes as planned. My son grabbed my hand, and suddenly, we were running together.

To my utter disbelief, he ran three kilometers non-stop, a feat I hadn't prepared for mentally or physically. As we passed the markers, I couldn't believe our pace. By the 3K mark, I could see he had spent everything, his energy, his determination, maybe even his snack reserves, so we slowed to a walk.

Between breaths, I talked to him about training, dedication, and what it takes to show up for something you believe in. His only question? "Mom, are we almost there?"

That question carried us through. The music got louder. The volunteers cheered. The finish line loomed ahead. With renewed energy, we ran together one last time, crossing the line hand in hand.

I never expected this race to become one of my favorite memories. It wasn't about the time, the distance, or the statistics, it was about showing up, pushing through, and making something unforgettable with someone I love.



Around the Bay 2025...

It's time for the Benders to take on the oldest road race in North America....Around the Bay!!!

This year didn't make it easy on us, the weather forecast wasn't making things look too good. A huge area of Ontario was under freezing rain warnings, or had already been getting the freezing rain, and it seemed as though there was a pocket around the GTA that was safe from it, relatively safe that is.

We had a few members defer due to illness, and the event organizers gave racers until midnight the night before the race to defer if they so wished. So very kind of them, but I'm sure the headache for that would have been huge.

Luckily the freezing rain that did fall mostly stuck to the foliage and not the roads. Off we all went, with plans to meet where we parked, or the warming areas they had for us.

Carlo and Maria got started first at 8:30am running the 5k. Turns out it was the best race as the rain hadn't started yet at that point.

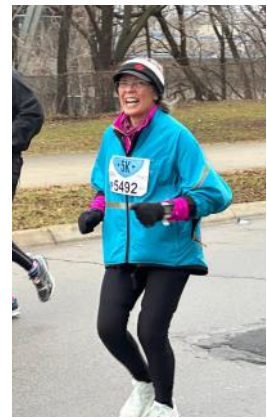
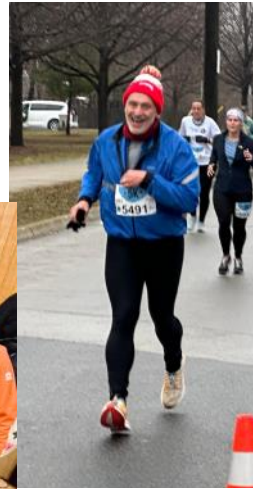
Then the rain began to fall....

Jackie O'Hara boarded the shuttle bus that took her to the starting line of the 10k race. The starting line was at the bottom of all the dreaded bayrace hills but Jackie pushed hard and climbed up all of them to cross the finish line. Way to go Jackie!!!

The 30k race began as the rain really started coming down. As we crossed the start line we found Carlo and Maria cheering everyone on. Emma, Alain, Yeggi, Jeet, Heather, Ariellia, Brian and Christine were all just starting the long loop for however many hours it might take them. The rain kept us all quite wet the entire race, but we were lucky to have avoided the freezing rain. Everyone had a really great run, we all finished, we all pushed, we all did everything we could. Some members hadn't run the race before and some were out there looking for a PB, a tough comparison to last year since the race course, and distance, was so different, but we had a few members set some really great personal bests!!!

A group of us then met at a local Mexican restaurant for some post-race, well deserved, nourishment.

Another race in the books, another race coming up. Always prepared, always ready for what's next!!!



Current Race Discounts

Mississauga Dragon Boat Festival...

The Mississauga Dragon Boat Festival is on June 8th, 2025. The Benders are registered to race. We are looking for paddlers, new or experienced, but if you don't want to paddle you can still come out to the practices or come out to cheer on the teams efforts. Practices will take place every Thursday at 7pm at the Mississauga Canoe Club. A fun time will be had by all!

The boat is filling up. Please register before April 28th. First team practice is on May 1st.

Please register here... <https://raceroster.com/registration/7dff16fb-0323-4c60-8104-df2070d92e81/entry?team=797425>

Our team code is BBRC2025Dragons, and the cost of the event is \$145 per paddlers to be paid by e-transfer.

ALS Walk...

The ALS Walk will be on Sunday, June 8th. Please think about joining Pam Barnwell's group the Doaners Groaners in memory of Don Doan.

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)...

Jessica	Khadija
Arvind	Savannah

Membership Renewal: <https://forms.gle/Jd66rK4ZSSAaUTveq>

Benders Gear

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

We'll save one for you.

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
April 27	Mississauga Marathon & Races	Mississauga, ON	Heather (10k), Matthew (Half), Emma, Yeggi (Full)
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, Yeggi
June 14	Under Armour 10k	Toronto, ON	
June 21	Niagara Ultra	Niagara, ON	
Sept 1	Summer Shores 5k/8k	Hamilton, ON	
Sept	Don Doan Dash	Brampton, ON	
Oct 5	Oakville Half Marathon	Oakville, ON	
Oct 19	Toronto TCS Marathon	Toronto, ON	
Oct 19	Detroit Free Press Marathon	Detroit, ON	Ariella, Jon, Heather, Alain, Nika
Nov 2	Hamilton Road2Hope	Hamilton, 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)