

BBRC Monthly Digest

Come Run With Us



VOL -

48

MAY
2025



inside

Club News	P. 2
Cheer Station	P. 2
Race Photos	P. 3
Out and About	P. 4
New Members	P. 4



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

Future Social Events...

Our fearless Social Director, Liz, is always working on ideas and events that the members of our club can participate in. Nothing has been finalized or officially organized at this point but there are some plans in the works.

2025 Annual General Meeting...

The Annual General Meeting will be taking place on Sunday, July 27th, 2025 at 1pm. Pam Barnwell has graciously offered to host the meeting again.

Run4Hope Knights Table Donation...

The Brampton Benders are happy to announce a donation of \$5,000 to the Knights Table.

Thank you to the sponsors of the Run4Hope, Doctor HVAC, Senior Comfort Care, Co-Operators, The Sur Taal Heritage Organization and Argo International for helping to make this possible.

A big thank you to all participants and members for their help.



Brampton Half Marathon Cheer Station...



The Benders supported our fellow runners and fellow run clubs this past Sunday. The Brampton Half Marathon was this past Sunday, May 25th. Members ran the cheer station and water station as runners passed by multiple times. Carlo also participated in the 5k race to get some extra steps in for the day ;)

Thank you to those who helped out and supported the race and cheer station.

Races run recently...

Mississauga Marathon, Half and 10k



Sporting Life 10k and Virtual 10k

Run for Women



Jack Ride (jack.org)



Brampton Half Marathon



Tails on Trails



Current Race Discounts

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)...

Gurpreet	Bhakti
Chhavikant	

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
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)