



BBRC Monthly Digest

Come Run With Us

VOL-

51

AUGUST
2025



inside

Race Story	P. 2
ALS ENews	P. 2
Upcoming Races	P. 3
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
Social Media Asst.	Jyoti

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

The race to get there in time...

By: Heather Situm

Getting to the Barrie Triathlon was a struggle as I had to drive 4 hrs back from a Kingston art show the night before, and a 1.5 hrs drive in the morning. However, luckily I arrived early enough to snag a free parking spot, avoiding a \$50 a day parking fee.

Race conditions were great with warm, calm water. The bike portion was 4 loops of the course. A friend suggested for future reference to transfer elastics from one handle bar to the other so as not to lose track of how many loops I had done - truly a senior issue!

The run was a very hot, 2 loop course with only 1 water/electrolyte station and not a lot of shade. I walked fairly often.

Pizza, apples and granola bars were available upon completion along with a medal.

Sportsstats had issues with the swim results and in fact my chip did not record the swim though it worked for the other 2 events. Luckily I had a rough idea of my time using my watch and they used that instead.

Technical issues aside, communication, organization and safety was very strong as per usual for Multisport Canada. I will do the Lakeside event with them in September.

I love triathlons but do recommend getting a physical before getting into them. Sadly a highly regarded surgeon passed away after experiencing distress during the swim portion despite receiving CPR right away.

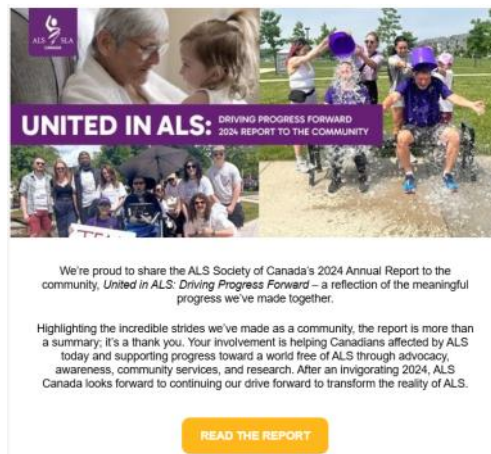
Next year I want to try the Toronto Island Multisport Canada Triathlon. They run solid events. My unofficial time (due to chip issue) was 1 hr 37 minutes for a 750 m swim, 20k bike ride and 5k run.

ALS Canada ENews...

Hello fellow Benders!!! As you know, our Don Doan Dash race is named after our friend and former Bender Don, may he rest in peace. He passed away from the horrible disease ALS; which is why we picked ALS as our race charity.

Please see the ALS newsletter below and click on the yellow tab "Read the Report", we have a picture and small article about the Don Doan Dash. They also put a link to our race in "upcoming events".

Proud to be a Bender — Michelle



Benders AGM...

The Benders held this year's Annual General Meeting at Pam's house. It was a great day. We enjoyed lots of delicious food, a refreshing swim, and plenty of great conversations. It was also a chance to look ahead and share ideas and plans for next year. A big thank you to Pam for hosting and to everyone who came out to make it such a fun productive gathering.



C3 Nuvo Iron Egg Nog Jog...

HUGE EXCITING NEWS

ON THE 2025 C3 NUVO IRON EGG NOG JOG

We just signed a massively exciting opportunity for the 2025 C3 Nuvo Iron Egg Nog Jog that will be truly mind blowing for all of our fans of this historic 40 year old holiday tradition. The purpose of this email is to let you know the date will be **Sunday Nov 30th, 2025 at 11am**. So please put that in your day timer and tell your friends.

We will have a **5k**, a 10k and a **kids 1 mile run (new in 2025)**.

We have just finished the design on the new hats and medals and we think they will be our best yet. Some of you have a hat from every single race.

With the amazing support of Nuvo Iron our long time event sponsor, we have been challenged to take the race to a new and higher level in all aspects. So it's been a busy summer with meetings, plans and waiting for confirmations. We could not be more excited about the 4-5 huge improvements we are adding.

* A brand new very fast location (still in Caledon within 15min of where you have raced at in the past) but with very **flat, fast, high quality pavement** to make your 5k or 10k run faster. We loved Albion Hills but when you see and hear this new venue your mind will be blown away. We have signed a long term agreement so this will be the permanent final home for the Nuvo Iron Egg Nog Jog. More info on this next week.

* 500 parking spots on pavement, just 50m away from the registration / party building. So no more parking in the trees and looking for your car after the race.

* Prize money for the race (new in 2025)

Camp Wanago — WanaDash...

Join us on Sunday, September 21 at 8:00am. Start at Pinecliff Park, in Streetsville, and run along the scenic Culham Trail along side the credit river. Enjoy a few pitchy hills, packed gravel and a great community atmosphere — it's also a chance to help local kids experience the joy of summer camp. All proceeds go directly to Camp Wanago, an affordable, community-focused camp that makes outdoor adventures and lifelong memories accessible to families in the community. Lace up, challenge yourself and join us - help send kids to camp!



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...

Run for the Cure...

Join the Benders for a 5k Run/Walk on October 5th...Our team "Benders 4 the Cure" is set up and ready for you to join. If we get enough members and money raised we will have our names on our shirts this year.

Check out the link below...

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



A Quick Executive Message...We want to wish a hearty welcome to Jyoti Pannu for joining the executive as our Social Media Assistant. We're looking forward to seeing what Jyoti and Holly can put together for all our social platforms.

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)...

Ashwin	KK	Patricia	Braj
Jamal	Ewa	Ambuj	

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
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
Oct 19	Art in Motion	Kleinburg, ON	Michelle, Carlo, Maria, Liz, Alain
Nov 2	Hamilton Road2Hope	Hamilton, ON	Heather
Nov 30	C3 EggNog Jog	Albion Hills, ON	Location to be revealed...??
March 1	Chilly Half Marathon	Burlington, ON	Michelle, Heather

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)