

June 2021



RUN *de*zvous

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DEAR RUNNERS

Greetings!

I hope you have all been safe and healthy during the pandemic. It has tested us in many ways and has overwhelmed the health care system. I only wish the worst is behind us and we get back on track soon.

Hyderabad Runners turn 15 later this year. What started off as a small informal group of passionate runners almost 15 years ago, has now emerged as the largest running group in India. Each of you has had a part to play in reaching this milestone and deserves a pat on the back.

I take this opportunity to apprise you of the developments at Hyderabad Runners. The year 2020 saw most running events being cancelled, including our beloved Airtel Hyderabad Marathon. For a good part of the year, outdoor running wasn't possible. In such times, HR started "Train and Shine", a new initiative of Virtual training. This ensured that the runners' appetite for training was satiated safely within their homes. HR also introduced the "Beyond the Track" series of webinars, where acclaimed personalities of the running world shared their experiences and ideas with us virtually. We have had 50 + such webinars, with more in the pipeline.

The Club Run 2021, which was held at Gaudium Sportopia school on 28th February 2021, saw us successfully conducting the run in a hybrid manner – we had about 500 - 600 runners present at the venue, while 200+ others joined the race virtually. The race followed all the safety norms – temperature checks, social distancing, use of masks, etc and may well become the model to emulate for races in the near future.

Now for the question that most of you may have on your mind.... Would we be conducting the Airtel Hyderabad Marathon this year? We do have the intent, but runner safety would be our foremost priority. We are closely monitoring the pandemic situation and may take a call on this in a month or two. Meanwhile, we shall continue to engage you with some new initiatives like the Nostalgia 365 and our second edition of "Train and Shine", which started on 24th of May.

I thank the team behind "Rundezvous" (our newsletter) for restarting it and wish them all the best. In these days of social distancing, this is probably the best way to stay connected.



Yours sincerely

Abhijeet Madnurkar

EDITOR'S MESSAGE



These are hard times for Runners and for the nation and humanity in general. Covid has turned the world upside down. When socializing is taboo, communication becomes more important. Thus, with the intention of renewing the communication within Hyderabad's dynamic running community, we have restarted Runderzvous, Hyderabad Runners' own Newsletter. The aim is to keep the shared interest and knowledge alive and flourishing. As Hyderabad Runners enters the 15th year of Foundation, there is a wealth of experience and expertise that can be shared.

What better than with Runderzvous?

In its new Avatar, Runderzvous will be published monthly. Its Mantra: "The Voice of Hyderabad Runners, by Hyderabad Runners, for Hyderabad Runners". It will bring news and views from and for the Hyderabad Running Community. It will feature news on the events and activities of HR, highlight the achievements of Hyderabad Runners and will cover matters of interest for Runners in general. It will

include regular features with advice for runners from experts in specialities such as Yoga, Physio & Nutrition along with reviews, blogs and essays.

The first edition starts with a report on the only event we have had for more than a year, the Club Run 2021. It was a landmark event in more ways than one, with all the Covid precautions and with a new locale. We also bring you profiles of the new Office Bearers for the HR society. It features a witty blog on Runners' relationship with injuries. We hope you will find these articles and features informative and entertaining.

Good communication is a two-way street. We welcome contributions from Hyderabad Runners, be they Reviews, Blogs, Essays or Photos. If you are bitten by the writing bug and have written anything to do with running, do share them with us. Feedback is welcome.

We look forward to your contribution in making Runderzvous a success. Keep safe, keep fit and let's beat this mean virus together.

Editorial Team

Chaitanya Burugupalli. Jyoti Khera. Ravi Setlem. Revathi Turaga. Sagarika Melkote. Sam Sudhakar. Sujai Antony. Sunder Nagesh

Feedback and Contributions welcome.
email: newsletter@hyderabadrunners.com



CLUB RUN 2021 EKSAALBAAD

#BackOnTheRoad

A Report
by **Chaitanya Burgupalli**

We have all grown up listening to our elders telling us how things were in “those” days. “hamare zamane mein” 5K chalke school jate the. Lunch karne school se ghar tak 10K up and down karte the.

When I ran the 10K at the Club Run 2020 on the 23rd of Feb 2020, the only things on my mind were breakfast, driving home and preparing better for TCS 10K (Bengaluru), a few months later. I am sure the 2500 other runners at the Club Run had similar thoughts. Within just a month, all those plans went out the door to give me the opportunity to experience the quote “Life is what happens to you while you’re busy making other plans”. On 24th March 2020, the country went into a 21 day lockdown to fight COVID. It took just a few months after that for me to start telling my own “those days” stories. I am sure a lot of other runners too have become adept at these stories.

The daily runs were gone, the post run Chai and chit-chats were gone, the selfies and masala dosas too. Everything that we took for normal was gone. From a life of running in the wind, life transformed into days of looking at the sky and hoping to get out. A lucky few among us could get out and do our daily run, but a lot of us were just confined to our homes trying every fitness activity possible within the confines. I even started doing yoga, the form that I had given up because I was not flexible enough !!

When the lockdown lifted and things started looking up a little bit, we signed up for any and every virtual run we could. Running with the phone as your only company is not fun. No drinks handed to you, no one clapping and cheering, no one to race against, no friends egging you along ... it was still not “those” days. The announcement for the Club Run 2021 in January, scheduled for 28th Feb 2021, promised a return to “those” days. Finally an opportunity to feel the excitement with friends and enjoy the SAG support. But, this event was not to be a throwback to “those” exact days of freedom. The COVID situation still demanded appropriate behaviour. The Club Run too had to transform and be different in 2021 to make safety the priority.

The format of the run, the number of runners, the location of the run, the expo, the breakfast, the SAG support ... everything had to be different. Every aspect of the run had to be modified to ensure that the runner’s safety was taken care of. To get all this running smoothly and safely, we had Arun Kaliappan take over the reins as the Race Director this year.



Venue: The home of the Club Run has been the University of Hyderabad campus. While the campus provided us with a beautiful traffic free environment to race in, it also has many students and faculty who live there. For the safety of these students the university had created a safe bubble to continue their pursuits in. This meant that organizing a run within the campus would have potentially caused some breaches within this safety bubble the university had so carefully created. Thus, the run had to be organized somewhere else.

While Hyderabad has a lot of places that could host the Club Run, the generous management of Gaudium School offered to host the run within

their fully integrated residential sports facility, Gaudium Sportopia. The race organizing team was not sure what to expect from Sportopia, but one visit to this world class setup removed any doubts that might have been there. For any of you who have not visited the place, we would recommend that you set up an appointment and visit the place. The location is easy to access via the ring road from any part of the city.

Format: The Club Run has the 10K and Half Marathon as the standard races, while the newly graduated runners finish their 5K along with their mentors. With a mandate of a 575 runner limit, this had to be changed. The race was organized as a hybrid race with 575 runners racing at the Half Marathon at Sportopia and the remaining runners joining virtually from a location of their choice running a Half Marathon, a 10K or a 5K.

The runners who joined in, were provided the ability to link their Strava accounts to upload their race details automatically. Runners without a Strava account could do the same manually. Once the format was finalized, it was time to make sure every runner who ran the physical attendance event could do so without any worries.

Safety: The safety of the runners was given the utmost priority during this year's Club Run. In some cases runner convenience had to be compromised for runner safety.

- Temperature check at the expo and before the race
- Restriction on entry for non-participants
- Packaged breakfast for a quick and safe distribution
- Reduced volunteer count at SAG stations
- Physical distancing at all times
- Physical attendance event restricted to runners aged under 55

The covid safety protocols of each aspect of the event were reviewed and enforced by the medical team of Dr G. Swarna Latha, Dr Shilpa Reddy and Dr M.V.T Krishna Mohan.



The Race: A new venue means a new course to race in and Sportopia offers a beautiful race track to start and finish the race. The soccer field provided a spacious setting for the warmup. Those catching up after a year of isolation had enough space to maintain dogaz ki doori. Sagarika and Mydhily welcomed the runners while constantly reminding the runners to adhere to the safety protocols. The pre-race jolt of excitement was provided by Rafiq Shaiq from Vitamin F3.

When it was time to start, runners walked onto the track and stood on marker plates, placed to help maintain physical distance. The race was flagged off at 06:15 AM by Mr Janardhan Reddy (Agriculture Secretary, Telangana). Over the next 15 minutes runners crossed the start line at 10 second intervals to avoid crowding at the start and along the route. The runners exited Sportopia onto the service road towards Muthangi and passed through Pati village on the return before a quick finish on the track.

For runners who needed medical support during or after the race, medical ambulances were ready along the route, while the Physio, Dr. Shruti Desai was stationed at the finish area.

Medal distribution also had to be different this year to reduce contact between the volunteers and the runners. The beautiful finisher's medal was designed by Ashish Bhojania. Runners who completed the run virtually had the medals couriered to them or hand delivered through their mentors.

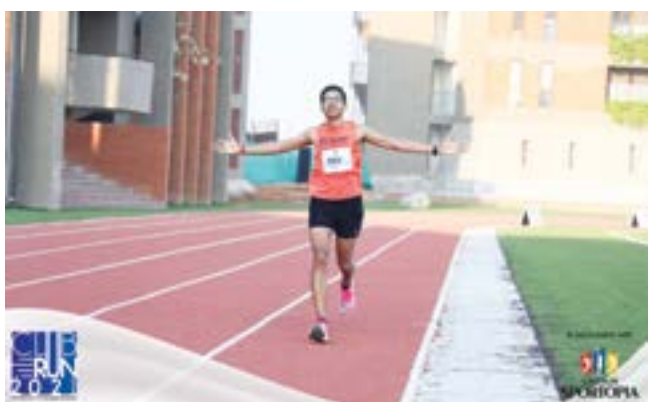
At Hyderabad Runners, every event is driven and powered by volunteers; the Club Run 2021 was no different. 70 volunteers, primarily from the Lanco Runners group, supported the participants while following the safety protocols at all times.

The event saw close to a 1000 runners participating across the physical attendance event and virtual event. For the runners it provided a sense of normalcy and satisfied the craving to be back on the road after a year. Where there is a race, there are winners. Presenting the winners below.



TOP 3 : HALF MARATHON WOMEN

| BIB | NAME | CHIP TIME |
|-------|-----------------|-----------|
| 21702 | V Navya | 01:34:54 |
| 21141 | Sunima Dila | 01:44:20 |
| 21039 | Vishwa Sanghavi | 01:46:54 |



TOP 3 : HALF MARATHON MEN

| BIB | NAME | CHIP TIME |
|-------|-------------------|-----------|
| 21012 | Avik Pal | 01:14:57 |
| 21054 | Surendra Paravada | 01:20:25 |
| 21041 | Jagan Reddy | 01:21:39 |

Hyderabad Runners prides itself in organizing runs that are meticulously planned with all the focus on runners. In spite of all the planning, an unfortunate situation caused 2 of the runners to miss a timing mat during the run. The pace at which they had finished the race, it was likely that they might have finished on the podium. While the organizing team will have the learnings from the event, it was important to acknowledge this particular issue. Later, a couple of seniors from the Hyderabad Runners visited these two runners to hand-deliver a memento recognising their effort.



PS: The Club Run 2021 was a success as a Run. However it is important to emphasize to all the runners to continue maintaining all Covid Protocols and keeping safe. See you at the Club Run 2022!

Planning was focussed on Safety and Experience: (Race Director: Arun Kumar Kaliappan)

"The main apprehension was around the unknowns in the new venue. We had to constantly think about the challenges or blockades that might arise on the new route. There was also some concern about the number of volunteers and whether they were too many or too few to manage the event. Balancing safety and convenience was a big challenge. Our main wish was that runners have a good experience during the run, after the year-long event break. I believe we have achieved that to a large extent."

CHANGE OF GUARD

“The old order changeth, yielding place to the new...”

– From “The Passing of Arthur”
by Lord Alfred Tennyson.

A new team of Office Bearers of Hyderabad Runners Society for the term 2021-23 was inaugurated in February, 2021.

New Office Bearers' Team

President – **Abhijeet Digambarrao Madnurkar**



Abhijeet, “Don” or “Dada”, is an entrepreneur dealing in Industrial Automation products. A runner since 2009, he has participated in many events across India, with a memorable Full Marathon debut at the TATA Mumbai Marathon-2020. Abhijeet was Vice President for the term 2017 to 2019. He was Race Director for the 2017-19 editions of the Airtel Hyderabad Marathon.

Abhijeet’s goal as President is to see HR’s mission statement of “running as the most preferred form of fitness activity” percolate to all levels. He is keen to expand HR’s structured training programs and to introduce systematic running in Government schools. Abhijeet, 50, hails from Nanded, and is married to Chayarani, a budding runner. They have a son and a daughter.

Secretary – **Arun Kumar Kaliappan**



Arun Kumar Kaliappan, 45, is employed in Oracle. Having started running in 2012, he is an accomplished Marathoner & Ultra Marathoner. He was a mentor for HR’s CouchTo5K program. He was instrumental in improving HR’s Website and the race registration platform. Arun was Race Director for Club Run 2021 and is the Assistant Race Director for the Airtel Hyderabad Marathon.

As a first time Office Bearer, Arun aims to “lead from the front, taking everyone along”.

Arun, 45, hails from Kadayannallur in Tamil Nadu and has been a Hyderabadi for the last 15 years. Married to Gomathy Priya, a software engineer, they have one son.

Treasurer – **Venugopal Raju Penmetcha**



Venugopal Raju Penmetcha, 61, is a Chartered Accountant. He begins his second stint as Treasurer. Having begun running only at the age of 45 he is a veteran of twenty Half, eighteen Full and seven Ultra Marathons. He is also an accomplished cyclist.

As Treasurer, he aims to provide proper planning and utilization of HR finances and to maintain statutory compliance.

A true blue Hyderabadi, Venugaru is married to Sreedevi. They have a son and a daughter.



Vice President – **Rajesh Vetcha**

Rajesh, 50, the Founder of Hyderabad Runners needs no introduction. An avid running evangelist, he has promoted recreational running in several Indian cities. He is credited with the inception and formation of the Hyderabad Runners Society. He was President for three terms. Rajesh and Vasavi have a daughter and a son.



Joint Secretary – **Kiranmai Kondaveeti**

Kiranmai, 50, is a teacher at Bhavan's for the past 15 years. Having begun running in 2012, she is now an accomplished Marathoner with multiple podium-finishes. She was awarded best Runner 2016 by HR. She was Race Director for the first Women-Only Night Run organised by HR for Women's Day.

As a first-timer and the only woman in the OB, Kiranmay brings a fresh perspective to HR. She aims to increase women's participation in running. She also intends to restructure HR's documentation and record-keeping.

Her husband, Srinivas, is a real estate developer and they have two grown-up daughters.



Joint Treasurer – **Raghu Peethambran**

Raghu, 45, is employed in Oracle. Having started running from his thirties, he has completed several Full & Ultra Marathons. He has played various key roles during many AHM and Club Runs. He has trained and mentored several aspiring runners.

As a first time Office Bearer, Raghu sees his role as a formalisation of his volunteering efforts. He envisions "taking the HR fitness training ecosystem to the next level". He would also implement best-practice systems and processes in HR.

Raghu, raised in Air Force Stations across India, has lived in Hyderabad since 2005. He is married to Nimmy, an accomplished baker. They have two teenage daughters.



Executive Member – **Ravi Kumar Setlem**

Ravi, 46, is an activist for many public causes. He started running in 2008, and is a sub-two hour Half Marathoner. He has been a tireless volunteer for many HR events. He has mentored many aspiring runners. He has promoted running in schools for underprivileged children.

A first-timer in the OB, Ravi aims to intensify HR's outreach to children in government schools.

Ravi, born in Indore, has lived in Hyderabad since 1986.

CURRENT HR ACTIVITIES

Train & Shine -

- Online Sessions starting 24th May. Outdoor sessions when situation permits.
- Program Length: 6 or 12 Months.
- Includes: 2 Yoga and 2 Strength Sessions per week. 1 Exclusive Session with a Nutritionist. Hyderabad Runners T-Shirt
- Register on www.hyderabadrunners.com. Program coordinator: Mr. Shiv Kosgi

Current HR activities: Beyond the Track webinars: More than 52 webinars have been conducted in the past year featuring various experts and speakers. The 53rd webinar is scheduled on 12th June, 7.30PM IST - Topic: Eat | Energize | Run from Lifestyles to supplements by Mr.Vijayaraghavan Venupogal, CEO Fast&Up and Mr.Amit Mehta, CEO Unived. Catch us at Hyderabad Runners' Facebook page

Nostalgia 365

Celebrating HR entering 15th year since foundation. One Runner shall be featured per day for 365 days on the HR website. Starts soon

Volunteers required.

HR is looking for volunteers who can contribute a minimum 3 to 4 hours a week.

Please send your entries to:

operations@hyderabadrunners.com

A. Content Writers

Someone who specializes in providing relevant content for a specific target audience

B. Web Designers

Someone who plans and creates web pages that combine text with sounds, pictures, graphics and video clips.

C. Database Management

Someone who organizes and upgrades data, helping users share the data quickly and effectively across the organization.

D. Creative Designer

Someone who uses design skills to promote products and services.

E. Data Analyst

Someone who inspects, cleanses, transforms, and models data with the goal of discovering useful information and supporting decision-making

OUTRUN-COVID

HR Helps Fight COVID.

As part of the "Outrun Covid" campaign - Hyderabad Runners decided to do its bit by procuring medical equipment and donating to hospitals helping the needy



Hyderabad Runners donated vital equipment: Tri-function Monitors, SP 04 Syringe Pumps and Oxygen Cylinders Regulators worth Rs. 3 Lakhs to Government Hospitals: Fever Hospital and NIMS. During the first wave in 2020, HR donated Rs. 5 Lakhs to Telangana State Police. Donation drive still on. Interested Donors

contact: support@hyderabadrunners.com.

WA/Call: +91 97010 55611

HRUNIMATIONS



By Ravi Setlem

Snooze or dismiss?

The alarm stares at you expectantly every morning begging you to swipe this way or that. Muttering profanities – you snooze and bury your face in the pillow. Five minutes are over in five seconds and you are faced with the harsh reality of yet another morning. You reluctantly get up, your foot touches the ground and YOOOOWL. It is your “friend” and sole-mate Plantar, reminding you that it is still with you. Plantar, short for Plantar Fasciitis. The relationship has been long enough that you are now on a first-name basis.

This sole-mate, unlike some soul-mates, seems to go on forever. You curse your loyal friend and hobble to the loo hoping things would get better as the morning unfolds. A ghost stares at you from the mirror. You declutter and slip into dry-fit gear and shoes and you are up for a run.

Mostly, running hurts the soles of my feet. Add to it, there’s the occasional knee pain. While at it, a glute or two needs cajoling. Then there’s the elevated heart rate. That’s me for the first couple of km. Soon though, the heart rate settles to something manageable and the limbs get a rhythm as they hit the bitumen repeatedly. The body moves like one unit and not as spare-part by spare-part. There is a new found symphony in this harmony with nature. At this juncture, I earn my mood lifter by sheer sweat and grime. It’s a fleeting moment but enough to motivate me to don my shoes the next morning.

Ever since I took to running, I have had my share of injuries. Shin splints and Plantar have been the more memorable ones but Bursitis of the hip and heel aren’t too far behind. While these pains are my current BFFs, my first buddy is the dear old IT band syndrome. Just as Plantar Fasciitis has nothing to do with plants, the IT band has nothing to do with Information Technology or Income Tax. The Iliotibial Band Syndrome is the buddy who joins me midway through my run but stays until the very end.

Natural athletes are blessed with muscle memory but for the rest of us muscle memories are about how we injured those muscles. We recall how we pulled this hamstring or twisted that ankle. Those visuals are etched in our memories like they happened just yesterday. Be it in the trails of Auroville that gnaw at the calves or up the back-breaking incline of the Peddar Road during TMM, a “friend” is surely waiting for you around the corner.

These “friends” are so dear to you that you often buy toys for them. You visit Decathlon and pick up a ball, a stick and a foam roller – all to help your buddies have a swinging time. You also pick a treat from the freezer just for them to chill. Once you have spent some quality time with them it’s time for RICE. Not that rice, you sillies! It is short for Rest, Ice, Compression, and Elevation. You do it while watching Netflix. Of course, you doze off but not before you set the alarm for 5.55 AM

YOGA FOR RUNNERS

Pratibha Agarwal

Passive Yoga Stretches For Post-run Recovery

Running is an endurance sport. A runner hits the ground nearly 1,000 times in a mile, pounding the muscles, joints, tendons and ligaments with each step. In the process some muscles and joints get over-used making them prone to injuries. Post-run yoga asanas help reduce pain, stretch those tight muscles, and help in post-run recovery. They help strengthen, lengthen and open up areas which get shortened during running. As a result the different parts of the body regain balance and start working again in unison.

We have a series of 9 Asanas for post-run recovery. Remember these stretches can be done at any time, but are particularly useful after running. They need a slow and passive approach incorporating a lot of deep breaths and mindfulness. Aim to hold these postures for at least 3 minutes. You will reach there with practise and patience. Where required, use necessary props.



MALASAN

This is a beautiful pose which stretches your Achilles tendon at the bottom of your calf muscle. It helps tone the core and gluteus medius, an important hip stabilizer used during running. It also helps align and lengthen the spine.

- i. Stand with your feet apart by at least hip-width, feet facing forward or slightly turned out.
- ii. Lower yourself into a full squat back and down as you imagine you are going to sit on an imaginary chair.
- iii. Aim to rest your thighs against the calves, while keeping the spine nice and straight. Avoid collapsing forwards (think heavy tailbone). If the heels come off the floor, simply rest them on some folded blankets.
- iv. Bring the elbows in between the inner thighs and use them to bring yourself deeper into the pose.
- v. Take care not to collapse the knees inwards by pressing through the outer ankles to help wake up the side glute muscles.
- vi. Hold for 1-3mins



Pratibha Agarwal

About: Founder, Director and Instructor at Anahata Yoga Zone, Pratibha Agarwal has over 11 years of experience in teaching and propagating the science of Yoga to individuals, corporates and celebrities. Her teaching philosophy is that yoga can benefit all body types. In her classes, along with Asanas, she focuses on breathing techniques.

RUNNING: THE PHYSIO WAY

Dr. Shruthi Desai

The 'Knotty' IT Band

"Remember those hill-run and stairs training sessions?? During these excruciating sessions, have you ever felt a stinging pain along the outside muscle of the thigh, from the hip down to the knee???"

If yes, then you probably have experienced the first symptoms of Iliotibial Band Syndrome (ITBS). ITBS is the second most common overuse knee injury when the connective tissue extending from the pelvic bone to the shin bone (tibia) rubs against the thigh bone (femur). It shows up in a runner either as a stabbing sensation or as a swelling just above/below the knee joint. It may start as an intermittent pain, but may become a chronic injury over time.

Causes

ITB syndrome accounts for between 8%-10% of all running injuries, and doesn't discriminate between recreational and elite runners. It predominantly occurs as a training error or as a running mechanics issue due to a mobility or a motor control problem anywhere between the foot and the thoracic spine. The most common reasons include limited hip mobility, weak core control, poor strength and/or flexibility of any of the leg muscles: the quadriceps, hamstrings, calf and shin muscles. It could also be caused due to limited ankle movement.

Physiology is a major cause of ITBS. The gluteus maximus (Gmax), along with the tensor fascia lata (TFL), blend into the iliotibial band (ITB) the main purpose of which during running is to stabilize the hip and knee joints during foot strike. When either the Gmax or TFL fail to engage fully, the other compensates for it leading to movement dysfunction and overburden of the ITB

Prevention and Treatment

Many runners with this pain think that post-run stretching and foam rolling for myofascial release will solve the problem. These definitely help in reducing general muscle fatigue and soreness. However, with injuries like ITBS, foam rolling used without proper assessment may lead to further biomechanical complications and increased pain and discomfort. To prevent or recover from the ITBS, one needs to release the exact spot on the ITB that is overactive, perform appropriate mobility drills and/or exercises specific to the runner and follow it up by activating the Gmax or TFL.

**Remember, if your pain/discomfort is too high, do not experiment and get help by walking in to your physical therapist, with or without a doctor's note.*



Dr. Shruthi Desai,

PT, B.P.T., FSR, COMT

Chief Physiotherapist & Founder,
Panacea Physiotherapy-Fitness centre

About: Dr. Shruthi is certified in Physiotherapy, Yoga and Pilates with over 11 years of experience. A runner herself, she brings a unique perspective to the management of running related injuries.

Send your physio related queries to newsletter@hyderabadrunners.com

RUNNERS' NUTRITION

Dr. Lahari Surapaneni

Not Losing Weight Despite Running Regularly?

One of the many reasons people start running is to shed extra weight. Running certainly burns calories and has a myriad of other health benefits. But those who have taken up running to lose weight are often disappointed when the needle of the weighing machine doesn't move as much or as quickly as they desire. Following are some of the reasons why the needle doesn't seem to budge.

Checking Your Weight too soon

Your weight is a function of various factors: the time of the day, the amount of hydration, the intensity of training, the previous day's meal, body composition, menstrual cycle in the case of women and so on. Thus in the short-term, say within two weeks of commencing running, you don't get a true assessment of changes in your weight.

Water Retention

In the initial stages of running, your body senses increased muscle activity and starts storing more glycogen to support the anticipated activity. This muscle glycogen holds on to extra water resulting in net weight gain. Thus, unless there is significant fat loss, it will not reflect on the scale.

Change in Body Composition

Sometimes, you may become leaner after running regularly but your weight remains the same. This could be because of the gradual gain of muscle due to regular physical activity. More muscle means increased ability to burn fat, which is a good thing!

Incorrect Estimates

Studies show that people often overestimate their physical activity and underestimate their calorie intake. Such incorrect estimates lead to increased calorie intake, nullifying the benefits of calories burnt while running.

Quick Fixes

Some people opt for fad diets in the hope of finding a quick fix for their weight problem. In that process they start eating extremely restricted calories which leads to initial weight loss. This leads to reduced energy levels, thus impacting their running performance. These fad diets are unsustainable and people invariably quit soon and indulge in binge eating. This cycle often results in weight gain, instead of weight loss.

Just as each person's running journey is different, each person's weight-loss journey is also different. Thus comparison with others is unhealthy and could result in dejection and lowered morale. Setting the right weight loss goals and approaching the journey with the right attitude is vital not only for successful weight-loss, but also for proper weight management in the long run. Rather than obsessing over the number on the weighing-scale, it pays to measure progress on improved health parameters, running milestones reached, increased energy levels and other such positive parameters.



Dr. Lahari Surapaneni

About: Lahari Surapaneni is a nutritionist and a wellness consultant. She is committed to dispelling food related myths and translating evidence based nutritional science into practical and personalized dietary advice for people of all age groups. Apart from being a certified diabetes educator and fitness trainer, she is also a runner who likes to practice what she preaches.

Send your Nutrition queries to newsletter@hyderbadrunners.com

RUN-TITUDE

Revathi Turaga

Thrive through with mental toughness

The body says loudly, "Stop!" and the mind, in a tiny voice, goes, "Move!" – a conundrum runners often face during endurance events. Mental toughness is about amplifying this tiny voice to build resilience and confidence to succeed, to keep moving forward. This applies to running events and to all aspects of life as well. An important part of mental toughness is "optimism", which is the belief that what you are doing matters and that it will deliver desired results.

How do we imbibe optimism into our daily training regime?

- Think long-term. Connect your daily actions to your big goal
- Merge those small activities into something larger with bigger meaning
- For example, take a week's training plan to see how this will help in increasing your

- pace in the Sunday long run
- Realize how this eventually adds up in achieving your marathon goals.

Keep at it consistently and it will lead to improvement each week, reinforcing your determination to train the coming week



Revathi Turaga Happiness Facilitator

Revathi Turaga is a certified leadership & team coach and inspirational speaker with 23+ years of experience across India, Middle East, and the USA. She is Founder-Director at LearnSprint. She has authored several articles and two books: "You have the Power" and "Unlock – tinker your thoughts"



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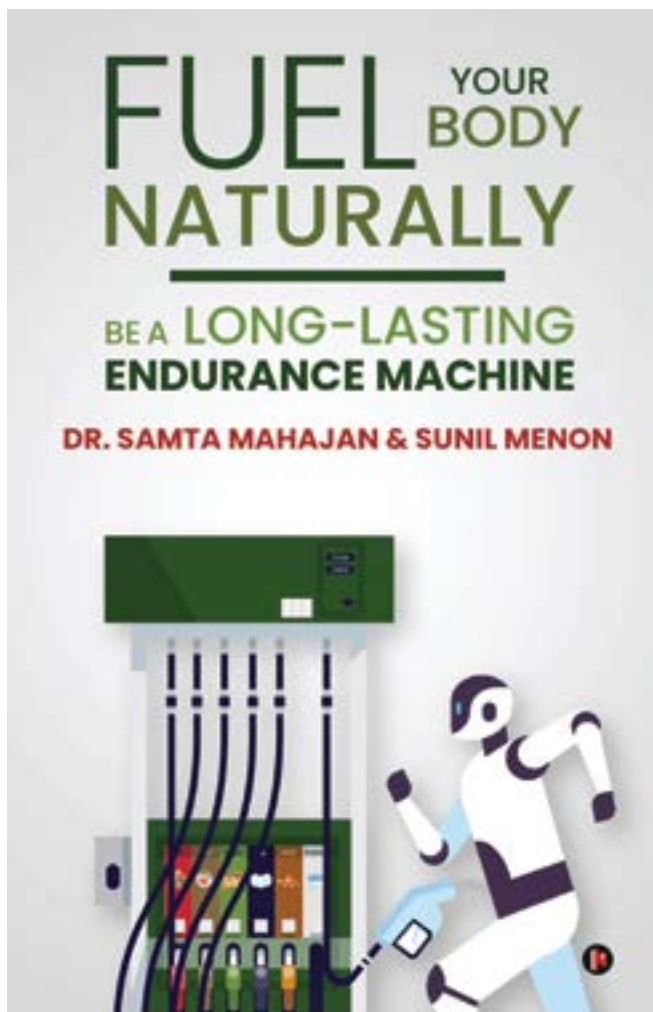
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- ★ Promotes freedom with responsibility
- ★ Loving & anxiety-free environment for children
- ★ Low student-teacher ratio

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REVIEW



By Sujai Antony

Sunil Menon - triathlete , ultrarunner and someone who does monthly marathons as part of his SLRs. When I learnt about his new book, I ordered a copy out of sheer respect and admiration.

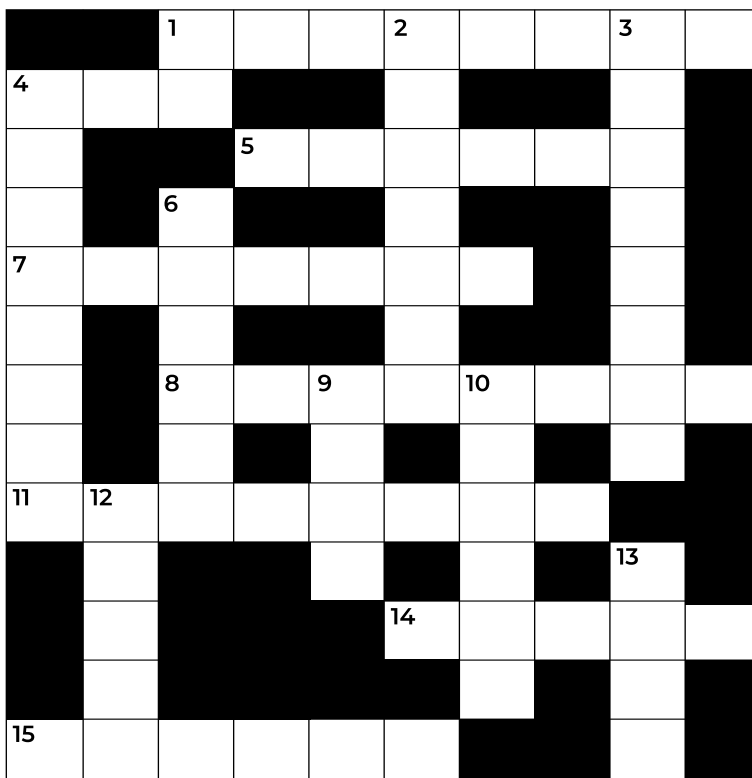
- At 170 pages , it's pretty concise for the amount of information packed into it.
- Well Structured, like a manual with ease of search.
- Packed with loads of recipes for each stage of your workouts.(pre race, on race, post race)
- Loved the informative section on body types based on Ayurveda.
- 0% condescending. Facts (not opinions) backed with good references.
- Lastly, the author has 'skin in the game'. Since he follows what he preaches for his workouts and races, it gives a lot of credibility to the ideas shared in the book.
- Dr. Samta Mahajan has brought scientific backing and rigor from her vast experience working as a nutritionist for athletes.

My verdict : ★★★★★ Costing less than a good Hyderabadi Biryani , this should be no brainer for any runner. Get the hard copy. You will learn something for sure. Eagerly waiting for edition2 covering nutrition needs for >4 hours endurance events (>50K runs etc)

Don't forget to check the author's conversation about the book and all things nutrition as part of episode 51 of 'Beyond the Track' .



CROSSWORD



ACROSS

1. Skip, miss the turn, hog in the Common Era to get the GOAT, possibly? (8)
4. You don't need to be a Stallone or a Schwarzenegger to enter one (3)
5. Add one to 14 Across to get the inner side ? (6)
7. Running friction? Preventable with a bandaid. (7)
8. Training with a change of pace? (8)
11. A split with the second-half faster? (8)
14. Hang around at the finish? (5)
15. 1 Across made history here! (6)

DOWN

1. This is what the runner laps up on the go! (2)
2. Feet hitting ground? What's the rate? (7)
3. The run-walk-run Guru (8)
4. Energy Sotres? (8)
6. Leading a timed bus? (6)
9. Adieu? No, they welcome runners to Mumbai. (4)
10. Rewind to see the race again? (6)
12. Those in the front at flagoff? (5)
13. Minutes per kilometre ? (4)

RUN FACTOID



By Sam Sudhakar

When Naval Officer John Collins was stationed at Waikiki, Hawaii, he created a competition to determine who was fittest in their group. They had to compete in three sports - swimming, cycling and running. On 18 Feb 1978, 15 of them showed up on the shores of Waikiki for the first ever Ironman, now considered the gold standard of endurance competitions. Naval Reserve Lieutenant Gordon Haller was the winner ahead of John Dunbar. Dunbar was leading the competition for most part until his crew ran out of water and offered him beer instead. He ran into parked cars but nonetheless managed to finish only 34 minutes behind Haller.

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