

BBRC Monthly Digest

Come Run With Us

VOL.

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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
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

Social Committee Plans...

HALLOWEEN RUN!! Let's get those Halloween costumes on and come and join our annual Halloween run on Tuesday October 28th - meet at 6pm at the Tim Horton's outside of Shopper's World (our usual Tuesday run location). It's a fun run where we check out the decorated houses; costumes are not mandatory - so please come out even if you aren't going to dress up!

HOLIDAY PARTY - LOOKING FOR VENUES: It's that time of year where we start planning our annual Bender Holiday Party!! We are open to suggestions so if anyone has any recommendations on a venue please give Michelle and/or Liz the info! We will start to visit locations soon to get a feel for fit and by late October/early November we will have things finalized. Please provide feedback ASAP!

More Than A Finish Line...

By: Yeggi Kalyanakrishnan

changed my plan the night before my Don Doan Dash 5K run. Instead of focusing on my own race, I thought it would be meaningful to pace and share the run with anyone from the Learn-to-Run group, or fellow runners who simply wanted company along the course. I shared a quick note in our group chat and a few runners replied with interest. The next morning, we met at the start and talked about goal times. Since I could only cross the finish line once, we set a common target of around 40-42 minutes. Just as we were lining up, another runner asked if I could help her aim for a specific finish time. It felt like a gentle challenge and an opportunity to stretch myself to see if I could support both groups in different ways.

Victoria set out aiming for a 38-40-minute finish. Having run when she was younger, this race marked her return after some time away. We broke it down into small milestones, keeping the focus on steady progress rather than numbers on the watch. Each km passed brought a little more belief, and it was moving to see determination replace the early nerves. What often feels routine in my own runs became inspiring when seen through her effort. She crossed the line in just over 33 minutes, earning a podium in her age group! More than the result, it was the joy of a comeback and being able to witness that moment up close felt special.

After the first finish, the day was only half done. I sprinted back toward the 4K mark to meet Ambuj, Katherine, and Khadija, who were each writing their own story that morning. For them, it was either a very first 5K road race or a return after time away. The effort was already in their legs; what remained was the heart and belief to carry through the last kilometre. We found a rhythm together, mixing short run-walk intervals, counting lamp posts, and reminding one another that the finish line was close. In those final steps, their determination was clear, pushing on despite the fatigue, and smiling as the finish line finally came into view.

The cheers of volunteers, friends, and fellow runners all along the way made the road feel lighter than it was. As we neared the finish chute, I stepped aside to watch each one claim that moment as their own. Seeing their faces light up as they crossed was unforgettable. The joy was real, the effort undeniable, and the milestone deeply personal.

It felt like being a moving spectator with the best view of runners going through emotions, self-belief, and joy watching how each small step turned into something bigger. Thank you, Victoria, Khadija, Ambuj, and Katherine, for allowing me to share a few steps of that journey with you in this wonderful thing we call Running.

To see that up close was a gift and a reminder that running is never just about time or distance, but about the courage to keep moving forward even when life throws lemons... or walnuts and apples onto the trail this time of year.

Don Doan Dash...

By: Carlo Tuzi

The Don Doan Dash, held on Sunday, September 7, 2025, at Professor's Lake, was a successful and heartwarming event, drawing a total of 361 participants for the 5K and 10K races. The weather was perfect for outdoor activity, with clear skies and mild temperatures, making it an ideal day for both runners and walkers. The race took place around the scenic Professor's Lake. Participants ranged from competitive runners to casual walkers, all united by the cause they were supporting—raising funds for ALS research. The inclusive nature of the event meant that everyone could contribute to the cause, whether they were running for time or walking for awareness.

Throughout the event, the sense of community was evident as volunteers, participants, and spectators cheered on the racers, creating an encouraging atmosphere for all involved. Water stations along the course kept everyone hydrated, and the finish line was filled with excitement as each participant crossed it, knowing they had not only pushed their limits but also contributed to a meaningful cause. The Don Doan Dash was more than just a race, it was a gathering that raised both awareness and funds for ALS, bringing the Brampton community together in support of those affected by the disease. With its combination of fitness, philanthropy, and camaraderie, the event was a powerful reminder of the impact of community action.

A huge thank you goes out to the Race Committee and all of the incredible volunteers whose hard work and commitment made the Don Doan Dash a resounding success.

Without their time, effort, and passion, the planning and execution of this event would not have been possible. Gina did an exceptional job with the race kit pickup, ensuring that all participants were organized and ready for the race. David, our energetic MC, kept the crowd excited and engaged throughout the day, while Tyrone, the DJ, provided the perfect soundtrack to keep spirits high. On race day registration, Ann worked tirelessly to ensure smooth and efficient sign-ups, and Michelle was an all-around helper, making sure every aspect of the event ran seamlessly. Alain and Jim were instrumental in placing the kilometer markers, helping runners keep track of their progress, while Maria and Jyoti made sure the parking lot was organized and efficient for everyone arriving.

A special shoutout goes to Carrie and Nika, who coordinated all the volunteers, ensuring that each position was filled and everyone had the support they needed. Ken and Kiran (aka Ravi 1) were our lead bikers for the 5K and 10K leading the way, along the course, while Carlo orchestrated the event, ensuring everything flowed smoothly from start to finish. And of course, Stevie's beautiful rendition of "O Canada" brought a sense of pride and unity to the race, as it kicked off the event with energy and enthusiasm. The combined effort of this incredible team made the Don Doan Dash not just a race, but a true community event that brought everyone together for an important cause. Thank you to each and every person who played a part—you made all the difference!

The Oasis Zoo Run: A Wild Uphill Tradition...

By Jackie O'Hara

The Oasis Zoo Run has become a yearly tradition for my daughter Evelyn and me. We've been lacing up for it since 2011, and every year brings its own challenges especially those hills! In the past two years, the organizers changed the route to end with a full kilometer uphill. Ouch.

This year, I thought I was ready. I trained hard with lots of hill repeats (thanks to the encouragement of my fellow Benders!) and did early morning speed drills with my dog, Maguna. By race morning, I felt strong and prepared.

The race started at 10:45 a.m. under cool, overcast skies, perfect running weather. The first two kilometers were mostly downhill and passed behind the main animal enclosures. Along the way, I saw camels and the adorable Highland cows, Blue and Jay, curiously watching the runners go by. Even the white wolves were sprinting in their enclosure like they wanted to join the race!

Kilometer 3 led us onto a winding boardwalk through the heart of the zoo, and then came the hills some downhill, but mostly up. The final push to the finish line was at the top of a monster hill. My legs were done, but I kept pushing.

Crossing the finish line, I was exhausted but thrilled. Evelyn was waiting there and told me the exciting news, I placed 1st in my age group with a time of 29:11! Apparently, the race announcers even called it out, but I was too tired to hear anything.

Post-race, there were plenty of snacks and samples although, sadly, no bananas! My big takeaway? I need to double down on hill training for next year. Fellow Benders, I'm going to need your help!



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)...

Suweatha	Maleeka	Suresh	Ayushri
Michael S	Kishore	Richmond	Kristen
David			

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
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, Nika
Oct 19	Art in Motion	Kleinburg, ON	Michelle, Carlo, Maria, Liz, Alain, Patricia, Tanisha
Nov 2	Hamilton Road2Hope	Hamilton, ON	Heather
Nov 30	C3 EggNog Jog	Albion Hills, ON	Heather, Michelle
March 1	Chilly Half Marathon	Burlington, ON	Michelle, Heather
April 12	Around the Bay 30k	Hamilton, ON	Michelle, Patti, Heather
April 26	Mississauga Marathon	Mississauga, 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)