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# HYDERABAD TO BOSTON IN 3.5 HOURS



# DEAR HYDERABAD RUNNERS

## Greetings!

June has been a happening month for Hyderabad Runners. As Hyderabad Runners celebrated its birthday on the 24<sup>th</sup> May 2021, this birthday month has seen HR embark on a host of new initiatives.

It has been our endeavour to do our bit in the country's fight against Covid-19. Our program "OUTRUN – COVID" is a step in that direction. Under this program, we organised two Covid Vaccination Drives for the benefit of the runners and their families in association with Continental Hospitals, Gachibowli on 12<sup>th</sup> June and the next one on 19<sup>th</sup> June at Bhavans Ramakrishna Vidyalaya at Sainikpuri, vaccinating 250 plus members in all. We have also donated medical equipment worth Rs 5 lakhs to various Govt hospitals as a donation drive under "OUTRUN-COVID" and plan to do more in future.

The month of June also saw the start of Season 2 of our training program "Train & Shine", with online training four days a week. We plan to move this to a physical training model gradually, once the pandemic situation eases.

We celebrated the International Yoga Day on 21<sup>st</sup> June with about 100 runners taking part in a special yoga online session with Anahata Yoga, doing 108 Surya-Namaskars.

We restarted our newsletter "Rundezvous" in June, and I must thank everyone for the great response received.

At Hyderabad Runners, we plan to keep up this momentum in the months to come. I urge you all to be an active part of these initiatives. After all, team work makes the dream work!

Regards,



**Abhijeet Madnurkar**

President,  
Hyderabad Runners Society

# EDITOR'S MESSAGE

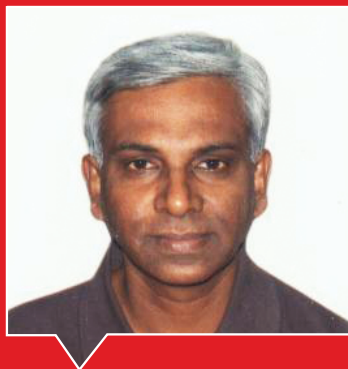
## Vadali Prasad

The second wave of COVID has receded and the lockdown has been lifted. Running activities have picked up with the SLR schedule being announced and runners are surely back to their favourite activity. For those who need some extra inspiration, our Cover Story is about the exploits of Hyderabad Runners in the Boston Marathon, the zenith of the 6 World Majors.

But COVID is still around and due care still needs to be exercised. Those recovering from COVID have their own challenges. Our own Dr. Shilpa Reddy brings a Doctor's perspective on the care required for Running during COVID times. Again for these COVID times, Dr. Lahari details the nutrients required for increased immunity and the diet followed to acquire the same.

Along with the regular features we have added a feature on training by our in-house Running Fitness Expert, Shiv Kosgi. In this issue he has distilled the writings of Running Guru Arthur Newton into 9 Rules for Training.

We hope you enjoy this issue of "**Rundezvous**". Needless to add, adopt safe running practices and stay healthy.



**Editorial Team:** Editorial Team: Chaitanya Burgupalli. Jyothi Khera. Ravi Setlem. Revathi Turaga. Sagarika Melkote. Sam Sudhakar. Sujai Antony. Sunder Nagesh

*Feedback and Contributions welcome.*  
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# HYDERABAD TO BOSTON IN 3.5 HOURS

## HR Stories from the Boston Marathon.

by Sagarika Melkote

On 19th April, 1897, eighteen runners were assembled at the start line. At 12:19 PM a race official shouted "Go" to start the first Boston Marathon, now the worlds' oldest annual marathon. "Running Boston" is the ultimate dream for runners: amateurs and elite alike. This is due its history and the tough eligibility criteria required to participate. It is held on Patriots Day, the third Monday of April, a regional holiday. Women were not allowed to enter the Boston race officially until 1972.

The Boston Marathon route covers hilly and flat terrain with the most challenging stretch between Miles 18-21 when the four Newton Hills flatten many competitors. The 4th hill, the infamous "Heartbreak Hill," comes when most runners 'hit the wall'. It is a steep, half-mile incline that runners climb at Mile 20. It is also the most exciting part of the course with the most number of cheering spectators.

The Boston Marathon, while on every runner's bucket list, remains a pipe dream for many. Only the crème de la crème meet its tough qualification times. At Hyderabad Runners, we have our own "elite runners", who, by dint of determination and focus, made the cut. We bring to you the profiles and experiences of five runners who qualified and ran the Boston Marathon, and two others whose Boston experience was unforgettable for different reasons.

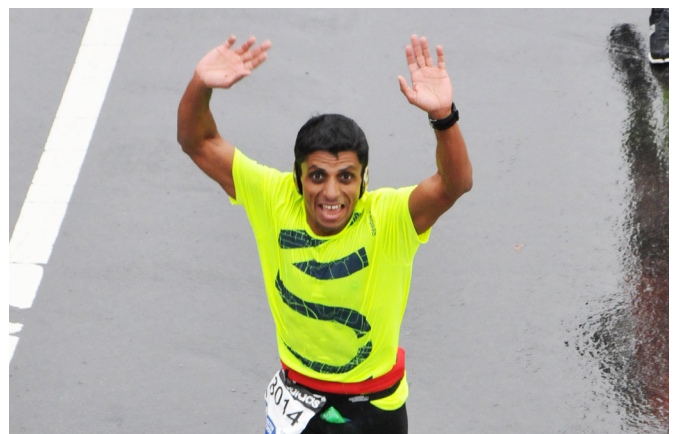
Meet the "**Magnificent Seven**".



### 1. Ram Sethu

Based in North Carolina, USA, Ram Sethu, a HR Veteran, travels to Hyderabad a couple of times a year. A recreational runner, he started his Marathon career with The Gobi Desert Ultra of 255 KM over 6 days. He followed it up by qualifying and running the Boston in 2010 with a qualifying time of 3:35:37. For his training, Ram Sethu formulated a program, he called **ABCDE**: run **A**erobically, focus on **B**reathing, **C**onsistency over quantity, right **D**iet and **E**njoy every minute. In the Boston Marathon he got his PB of 3.34, by virtue of which he qualified to run it again in 2011.

For Ram, Boston was about the adrenaline rush that took over him at the "wall" at 23 Miles - his mind said "it's only three more miles". The panic he felt later at 24 mile when a momentary neck cramp seized him didn't deter him and he learnt valuable life-lessons on how he could synchronize mind, body and soul to accomplish such a world class run.



### 2. Sunil Menon

When Sunil first heard about the Boston Marathon, he was awestruck. He knew then that someday, he had to run at the "Runners Mecca". He was also sure that he wanted to "earn his entry", which meant getting that Boston Qualifier (BQ). And so began Sunil's Boston journey – the destination was known, he just had to be at that start line one day. Sunil's training focussed on speed, hill and strength training. Sunil says: "I cleared my plate from junk food" and "improved the quality of my sleep".

He could feel his body becoming leaner and fitter. He ran the San Francisco Marathon in July 2014, finishing in 3:11, to earn his BQ for 2015.

Landing in the USA just two days earlier, Sunil was jet-lagged before the Boston Marathon, but the excitement took away most of it. At the start line, aiming for sub 3:00 finish, he faced unfriendly weather – rain and cold. On track at the end of the first half, the weather worsened and he couldn't maintain his pace. The last two kilometres were all walk-run and he finished with a 3:05. Sunil says, Boston "was the best experience of my life as a runner" and that remains his PB to date.



### 3. Romil Barthwal

Romil ran his first Marathon by mistake: he had entered for his first Half Marathon, but ran the Full without realising it. As a Marathoner with a time of 4:22, Romil never took himself seriously as a Boston Marathon prospect. But inspired by a book Rajesh presented to him, the seeds of a BQ took root. Romil credits his Boston journey to his HR gang: guidance from Sunil Menon and running mates who supported him in his training.

Romil's first attempt at a BQ at SCMM 2015 was not successful. The setback only spurred him to work harder and more systematically. An Army man, he was posted to J&K in 2015, where he was alone and able to concentrate on training. He achieved the elusive BQ in 2016 and ran Boston in 2017. He enjoyed the warmth and hospitality of several HR folk in the USA, before and after the run.

### 4. Jaganmohan Reddy Soma

A physiotherapist and fitness consultant by profession, Jagan's tryst with running began during a 5 KM run in 2013, when a much older person overtook him at the 3 KM mark. That led him to think seriously about his approach to endurance running. Thus began his marathon journey with his FM timings improving from 3:51 in 2014 to 3:14 in 2017, all at the Mumbai Marathon. A timing of 3:09 in the AFMC Pune Marathon in August, 2017 earned his entry into Boston 2019.

For Boston, Jagan formulated and worked on a rigorous training schedule, but a calf muscle injury

threw him out of gear by about 7 weeks. About his experience, Jagan has mixed feelings - he regrets



the tiring 18 hour car ride to Boston the previous day. He had set himself a target of 3 or sub 3 hours but felt his confidence slump at the start line. While on track time wise, till HM completion, his pace decreased from 35 km on. Plus the inclement weather (rain and cold) was not what he was used to. He finished creditably in 3:20. Sadly, a miscommunication led to not meeting his friend at the finish line and there are no photos of him with the coveted medal at the finish..



### 5. Anubhav Karmakar

One of HR's fastest runners, Anubhav knew he'd run the Boston Marathon one day. When he got his BQ time of 2:52 at the 2019 Mumbai Marathon, he set himself a goal of shaving a further 7 minutes. With just twelve weeks to go before Boston, he gave it all he had.

Standing at the start line on race day, Anubhav focused on doing his best. He terms his race experience as "extraordinary" because of the challenging course, the cold, the rain and the cheering crowds. He felt strangely calm as he approached the dreaded Heartbreak Hill, as he focused on his "grade adjusted pacing plan". The final four kilometres were sluggish, but he was still within his target time of 2:44 to 2:46. Though he was slightly disappointed while crossing the finish line, Anubhav says there are "a lot of things that need to fall in place" for a marathon to go exactly according to plan.





## 6.Sunita Tummalapalli

A veteran marathoner with multiple podium finishes, Sunita wanted to run all the six World Majors. But qualifying for Boston seemed impossible; she was reconciled to perhaps never doing it. In 2016, when she received an email about a possible entry into the 2017 Boston Marathon through a charity fundraising pledge, something she was not aware of earlier, she grabbed it. From the list of charities that one could choose, Sunitha didn't think twice – she picked 261 Fearless. It was a Non-profit organisation founded by none other than Kathrine Switzer, who has the distinction of running the Boston Marathon in 1967, when women were not allowed to participate. For Sunita, it was a dream come true – not just the entry into the Boston Marathon 2017 but the chance to meet a woman who defied all odds to champion gender equality. She cherishes the memory of meeting Ms. Switzer and was in complete awe of her. The race was very special as it was the 50th anniversary of the 1967 run when a race official tried to obstruct Ms. Switzer from running.



## 7.Muralidhar Nannapaneni

The “gadgets and gizmos guy” of HR, Murali has more than 50 marathons under his belt. In 2013 he planned to run 13 more. When he got an entry opportunity into the Boston Marathon via a “physician’s quota”, he took it. That race would prove to be memorable in more ways than one. Murali remembers that less than a mile from the finish he heard ambulance sirens and saw race officials and cops on the course, stopping all the runners in their tracks. Amidst the screaming and chaos, the runners were told there had been a bomb blast at the finish line. The scene was surreal with the cops, ambulances, SWAT teams and helicopters. He recalls a deluge of runners building up behind him as officials were screaming at them to stop. Cell-phone connectivity was off and he had no information about his sister and nieces who were to meet them at the finish line. Several tension filled hours later, he learnt that they were safe in a hotel. It was a race experience like no other. Murali, along with other runners who couldn't finish their race, was offered entry into the 2014 event and he took it. The start area was abuzz, with almost everyone talking about the previous year. What stood out was the show of strength that Boston put forth, sending out a message that they won't back down. As he passed the point where he was stopped in 2013, Murali caught his breath, overcome by emotion. He finished the race in 5:11.

# COVIFREE RUNNING A DOCTOR'S PERSPECTIVE

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By Dr. Shilpa Reddy

M.B.B.S, M.D, PhD Clinical Geneticist,  
Institute of Genetics and Hospital for  
Genetic Diseases, Osmania University,  
Hyderabad

Running is our solace. We find comfort in the grip of gravel under our running shoes. The corona virus is copying a smart guerilla force's innovative and penetrative ways to attack us. To beat the virus, we have to outsmart it.

## Reduce Risk

Running solo is still the best way to reduce risk. Choose times when your route is less crowded. Cloth face coverings may not be necessary when out for a solo run, especially in places where you may not encounter anyone else. But it is best to carry one along in case you meet a friend, in case of an emergency or for a stop at a store for a drink. If you run in an area where you may encounter others, maintain at least a 6-foot distance while covering your face with a Moisture-wicking face covering.

According to the CDC, transmission of coronavirus happens between people who are in close contact with one another (within six feet) and through respiratory droplets, produced through a cough or sneeze—not sweat. If your clothing gets hit by spit, avoid touching the area, and change your clothing as soon as possible, washing your hands afterward. To disinfect clothing, wash it in hot water and dry under the Sun.

There is a very strong connection between regular moderate exercise and a strong immune system,

but mental or physical stress—caused by running a marathon or a very hard workout—could slightly increase your chances of becoming ill.

## Long COVID

Long COVID, or post-COVID syndrome, as it is being dubbed is the newest battle COVID survivors may be fighting. While long COVID risk has long been studied and warned against by global experts, the extent of the damage caused by post-COVID-syndrome could affect 4 in 10 recovered Indians after the second wave of coronavirus ends. It is a range of symptoms that can last weeks or months after first being infected with COVID-19 or can appear weeks after infection. Long COVID can happen to anyone who has had COVID-19, even if the illness was mild, or had no symptoms. Some symptoms can be mild, resolving on their own, but some could be moderate or severe in nature, requiring prolonged recovery and care.

**As per Indian researchers, some of the most common Long COVID symptoms seen singly or in combination in patients and may require attention are:**

- Tiredness or fatigue
- Headache
- Loss of smell or taste
- Dizziness on standing
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Fast-beating or pounding heart (also known as heart palpitations)
- Difficulty thinking or concentrating (sometimes referred to as "brain fog")
- Symptoms that get worse after physical or mental activities

## Post COVID Running

Runners, returning to running after COVID-19, have to pay attention to possible cardiac symptoms such as new chest tightness, excessive shortness of breath, feeling winded during easy workouts, feeling lightheaded, or passing out. Those are all indications that you are not ready to be running again.

You should take your time, preferably 3 months, getting back up to regular training levels. You are probably okay to do that on your own and you don't need to see a cardiologist or worry about getting all those tests.



For people experiencing blood-related symptoms, it is recommended to move their body a bit throughout the day and start with low-intensity exercises. This can help to reduce the blood clot risks.

For those dealing with respiratory symptoms like pneumonia, it is best to rest for a week or 10 days before jumping back to their workout routine. They also need to start slow and keep monitoring their respiration rate. They must stop exercising if they start feeling uneasy or breathless.

If you have been suffering from chronic cardiac issues and have been recently infected with the virus, then you need more rest. Take a break of 2-3 weeks before returning to any form of an exercise regimen. In case of any serious cardiac issue, consult your doctor about resuming your exercises routine.

Lastly, the ones dealing with gastrointestinal and musculoskeletal symptoms should slowly return to their normal workout routine. Eat healthy, drink more water for a speedy recovery.

## Breathing Exercises

Breathing and lung-strengthening exercises can help restore diaphragm function and improve your ability to breathe, particularly in cases of inflammation, or fluid build-up in the lungs or air passage. They can also clear mucus, restore saturation levels and cope with the infection better. Clinical studies have also observed that for COVID patients, certain breathing techniques like pursed-lip breathing can help reduce shortness of breath and reduce complications considerably. Deep breathing can also help alleviate stress and anxiety levels for a patient in the midst of recovery and heal faster. Deep breathing exercises help promote oxygenation, strengthen lung function and can be done by a patient under home isolation. Even at times when external oxygen support resources may be running scarce, these breathing exercises may provide temporary relief and boost oxygen levels. Remember, while these exercises may not help you fight the virus directly, they could make your recovery a lot easier.

*It is safe to continue with exercising after taking the Covid vaccine but strenuous activities should be avoided for two to three days after taking the jab.*



# CURRENT HR ACTIVITIES

## Train & Shine

Strength is Non-Negotiable

Train & Shine from Hyderabad Runners is a training program that focuses on building a strong and solid Strength & core so that you can run the right way. Prepare your body to tackle long-distance running.

/\* We are now resuming our outdoor strength workout sessions \*/

For details: [www.hyderabadrunners.com](http://www.hyderabadrunners.com)

Complimentary - One exclusive 1-1 session with a Nutritionist. One Hyderabad Runners Tee-Shirt

**In person training will start from 19th July 2021 at the below listed locations Conditions Apply**

1.BHEL (Sancta Maria School, Lingampally) Covid vaccination certificate is a must\* - Open for all

2.Botanical Gardens, Kondapur\* - Open for all

3.KBR PARK/Vengalrao Park\* - Open for all

4.LB NAGAR (Shilparamam Gate)\* - Open for all

5.Thirumalagiri / Alwal (BVB School Ground)\* - Open for all

6.Sanjeevaiah Park\* - Open for all

Simultaneously we will continue to have online sessions until we have all the training locations completely functional.

**Sunday Long Runs (SLR)** Start Time: 6.00 (staggered)

<b>July 18</b> <b>Location 1:</b> Aparna Serene Park, Main gate, Next to SBI Training center lane. Near UoH <b>Location 2:</b> Rabbit Part, Secunderabad.	<b>July 25</b> <b>Location 1:</b> Sanjeevaiah Park main gate. <b>Location 2:</b> Taramati Baradari, main gate, near Golkonda	<b>Aug 1</b> <b>Location 1:</b> MyHome Bhooja, Gate No: 1, Near Biodiversity, Gachibowli <b>Location 2:</b> Rashtrapathi Bhavan, Alwal, Bollaram
<b>Aug 8</b> <b>Location: 1:</b> HITEX convention Centre, Madhapur. <b>Location 2:</b> Peoples plaza, P.V.Narasimha Rao marg		

Check email / announcement from Hyderabad Runners prior to the run for full details. All runs are subject to change. Runners should follow Covid-19 protocol rules

## Beyond the Track - Webinar 55

August 14th, 2021 @ Hyderabad Runners Face Book page at 7.30PM

# OUTRUN-COVID

## HR Helps Fight COVID.

As part of the "Outrun Covid" campaign - VRVS India, represented by Mr.Manoj Balakrishnan, of KBR Runners group donated 3 oxygen concentrators through Hyderabad Runners to NIMS Hospital



Mr.P.Venugopal Raju, treasurer of HR donating 3 syringe pumps to NIMS as part of "Outrun Covid" campaign



Covid-Vaccination drive at Continental Hospitals, Gachibowli, on 12th June and Bhavans Ramakrishna Vidyalaya, Sainikpuri, on 19th June. More than 250 Runners & Family members were vaccinated.



# HRUNIMATIONS

## Smitten by running!

By Neha Chopra

Why do we take up running? There are many answers to this question. But this story is about why an entire community took up running as a mark of solidarity.

It was in 2016 – that Hyderabad Runners approached Lanco Runners to drive its COUCH-to-5K program. As Mentor of the program, I was nervous and excited. Would I be able to get the couch potatoes to don their shoes to run on Day One? I was pleasantly surprised to find nearly 30 aspiring runners reporting at 5am. They were smiling and committed. They gave me belief that they would be motivated to make it to 5K.

As the program rolled on, I could see everyone's commitment. But among them, Subhash and Smita were a couple that stood out. After each session they would express their gratitude to me. While I basked in my role as motivator, little did I realize that the roles would be reversed soon. Seemingly things were on track until one morning – IT ALL CAME CRASHING DOWN!

Smita had been hit by a speeding car driven by a drunken driver. The impact had hurled her next to the road divider. The next few minutes and hours were horrifying, etched in my memory like a story cast in stone. While taking her to the hospital all I wanted to see was if she was breathing. Smita had received multiple injuries, a fractured face and a cut lip. Her family looked shaken and fearful. Subhash was pleading with Smita to hang in. I visited her often while she was in the ICU. She lay silent but she conveyed a lot. I could sense the underlying determination to win this battle.

Naturally the Couch-to-5K program received a jolt. Many participants wanted to drop out due to their concerns. Despite our efforts, we were unable to get them to resume the program until Rajesh Vetcha - aka Chief, stepped in along with other Hyderabad Runners. A HR Runner accompanied each one of us on our run for the next few days. They motivated the participants on the benefits of road running and how one can run safely. Eventually, their confidence returned but the group had shrunk by half.

Smita's condition continued to weigh heavily on our minds. I needed a sign to keep the group motivated. After numerous prayers and visits to the ICU there came a day that Smita saw me and gave me a thumbs up! This was the moment that I just knew that we needed to run for SMITA! I knew that the graduation could be made exciting and a memory worth living.

24th April 2016 – we began our graduation run! The enthusiasm and energy to RUN FOR SMITA was overpowering. The most heart-warming sight was to see Subhash join us to show his immense gratitude towards his running mates. With joyful tears, we conquered the 5K! We overcame fear and uncertainty. Smita's will to live had taught me that no matter what the circumstance – one must raise a toast to life!

Smita's survivor spirit got the entire running community to return to the program that at one point seemed hopeless. A community down with negativity had turned around to celebrate the spirit of running by coming together. For me it was a life-changing event. Running for me is now more than just for myself. It has grown to the entire running fraternity with whom I share joys and sorrows.

### Gratitude message

A big thanks to Rajesh Vetcha, his team and Lanco Runners for making "Run for Smita" a reality.



# ADVERTISEMENT



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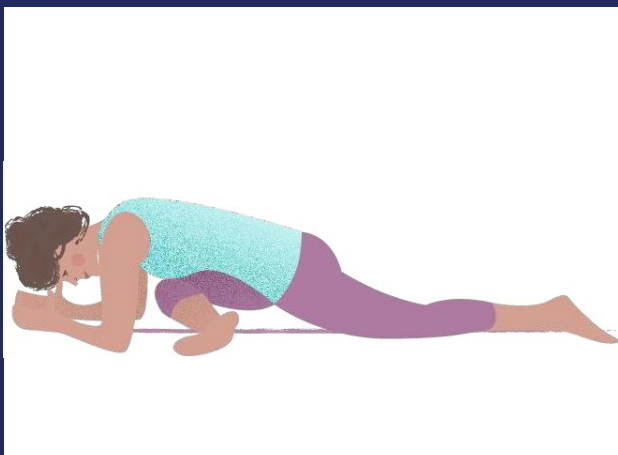

# YOGA FOR RUNNERS

Pratibha Agarwal

## Passive Yoga Stretches For Post-run Recovery

Running is an endurance sport where the muscles, joints, tendons and ligaments take a pounding 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 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.

This is the second in the series of nine 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.



## EKA PADA RAJAKAPOTASANA (PIGEON POSE)

This pose lengthens and soothes the hip flexor of the back-stretched leg. It also stretches the smaller stabilizing hip muscles and glutes of the bent knee.

1. From down dog or table top position, slide the right knee forwards to the right hand.
2. From there, "walk" the right foot out a little, keeping it close to your left groin if your hips are tight. Meanwhile, "walk" the left leg behind you. Imagine that you are trying to pull the leg out of the socket.
3. Come up onto the fingertips to lift and open the chest momentarily. This helps stretch the left hip flexor.
4. After a few breaths, bend the torso forward to rest the forehead on the floor or a brick, relaxing over the bent leg.
5. Hold for 1-3 mins and then switch sides.

*Incorporating Yoga in your training regime helps cultivate mental strength. You will find the time invested is well worth it!*



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. Shruti Desai

## Overlooked Shin Splints

*"Remember when your shin felt sore with a consistent, dull, throbbing pain hours after the run? Or remember when you felt it embarrassingly tough to sprint to catch a bus?"*

This could just be the beginning pains that runners call "Shin splints" or "Medial Tibial Stress Syndrome (MTSS)" – a term used to describe soreness or pain in the shin bone.

With shin splints, you might notice tenderness, small bumps, soreness, and pain or mild swelling along the inner side of your shinbone, the lower half of the calf, and the lower leg. At first, the pain might stop when you stop exercising. Over time, it chooses to stay on.

## What triggers the shin splints?

- You are a runner, especially one beginning a running program
- You suddenly increase the duration, frequency or intensity of exercise
- You run on uneven terrain, such as hills, or hard surfaces, such as concrete
- You have flat feet or high arches
- Overused shoes or shoes without right support for your foot type
- Low bone density
- Muscle imbalances

## The PHYSIOLOGY of shin splints

Any of the above triggers, directly or indirectly, leads to repetitive stress on the shin bone and its connective tissue. Higher the intensity of the activity, the higher the load on the shin: sprinting, downhill or zigzag running have greater impact than flat surface runs or vertical jumps or walking. Muscle imbalances in the hip-knee-shin-calf-foot might lead to muscle fatigue and stress on the shin bone like a taut bowstring stressing a bow. This reduces the shock-absorbing ability of the shin bone, causing a shear strain leading to "shin splints".

When runners ignore this pain and continue high intensity workouts/runs, it leads to bone-bruising

and eventually to stress-fracture (incomplete fracture of the bone)! Runners who try to do too much too soon, or with poor running form, or lacking in endurance in and around their ankle muscles are highly prone to shin splints.

## Prevention and Treatment

1. **Analyze your running form** Identify and make minor improvements in movement patterns.
2. **Avoid overdoing** Reduce the load on the shins by reducing running intensity and/or duration.
3. **Choose the right shoes** Get new shoes after 500 to 800KMs
4. **Consider arch supports.** They protect shins and heels from high-stress impacts, especially if you have flat or high arches.
5. **Lessen the impact** Cross-train with a less impact sport such as swimming, walking or biking. Increase time and intensity of the new activity gradually.
6. **Add Mobility, Flexibility, Strength workouts to your training.** These prepare your body for high-impact activities.

**Treatment** depends on its cause.

- Active rest, icing, elevation, foam rolling/hand rolling are the classic first-aid measures
- Taping, stretching & strengthening of specific muscles and joints depending on the trigger.

*\*If your pain/discomfort is too high, do not experiment. Consult your physical therapist, with or without a doctor's note.*



**Dr. Shruti Desai,**

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

Chief Physiotherapist & Founder,  
Panacea Physiotherapy-Fitness centre

**Dr. Shruti Desai** is the Founder of The Panacea Centre with over 11 years of experience. She is a certified yoga & pilates instructor and Hyderabad's first NKT certified practitioner.



# RUNNERS' NUTRITION

**Dr. Lahari Surapaneni**

Lahari is a nutritionist and wellness consultant.



A strong immune system offers the best defense against disease and infections. A healthy lifestyle comprising nutritious diet, regular exercise, adequate sleep and stress management are among the factors that we can control to modulate our immune system. Focusing on some factors, while ignoring others weakens immunity. Contrary to popular belief, there are no super foods that particularly boost the immune system. Rather, it is a balanced diet consisting of a variety of foods in right portions that ensures availability of all nutrients important for immune function. Diets rich in highly processed foods are less likely to provide such nutrients. Following are the vital nutrients, their functions and their natural food sources.

Vitamin A	Essential for growth and development. Regulates immune response and enhances immune function. Antioxidant.	Liver, kidney, milk fat (butter, ghee), egg yolk, yellow/orange vegetables and dark green leafy vegetables, muskmelon, papaya, mangoes
Vitamin B6 (Pyridoxine)	Necessary for production of white blood cells, some immune cells. Mediates important immune reactions to respond to pathogens.	Meat, chicken, fish, peanuts, walnuts, chickpeas, whole grains, green leafy vegetables, bananas, potatoes and other starchy vegetables
Vitamin B12 (Cobalamin)	Important in formation of RBCs. Along with folate it plays a key role in maintaining a healthy immune system	Liver, Kidney, milk and dairy foods, meat, eggs. Vegans require a supplement
Vitamin C	May shorten or prevent various infections. Important in immune response, wound healing and allergic reactions	Citrus fruits, tomato, melon, capsicum, raw cabbage, guava, strawberries, pineapple, kiwi. Abundant in most fresh fruits and vegetables
Vitamin D	Decreases inflammation. Enhances the function of disease fighting WBCs. Essential for absorption of calcium and phosphorous.	Fortified milk and milk products, liver, egg yolk, cod liver oil. Exposure to sunlight converts a form of cholesterol in our body to active Vitamin D
Vitamin E	Strong antioxidant. Protects vitamin A in the body. Enhances effect of antibiotics used to treat infections	Wheat germ, vegetable oil (fortified), green leafy vegetables, butter, egg yolk, nuts
Folate	Essential for normal maturation of RBCs. Crucial for nucleic acid and protein synthesis necessary for immune response	Green leafy vegetables, lentils, chickpeas, kidney beans, black eyed peas, peanuts, wheat, eggs, fish, broccoli
Zinc	Reduces oxidative stress which is particularly high during infections. Important for nucleic acid metabolism	Oysters, shellfish, liver, legumes, whole grains, nuts and seeds, wheat bran
Iron	Component of hemoglobin, necessary for oxygen transportation and transfer. Deficiency lowers immunity. Vital for immune cell production and growth	Liver, meat, egg yolk, legumes, whole grains, dark green leafy vegetables, shrimp, dry beans, raisins, dried figs (anjeer)
Copper	Vital in producing RBCs and WBCs. Helps control histamine which is responsible for allergic reactions	Eating potatoes with skin and a handful of cashews a day ensures 60% of daily copper needed. Also seafood, nuts, wholegrains, seeds and legumes.
Selenium	An important part of body's antioxidant complex that protects the cells against oxidative stress, deficiency could increase severity of some viral infections	Brazil nuts, seafood, meat, whole grains, dairy, fruits and vegetables

# TRAIN LIKE A PRO

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**Shiv Shankar Kosgi**  
A Fitness Consultant

## Newton's 9 Training Principles 9 Rules based on the books written by Arthur Newton across 12 years

**1. Train frequently Year-Round** – To be a good athlete you must train all year round – even a little but constant exercise will benefit you to a far greater degree than heavy doses between long intervals or a burst of training weeks before the race.

**2. Start gradually and train gently** – Never practice anywhere near to all-out or 100% effort; never get really breathless – 'take it kindly'. The most effective training method is to run long distances at a comfortable pace, much slower than race pace. Train wisely at 20-25% below racing speed.

**3. Train first for distance (later for speed)** – To train for a full marathon, build the base capability to run at least 80 KMs a week. In early training days, try to run as much distance as you can without becoming abnormally tired. Your goal is to develop your base standard with continuous practice.

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**4. Make a schedule and stick to it** – Set a mileage schedule week-on-week and stick to it while monitoring your body condition. With this rule, Newton introduces the concept of "listening to your body". This way, runners can adjust their run based on how they feel before and during each run. Don't Race during Training – It doesn't help in any way to practice sheer speed. Actual racing or all-out exertion should be confined solely to race day. Your goal is to build up, not to break down. It is good to have a gap of 6 to 8 weeks between marathons.

**6. Specialization** – Intensive specialization is essential to put one anywhere near the top. It requires strength and dogged determination to become a successful long-distance runner. With the right training, it may take 18 months to 3 years to go from novice to full marathon/first class athlete. Running has to be one's priority; all else is secondary.

**7. Don't Overtrain** – Regulate your training to always be on the safe side. Persistent overdose can lead to injuries. Ensure you never become badly tired. Aim to be fit for another workout the next day. Any fearsome thirst is a sure sign that either the pace or distance has been too much.

**8. Train the Mind** – Most strenuous mental and physical exertions come at the start; get on with it to soon get through them. Make your mind healthy and it will do the rest. Success depends far more on what use you make of your head than on anything else.

**9. Rest Before Race** – Taper i.e., cut out all forms of racing in the last month of training. Give yourself 3 weeks for finishing touches to your stamina and energy reserve. You've worked hard for so long, let this time go. Read, write, chill, keep still and divert your mind from the upcoming event.

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# REVIEW

## Saucony Kinvara 12 "An Ode to the Original?"

By Gautam Pothineni

As a light, fast, soft, daily trainer the Kinvara was a legend. But it lost its way somewhere, with each iteration making it bulkier. Result: it just wasn't a light, fast, daily trainer anymore. The Kinvara 12 aims to change that with multiple changes to the previous iteration, shedding a lot of weight while at it!

### SPECS

Category: Neutral Running Shoe

Weight: Men – 213g, Women – 184g

Offset: 4mm (28.5mm/24.4mm)

### LIKES

**PWRRUN Cushioning** – The PWRRUN cushioning is lightweight and responsive, firmer compared to the famed soft cushioning of the Kinvaras. But it is pure joy as soon as you pick up speed.

**Upper** – The upgraded mesh and the tongue continue the lightweight pattern. The upper is super breathable and adaptable to your foot. I get a tight lockdown while giving my feet enough space to breathe.

**Looks** – This one is debatable. If you are old school like me, some of the colors are way too flashy. But if you like flashy, you get fun colours with good visibility.

**Price** – At **INR 9,990**

(Less a standard 5 to 10% discount), it is one of the more reasonably priced shoes for speed work.

**Durability** – Considering the nude outsole, I was apprehensive about the cushioning. But 80KM in, the shoe feels as good as new. I feel confident of the shoes lasting 600-800KM easily.

### DISLIKES

**Laces** – Like I mentioned above, I get a good lockdown with this shoe. But those laces are long, stretchy and almost never ending!

**PWRRUN Cushioning** – Yes, I mentioned this in the likes, but hear me out. The PWRRUN cushioning in the Kinvara is lightweight and responsive for speed work. But the Kinvara has a heritage to live upto as a bread and butter daily trainer and I am afraid the current iteration just does not have adequate cushioning to be a daily trainer.

### RATING

Comfort – 4.5/5

Durability – 4 /5

Looks – 3 /5

Price – 4 /5

Overall – 15.5/ 20.

16.5/20 for those who like flashy colors

### VERDICT

At the risk of repeating myself, the Saucony Kinvara has a long and tried lineage. The Kinvara 12 tries to be an ode to the original but it strays further from its origins. It is an amazingly responsive tempo star (in-fact a stand-out star in an otherwise crowded plated shoes market), but it's no longer the light, soft, daily trainer it always was.

### WHERE TO BUY

I am a huge sucker for sourcing/shopping locally. Sauconys are available in a local store in Hyderabad where the folks can help you get the right fit. I highly recommend you enable local by shopping local 😊

**Full Disclosure** – I purchased the Saucony Kinvaras with my own money and the views above are completely my own.



# RUN-TITUDE

## Revathi Turaga

### Mindsets of a Marathoner

#### Runner's High and the Flow State

*Remember those times chatting with friends when you suddenly realize how time has flown? Or those times when you were so immersed in a task that you forgot your lunch? Or those magical moments with music when you slipped into a trance?*

*Runners know such magical moments as "runner's high", a brief, deeply relaxing state of extreme joy. Getting into this zone is a goal many runners aspire to reach! This state of mindful grace can be reached via the Flow State, as defined by Mihalyi Csikszentmihalyi. Simply put, flow is complete immersion in the task at hand. It is a state achieved when we set and strive for goals just a tad bit higher than our skill level, just a little outside our comfort zone.*

**How do we imbibe optimism into our daily training regime?**

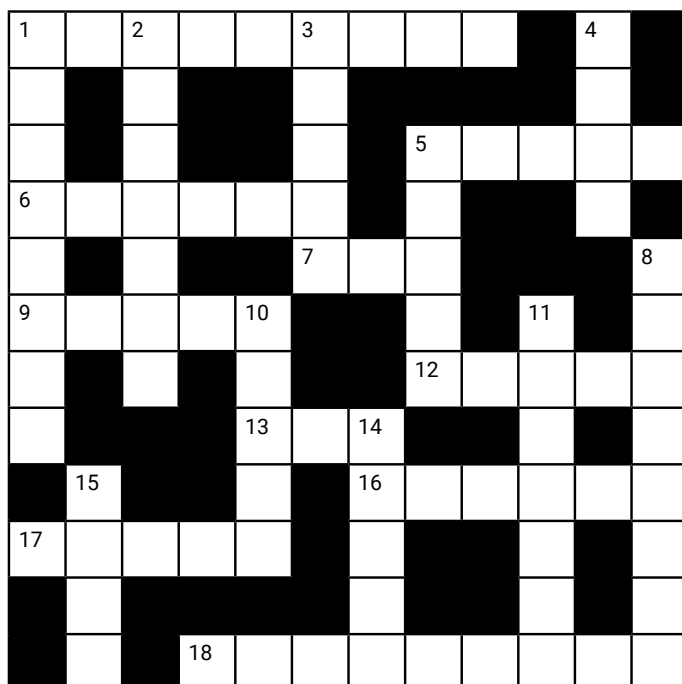
1. Increase skill levels – practice, practice, practice i.e. run, run, run!
2. Set high but achievable challenges - stretch those workouts, without overreaching
3. Increase challenges gradually but surely - run just a little farther or faster each week
4. Join a running club - Get run-buddies and coaching alongside runners of better ability
5. Set simple, clear goals - e.g. improve on your PB for one chosen distance
6. Measure Progress and get Feedback



## Revathi Turaga

Revathi Turaga has 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. She is a psychologist, an author, and the Founder-Director of LearnSprint.

## CROSSWORD #2



Created By: **Prashant Morparia**

Prizes to be given for first three correct solutions  
Winners will get a 15 years Hyderabad Runners T-shirt.  
Email Solution: [newsletter@hyderabadrunners.com](mailto:newsletter@hyderabadrunners.com)

### ACROSS

1. My method is in my name (9)
5. & 12. Holder of the WR for the Track 10,000 mtr. (5,5)
6. Playing a sport makes you this. (6)
7. Neither can you out-run it, nor out-hop it! (3)
9. Controversial landing points OR aids to look taller (6)
13. Cereal. (3)
16. Breathing Phase 2 ? (6)
17. The 'locks' for 10 Dn (5)
18. He likes running - with or without Sherman, thinks that's why he came into this world (9)

### DOWN

1. It's a Pheidippides initiative! (8)
2. Alternating as the hare and the tortoise. We call it Speed Play. (7)
3. The sunset part of the training plan. (5)
4. World Athletics-Ver 1. (4)
5. Greeting at the first Ironman Event? (5)
8. The base to measure altitude. (3,5)
10. 18Ac didn't believe in them. (5)
11. The fastest man lives here! (7)
14. A goods vehicle or a run closer to the lactate threshold. (5)
15. Use this to avoid Hyponatremia. (4)



# HRUNIMATIONS

## The Art of Falling

**Vadali Prasad**

On my jog the other evening I saw a piece of shiny metal on the road. I thought to kick it away without breaking stride, but when the shoe touched metal, it didn't budge; it was part of the concrete. I stumbled and fell, suffering some minor scrapes on the left knee. I had scraped my right knee falling on the tennis court days earlier. I now had a matching set.

I've had my share of spills and tumbles; hardly a month goes by without some minor injury. My wife says I am injury prone; but I would say such injuries are par for the course. For a passionate tennis player and a runner, some falls are to be expected. I run with the fore-foot striking first and a root or stone could cause me to stumble if I am not careful. And in tennis, a slippery court or the motivation to reach the ball can sometimes get my feet into a twist and a fall.

While many of my falls were while running, my most dramatic fall was while riding a scooter. That too was connected with running. In 2007, before HR, I was training for a Half Marathon for what would be my first Mumbai Marathon. After a training run, riding back on the scooter, half my mind was on the next day's run. But circumstances typical of Hyderabad roads, had me lose balance resulting in a bad fall from the scooter. I broke my collar bone and my Marathon training was suspended for a few weeks. Eventually, the fracture healed, though the collar bone never fully set. I resumed training and ran the Mumbai Half Marathon. I did run well but unfortunately, finished 50 seconds over my target. I consoled myself, reasoning that the reduced training caused me to miss my target by a whisker. But, along with my certificate, I have a unique souvenir of my first Mumbai Marathon: a raised knob on my collar bone.

That was fifteen years ago. Now, as a 61 year old, a fall can be a little more unpleasant. Bystanders would ask why this old fool is running about falling on the roads? The ego would take a bigger beating than the body.

That is where the art of the fall becomes important. You realize you are about to fall. Do not resist it. Make it a light, controlled fall, cushioned with a roll on to the shoulder. Having fallen, pick yourself up immediately and resume running without looking at anybody. Inventory can be done later. Let the bystanders think there is nothing unusual. After all, for runners, to live is to run; and to run is to sometimes fall. Aim to run well and if required, fall well. Just as there is an Art of Living, there is also an Art of Falling.

## RUN FACTOID

**By Sam Sudhakar**

During the 1936 Boston Marathon, defending champion Johnny Kelley patted Ellison Myers Brown on the back just before the last of the Newton Hills as he went past him. This gesture lit the fire in Brown, who upped his speed and surged past Kelley. Brown then went on to win. This incident led to Boston Globe reporter Jerry Nason writing that Ellison Myers Brown "broke Kelley's heart" at the hill, thus coining the name "Heartbreak Hill".



# THE FLYING SIKH SOARS INTO HEAVEN. MILKHA SINGH - A TRIBUTE

By Sam Sudhakar



During the Partition, a large frenzied mob arrived on the outskirts of a village called Kot Addu, Multan. A local leader tried negotiating with the mob, but was shot. Families stuck together to protect one another. A young boy saw his father fight valiantly with the mob until he was killed by a sword. While lying on the ground, the father pleaded with his son to run for safety - Bhaag Milkha Bhaag were his words.

Finding sporting stardom has been an exercise in despair for India. It punches well below its weight in sports. India, as a young nation in the 1950s and 1960s, didn't know what global stardom was

till Milkha arrived at the scene. He changed the narrative at a time when scarce resources eluded sports and, with the exception of Hockey, there was a lack of synergized sports culture. Milkha Singh brought glory and fame to the Nation which it will always remember with pride and respect. Orphaned during the Partition, Milkha had a tough childhood. He escaped Pakistan and lived in a refugee camp in Delhi. He worked odd-jobs as a cleaner and as a boot polish guy and was also jailed for stealing. Determined to make something of himself, destiny led him to the Indian Army, his dream destination from a young age. He was rejected thrice before he made it to the Armed Forces.

As a Jawan at the EME Centre, Secunderabad, Milkha learnt that athletics could save him from the rigours of fatigue duty. It was here that he landed his first opportunity as an athlete: a cross-country race among all the cadets, whose winners would compete at the state-level. He was assigned a mentor who taught him everything from scratch. He was Milkha's coach, cheerleader and confidante. Thus began a journey in which Milkha Singh won 4 Asian Golds and represented India thrice in the Olympics.

In a stellar career with many memorable races, The Flying Sikh, as Milkha is popularly known, is best remembered for his 400m race at the 1960 Rome Olympic Games. There he became the first Indian male to reach the final of an Olympic event. Milkha was leading that race but eventually missed a podium-finish by 0.1 seconds.

There are countless medals and accolades that have been awarded to Milkha Singh. However, he never held possession of any medals, donating them all to Jawaharlal Nehru University. He didn't believe in material success. It's the legacy and journey that mattered to him, not the rewards. His life ambition was to see an Indian win an Athletics gold in the Olympics.

Milkha's life journey is a lesson and inspiration for athletes throughout the world. His is a story of strength, courage, hope and limitless human potential which we must celebrate everyday.

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