

BBRC Monthly Digest

Come Run With Us

VOL -

50

JULY
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inside

Race Stories	P. 2
Kilimanjaro	P. 3
AGM Exec Plan	P. 4
Out and About	P. 5
New Members	P. 5

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

I scream, you scream, we all scream for...donuts???

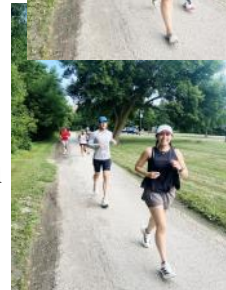
By: Ariellia Rodrigues

After learning about the Krispy Kreme Challenge a while ago, I thought it might be fun to do something similar, but less extreme. I ran the idea by a fellow bender and donut lover and she agreed it could be fun and thought there might be others that would be interested in participating. I put out some feelers during coffee after a Saturday long run, where someone said an ice cream run could also be fun, which spawned the idea for a potential treat run double header.

Before starting the planning, I decided to poll the people to get a better sense of what was wanted. An overwhelming majority of respondents said they preferred a donut run, but most of them said they'd do an ice cream run too.

On Friday evening we met at Dairy Queen for a hot and humid run up and down the Eto-bicoke Creek Trail, with Ken on bike. If I had to sum up this run in one word, it would be melting because it accurately described both us and our frozen treats. We had to eat quickly to finish before they turned to liquid!

On Saturday morning, we gathered in front of the Rose Theatre with options for 7:30 and 8am starts. The early group almost started on time but as usual, had to wait for David. And so began our journey to the first stop: Azores Bakery for sugar donuts. They were light, fluffy and just the right amount of sweet. An excellent alternative to gels for intra-run fueling. The next stop was Golden Grains Bakery where we indulged in pasteis de nata. The mini tarts were the perfect size for not feeling too heavy and allowed us to continue on our way with happy tummies. The second to last stop was Tim Hortons for some timbits before making our way back to Garden Square where all the runners came together for coffee and snacks. We enjoyed a range of sweet and savoury items from the market including more donuts, cinnamon rolls, savoury tarts and pupusas.



Running Through It...and Paying The Price...

By: Jeet Tulshi (with the help of ChatGPT)

On March 30, 2025, during the Around the Bay 30K in Hamilton, I was feeling strong—until around the 20K mark, when a sudden electric shock shot through my left foot. I knew something wasn't right, but with my goal time in sight, I pushed through the pain and crossed the finish line. Unfortunately, the price was steep: a strained Achilles tendon that has sidelined me from running for nearly four months.

Looking back, the signs were there. My Achilles often felt tight in the mornings but would loosen up mid-run. I chalked it up to getting older or being stiff—but I've learned that those little signals matter. This injury has been a wake-up call to listen more closely to my body. I've been doing physio, which has helped somewhat, but the soreness lingers. I've since learned Achilles injuries can take anywhere from a month to a full year to heal.

Despite missing the joy of running—especially those camaraderie-filled Benders runs—I've been innovating to stay fit. I've added swimming (30–45 minutes several times a week), HIIT workouts 3–4 times weekly, and a consistent stretching routine. Walking and golf have also been part of my low-impact recovery toolkit. As they say, "motion is lotion."

Staying optimistic, I've even signed up for the Spartan Race at Blue Mountain on October 19, 2025. The universe has been warned—I will be ready. Until then, whether walking or running, I look forward to seeing you all at the Don Doan Dash on September 7. Let's keep moving, together.



Training in the backyard doing HIIT sessions...

Climbing Mount Kilimanjaro...A personal Journey to Africa's Roof...

For as long as I can remember, I have dreamed of climbing Africa's tallest mountain, Mount Kilimanjaro. This year, I made that dream come true with a solo trek to the top, celebrating my birthday in a memorable way.

On June 21st, my birthday, I began a 7-day adventure along the Lemosho Route. This scenic yet challenging path gradually climbs through different landscapes before reaching the summit at Uhuru Peak (5,895 m). What followed was one of the most demanding and rewarding experiences of my life.

Day 1: Into the Rainforest

We started our journey at Kilimanjaro National Park Gates with a relatively easy 7 km hike through lush rainforest. The trail was filled with vibrant plants and monkeys swinging in the trees. After about 2 hours and 15 minutes, we reached MTI Mkubwa Camp (2,650 m), our first stop for the night.

Day 2: The Longest Day

This day was the toughest in terms of distance: 17 km to Shira II Camp (3,850 m). We left the rainforest and entered the moorland, trekking across rocky and boulder-filled paths. It was a challenging 9 hour and 45-minute day, but the camaraderie with fellow hikers from around the world kept our spirits high. The altitude began to make it harder, but we pushed through.

Day 3: Acclimatization Challenge

Although this day involved "only" 10 km, it was incredibly tough. We climbed to Lava Tower (4,600 m) to help our bodies adjust before descending to Barranco Camp (3,900 m). The descent was brutal. It was steep, rocky, and exhausting. After 8 hours and 45 minutes on the trail, we collapsed into camp. The altitude made each step feel like a mile.

Day 4: The Barranco Wall

We left camp around 9 a.m. and faced the Barranco Wall, a near-vertical 300-meter scramble that took over two hours to climb. There were no ropes; we had to rely on our guide and our own feet. As someone afraid of heights, this was terrifying but also empowering. After climbing the wall, we enjoyed panoramic views of the mountain before reaching Karanga Camp in just over five hours.

Day 5: A Quiet Before the Storm

This was a short and easy day just a 3-hour hike to Barafu Camp, the final stop before our summit attempt. After lunch, we had a briefing to rest as much as possible because the push to the summit would start at midnight. Surprisingly, I fell asleep quickly and even woke up before my guide.

Day 6: Summit Night

We set off at midnight. My guide gave me a simple instruction: "Don't ask how far or how long. Just keep going until the sun rises."

The first two hours were steady, but soon I hit a wall. It felt like all my energy had vanished. Around me, others collapsed, suffered from altitude sickness, or got too cold. Some had to be carried down the mountain. I was overdressed and had to peel off layers, but my guide made sure I stayed safe.

After 6 hours and 45 minutes, we reached Stella Point (5,756 m) just 300 meters short of the summit. I was completely drained. That last 300 meters to Uhuru Peak took an hour and felt like walking in a dream. But as soon as I saw the summit sign, I felt an incredible rush of energy. I can't really explain it; it went beyond physical. It was pure joy.

We didn't stay long. My guide warned us: "Get to the summit, take it in, and get down fast." The longer you linger, the harder it is to descend. We snapped a few photos, enjoyed the view, celebrated briefly with climbers we had met along the way and began the long descent.

Three hours later, we were back at camp. I was totally exhausted, but the sense of accomplishment overshadowed the fatigue.

Day 7: Back to Earth

After a deep 10-hour sleep at a lower camp, we made the final descent back to the bottom of the mountain. I was sore, tired, and changed both physically and emotionally.

Final Thoughts

Climbing Kilimanjaro was more than just a trek. It was a personal journey. It pushed my limits, broke me down, and built me back up stronger.

Summiting on my birthday made it even more meaningful, a reminder that dreams, no matter how far-fetched, can be achieved with the right mindset, preparation, and determination.

Would I do it again? Absolutely.

To anyone dreaming of standing on Africa's roof: you can do it. One step, one breath, one day at a time.



Annual General Meeting Executive Positions...

As we approach the BBRC biennial board elections, we invite all members to take an active role in shaping the future of the Brampton Benders Running Club. On **July 27th**, this year's AGM will be hosting a meeting to elect new board members, and we encourage everyone to consider contributing to the leadership of our club. Please RSVP by July 18th.

The following positions will be up for election:

- **President:** Leads the club, presides over board meeting, and provides overall leadership
- **Vice-President:** Supports the President and assumed responsibilities in their absence
- **Treasurer:** Manages club finances, keeps records, and ensures timely bill payments
- **Secretary:** Records and shares meeting minutes and keep members informed via newsletters
- **Membership Director:** Welcomes new members, maintains the membership list and actively works to attract potential new members to the club
- **IT Director:** Maintains and updates the website, social media platforms and club communications
- **Digital Marketing Director:** Assists the IT Director with marketing efforts for club activities and events, ensuring a strong online presence and outreach
- **Social Director:** Organizes club events, monthly tailgates and social activities
- **Communications Director:** Manages newsletters, announcements and club-wide communications

If you are passionate about running and want to help shape our club's direction, this is your chance to get involved! To express your interest in one of the board positions, please email the club executive at run_with_us@bramptonbenders.com, indicating the role you're interested in.

We look forward to seeing you all at the meeting and encourage members to step forward for these important roles.

Date: July 27th **Location:** 139 Fallingdale, Brampton... Please RSVP by July 24th

Time: 8:30 am for a quick run on the Don Doan Trail, meeting starts at 10 am followed by a BBQ lunch and a swim in the pool if desired. Hamburgers, hot dogs, veggie burgers will be supplied. Please bring a salad, dessert or anything you would like to share with the group.

Thank you for your continued support, and we look forward to building a stronger club together.

Best regards, President, Brampton Benders Running Club

Don Doan Dash...

Let's not forget about the upcoming Don Doan Dash! Taking place on September 7th. Don't forget to register to race, or volunteer the day of the race and run with the club on Wednesday the 10th. The promo code can be found on the next page...BBRC2025DDD

We are always looking for people interested in helping out, or taking on a larger roll in the organization or planning of our races. If you think you're interested in helping out please don't hesitate to contact any executive member to let them know.

Let's also look forward to seeing what this years race shirt and medal will look like....perhaps they will be teased to us over the next month or so...



As you know, our annual Don Doan Dash is coming up on Sunday September 7th and we're excited to make this year's event our best yet! We are currently looking for sponsors to help support the race. Whether it's a monetary donation or product giveaways, your support is greatly appreciated. If you or someone you know might be interested in sponsoring, please reach out. See attached detailed sponsor letter.

Thank you for your support.

[Sponsorship Letter Attached Here!](#)

Benders 4 the Cure...

Join the Benders for a 5k Run/Walk on October 5th...You'll find all the details here...

[Brampton: Benders 4 the Cure - CIBC Run for the Cure](#)

Current Race Discounts

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)...

Avneet	Bibi
Kiewan	Victoria

Membership Renewal: <https://forms.gle/Jd66rK4ZSSAaUTve9>

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
July 5	Summit 700	Blue Mountains, ON	
July 12	Five Peaks Albion Hills	Caledon, ON	
Aug 23	Toronto Women's 10k/5k	Toronto, ON	
Sept 1	Summer Shores 5k/8k	Hamilton, ON	
Sept 7	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),
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Strava: [Brampton Benders Running Club](https://www.strava.com/clubs/brampton-benders-running-club)



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