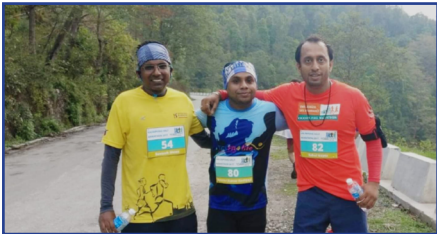


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RUN-TITUDE: MINDSETS OF A MARATHONER

Running and that one H.A.R.D. goal

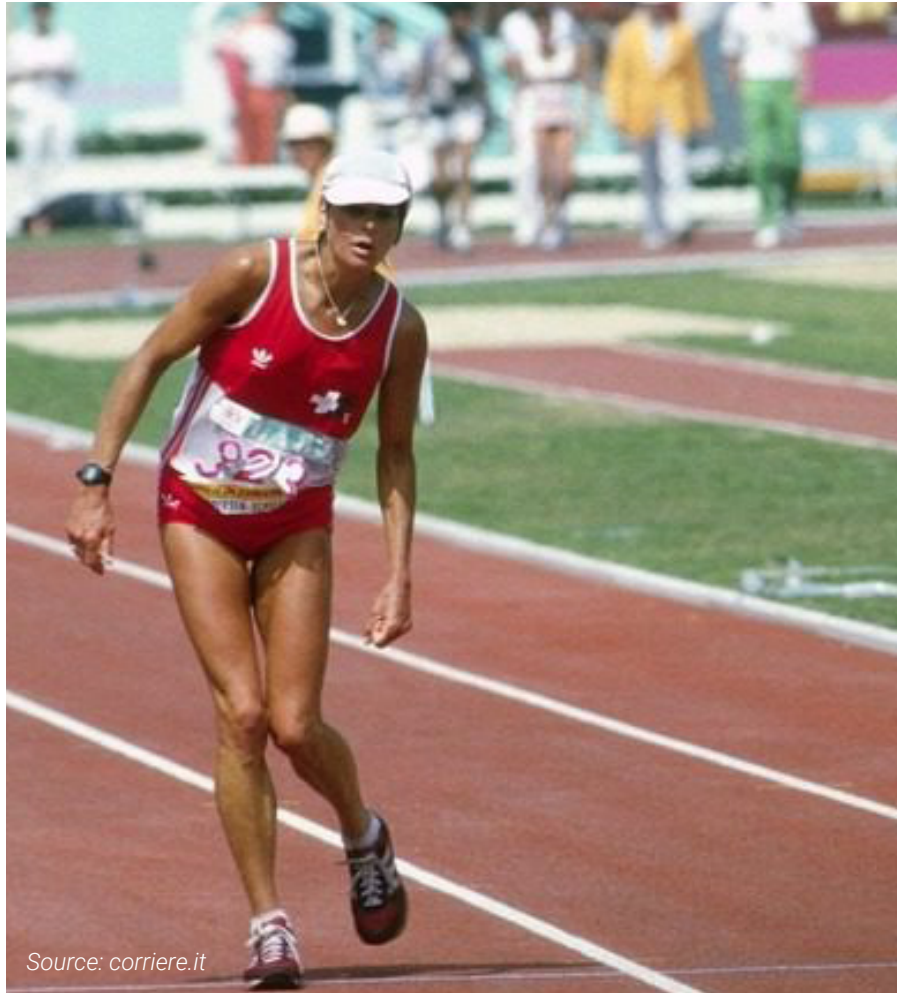
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AN ODE TO SUFFERING WELL



Source: [corriere.it](https://www.corriere.it)

HR SALUTES OUR TOKYO 2020 HEROES



Source: [republic world.com](https://www.republicworld.com)



Source: [newindianexpress.com](https://www.newindianexpress.com)



Source: [thesportsclo.com](https://www.thesportsclo.com)

MESSAGE FROM THE PRESIDENT

Dear Hyderabad Runners.
Greetings!

Here we are in the month of August, the Marathon month. In a normal year, we would all have been preparing for the Airtel Hyderabad Marathon. Some runners would have been busy on the organizing front, some preparing to run the event and many others to support and cheer the event - as volunteers or spectators. I just love the buzz that August brings. So this year, while we have postponed the AHM for now, we decided to keep the excitement alive with the 12-hour Stadium Run, scheduled for the 28th August 2021 at Gaudium Sportopia. It's a first for us on the organizing front and we hope you all are looking forward to it with as much enthusiasm as we are.

The last few weeks have all been about training for us. For the benefit of runners, we have started training sessions at various locations in the city and the response has been really good. It's heartening to see so many runners focusing on their form and using this 'no-event time' to build a stronger base. In fact, our Sunday Long Runs have also seen increasing participation and we have been holding them at 2 locations in the city for logistical convenience of runners. All these are, of course, happening with the necessary Covid precautions and I'd like to give a big shout-out to the teams working backstage to get these sessions and runs going smoothly.

The Tokyo Olympics has ensured a lot of action for all us sport lovers. By the time this issue of Rundezvous is out, the Marathon races would have found their winners, and the Olympics would have ended. But, I suggest we keep the excitement alive – join us on 28th August at Gaudium Sportopia for the 12 hr Stadium Run 2021!

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

Vadali Prasad

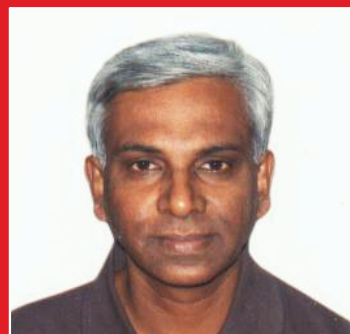
By the time you are reading this edition of the Rundezvous, the Olympics in Tokyo will have ended. The Olympic torch would have been transferred to Paris for the 2024 games.

We would be wondering at the performance of athletes from the world-over and the many stories surrounding these athletes and the events. We would also be celebrating our own Indian Athletes who would have given their best, whatever the level of their success. We know that they have worked very hard, sacrificing a lot to keep the Indian flag flying at the games.

We at Hyderabad Runners are well aware of the Olympic Motto: Faster, Higher, Stronger - Together. It motivates us in all our running activities, individually and as a running community.

In that spirit, the Run Factoid for this issue features our favourite Olympic event, the Marathon and the never-say-never spirit of Marathoners.

Enjoy the issue and keep the feedback coming.



Editorial Team: Chaitanya Burgupalli, Jyothi Khara, Ravi Setlem, Revathi Turaga, Sagarika Melkote, Sam Sudhakar, Sujai Antony, Sunder Nagesh

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

HRUNIMATIONS

AN ODE TO SUFFERING WELL

By **Damodar Vajja**

On 5th of August 1984, history was charted, when Los Angeles hosted the first Women's Olympic marathon. In a pioneering moment, USA's **Joan Benoit** won the race in a stunning 2:24:52, becoming the first female winner of an Olympic marathon. Earlier, 50 runners had set out to win the race for their country. 39-year-old Swiss runner, **Gabriela Andersen-Schiess**, was one such. Nearing the finish, she was way behind, battling severe dehydration & exhaustion. Entering the stadium for the last lap, she missed the last aid station. Struggling and clearly disoriented, **Gabriela** shooed away the medical staff, to avoid disqualification. As she was still perspiring, the staff let her continue. As her body almost gave up, she collapsed, finishing 37th among 44 finishers. We often hear such stories of extreme perseverance, where people refuse to give up, pushing boundaries to unheard-of places. While events and settings vary, stories that bind such fateful moments are of the sheer grit of these extraordinary people. When one's life or valuables are at risk, we may all be equal in our fighting response. But when the choice between pain & relief is based on one's free will, refusing to give up becomes much harder; and that's what sets an athlete apart, more so an endurance



athlete.

Today marathons worldwide draw thousands of participants, mostly amateurs just aiming to finish. These amateurs may be your friends, neighbours, parents, or siblings. A good percentage may have never run a marathon & may not know what they are getting into. Depending on fitness levels, finishing a marathon can range between tolerable & horrible suffering. Nothing prepares you for a marathon except the marathon itself.

The thousands of runners in their sacred uniforms at the start of a marathon, is a sight to behold. Prepping playlists or their gear, clicking selfies, enjoying the banter, runners create a sporting vibe. On the starting gun, this fleet of runners breaks through the start-arch, united in motive. In a couple of hours, the fleet is stretched thin, several kilometres long, with the elite nearing the finish, while the stragglers are just about half-way. For these stragglers things start getting tougher. In our tropics, the cool morning breeze gives way to a blazing sun & dripping humidity. Exhaustion and dehydration start kicking in. A haze descends over you, & in the wavering rhythm of your footsteps, through the tiny clear spot in your vision, all you see is the road ahead, consuming you, taunting you to give up. That fight between the desire to finish or to give up, becomes louder with each step & each moment. In your own misery, contemplating life-choices that brought you here, you inevitably find someone struggling more than you, even that last runner warring internally whether to carry on or give up, with nothing to hold on to except for one's commitment.

Uniquely allowing us to celebrate the glamorous winners while glorifying the struggling last finisher, endurance sports such as marathons ignite the primal instincts of brotherhood & individuality at the same time. Often unsung, stories & sights of unstoppable warriors like Gabriela Andersen-Schiess & nameless many, slogging & clawing their way to the finish against all odds & temptations are truly inspiring.

Every Last finisher is a paragon for suffering well & this is our ode to all of them.

OUR HERO @TOKYO2020



Name: **Saikhom Mirabai Chanu**

Event: Women's Weightlifting

Medal: Silver

HRUNVENTURES

CONQUER YOURSELF, NOT THE MOUNTAINS

By **Santosh Moses**

The mountains have always fascinated me. The mist shrouded peaks, the tall pine forests, the smells of wildflowers and the serene silence have always enchanted me who grew up by the seashore. Our only trips to the mountains were our annual summer vacations to the Nilgiris. While the excitement of spending a few days in cooler climes was high, the prospect of motion sickness and nausea on the winding hairpin bends up the mountains balanced out the excitement. In spite of trying everything short of running up the mountains (pills, home remedies including all sorts of natural concoctions, sitting in the front seat of the vehicle unmoving, focusing on the road at all times, etc.) nothing would really prevent the culmination of a trip to the mountains without throwing up. Most times, as I emptied my guts on the road, I always imagined a way of running up the beautiful roads rather than being on four wheels.

Fast-track to 2017 when I as a recreational runner decided that I finally must do my first full marathon. A 4 month plan included a stringent training regiment to overcome the flyovers and inclines of the 'toughest city marathon in India'. The Airtel Hyderabad Marathon would be my first attempt to reach the pinnacle of recreational running, a full 42.2 kms. As training progressed, I felt I needed the confidence of doing a run which would probably test my hill running skills and prepare me for what was to come. While googling various runs, I hit upon the Kalimpong Half Marathon.



The Kalimpong Half Marathon is an 'ultra-half' organized by 'Run with Roshni Foundation', a charity established by Roshni Rai, a Comrades finisher and accomplished marathoner. Her mission is to promote running among the Gorkha community in the mountains.

The event held on the 1st of May every year, starts from Kalimpong and finishes in Pedong. Kalimpong sits at an elevation of around 4,000 ft above sea level with lovely weather and wooded roads outside town. The route meanders out of town and then starts climbing to a maximum elevation of 6,000 feet. An elevation gain of about 2,000 feet! This

coupled with the rain and shine weather, the hairpin bends and the stringent cut off time of 3 hours makes this not one for the faint hearted. On the positive side the route is lined with locals offering



drinks and snacks and children cheering the small band of runners on (usually no more than 150 runners participate).

For me the opportunity to run with the clouds below me and the tall pine wood trees above, the smell of eucalyptus and the chill wind in the face was an experience I will never forget. The Gorkha handmade paper medal, the opportunity to meet and interact with the great lady herself and the sumptuous breakfast at Keventer's in Darjeeling topped off a once in a life-time experience. As I wound down my trip with a visit to the Tenzing Norgay Institute of Mountaineering, the words of Edmund Hillary came to mind. I had conquered myself and not the mountains! These local races are virtually unknown to a lot of us runners and it is imperative that we support (with vested interests) people like Roshni by travelling and running these wonderful events in the most exotic of locations!

Dr. Santosh Moses is training to run his 4th marathon and has run in over 50 cities and towns across India. Currently based in Delhi, his running inspiration continues to be the Peerancheruvu and Hyderabad Runners communities.

OUR HERO @TOKYO2020



HRUNIMATIONS

RUNAWAY THOUGHTS

By **Anuradha Venkatnarayan**

This piece is bound to read like the thoughts that bounce off the wall of a neurotic person's brain! It contains random deliberations flashing louder than the billboards in New York's Times Square, theories that could shock the world (even Trump's announcements will sound lame in comparison!), inane memories that will make you wonder if you should actually finish reading this piece and quirky solutions to problems that have been nibbling at the back of my head for years now. But if you have ever wondered why people run marathons; then you should labour on to finish this piece of writing. Who knows; you might even put on your running shoes and give it a go or you might run in the opposite direction (I mean, figuratively!)

People run 10kms, 21kms, 42kms and even between cities instead of just booking train or flight tickets. Why? Some things are better left unanswered. It keeps the mystery intact. I ran my first 10 kms exactly a year ago. I am just a year old baby crawling on this track! And I cannot vouch for all fellow runners, but strugglers like me might identify with some of the thoughts that raced across my mind while I was slicing through the wind! I do like using fancy epithets like 'slicing through the wind' for running. Now that I have ticked 21kms off my bucket list, I feel entitled to such grand thoughts! On second thoughts, 'half marathon' sounds better than just 21 kms!

During those 156 minutes of running to hear the sweet beep sound as I stepped over the finish mat, I would have had at least 156 thoughts! And trust me, some of them were a revelation even to me. I definitely won't reel out all of them; just the nice ones. It started with some really nice thoughts like, how blue the sky is and is that sweet smell from the tree ahead or is my fellow runner wearing a nice deodorant?!

Why??

*Oh isn't that my neighbour?! I think I've seen that tee-shirt hanging on her washing line.
Wait, in the youtube video, did Milind say inhale for 3 steps and exhale for 5 or the other way round?
Where is that water station? My tongue feels like a crocodile.*

Why??

*As I turned the bend and spotted the slight incline in the road, the only thought in my head was,
Keep it slow and lean in, soldier.
And when I hit the top I turned around and gloated,
You are a colossus!*

But my elation lasted only for a moment. The voice notification on my runner's app crashed into my colossal smugness and I went back to being a lump of debris.

*Is my Strava showing just 7 Kms? Is it working properly? Did I charge the damn thing or not?
Am I making as much noise with my shoes as the guy in the front? Is he the abominable snowman's cousin?!*

Is the shadow behind me going to overtake me on the left or the right?

The volunteer on the mike said, Slow runners stay on... the left, I think.

Ooh, is that cameraman focusing on me? Smile through your sweat babe, maybe you will come in the papers tomorrow.

Spotting a friend who was much faster than me, I waved and mused,

Why??

*What did he eat first thing in the morning?
Bloody hell, did I just cross 14 Kms? That's two thirds of the total distance. Isn't it? Is it? My head's not working. Should I ask someone? Just to be sure.*

Somewhere along the way, I lost track of distance. It was just about putting one leg ahead of the other. Plodding on. When the 2.30 hour pacer crossed me I looked at him helplessly. I wanted to catch up but my legs had a mind of their own by then! They were like errant children, with not an ounce of obedience in them.

How do some runners keep the same pace for all 21kms? Are they made out of a different material? I cannot feel my left hand. Am I having a heart attack?"

Do I like myself at all?

Did Trump actually announce that teachers should be armed now to deal with the school shootings?!

In my desperate moments I must have thought about guns and how to use them somewhere along the 17th kilometre! How else would I have ended up thinking about Trump?

Why??

I can feel the sweat roll down the back of my neck. It's tickling me.

Should I get highlights in my hair?

Right...left, right...left. right...left...aaargghhh!

Why??

I ran the last few kilometres with my head not with my feet. After 18 Kms, the signage just went missing. Don't know if the organisers were playing mind games with us, but those signs were a beacon of hope.

Where is that sign with 19 Kms written on it?! I swear it feels like I've been running forever.

I spotted a runner who had stopped on the side and I said to him,

Please run with me, I can't bear to watch you just stand there.

God knows what he thought of me but he sportingly ran along for a few metres and then disappeared!

When did I last feel this hot? My face feels like a tandoor.

Wouldn't it be heavenly to open the fridge now and just stand in front of it?!

Where is that finish line?

And then from a distance I could hear the music. My Mt Everest is close. I should be able to see it now.

Why??

Tu na jaane aas paas hai khudaa...

Then some good man behind me shouted the magical words,

Just 500 mts to go!"

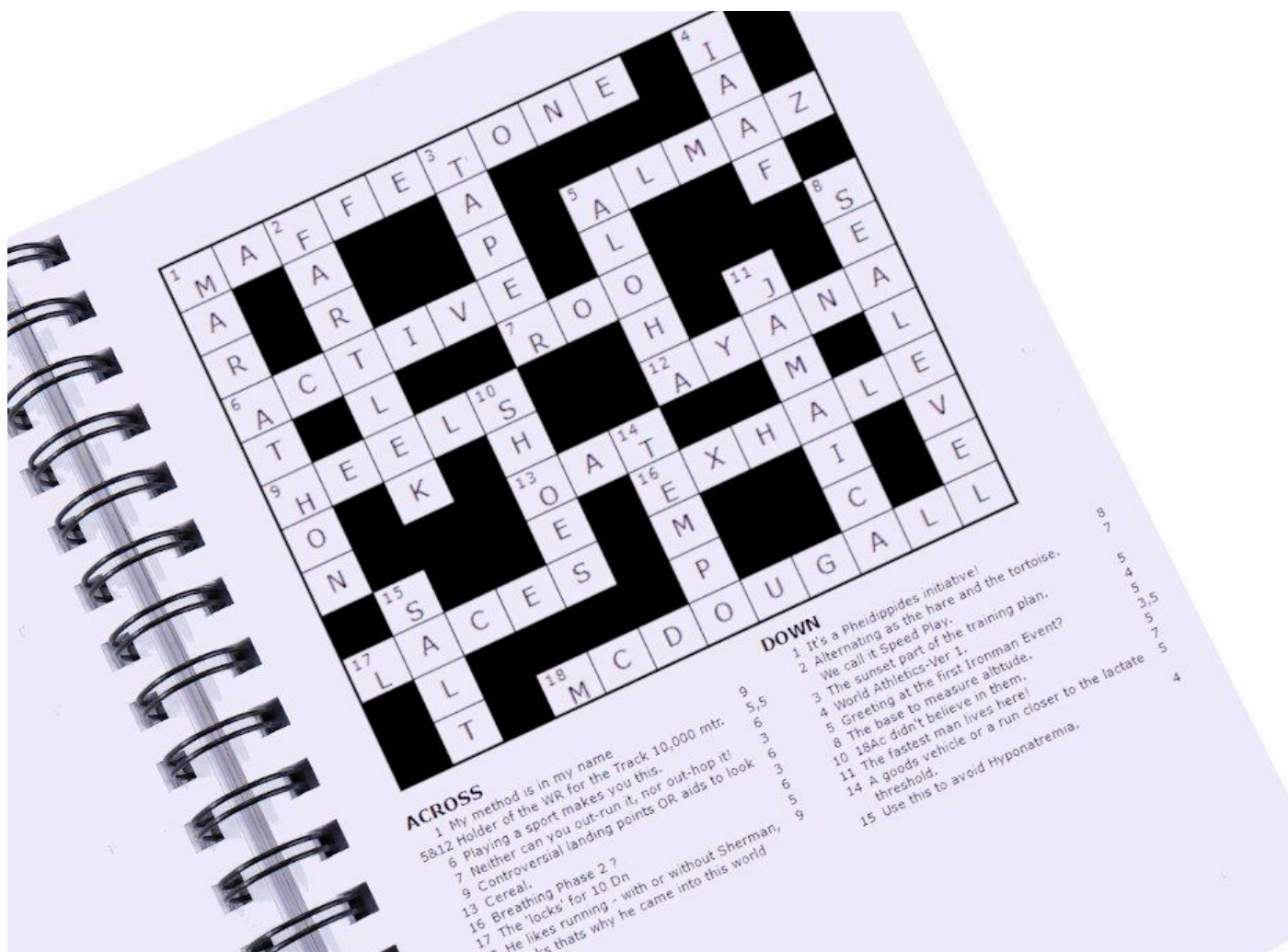
300 mts

100 mts

And then it went "Beeeeeeep!"

My 21 kms were done. I stretched out on the floor and looked up.

The sky's still blue.



YOGA FOR RUNNERS

Passive Yoga Stretches for Post-Run Recovery

Pratibha Agarwal



Founder, Director and Instructor at Anahata Yoga Zone, with 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 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 third 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.



Benefits:

Lengthens and releases the hamstrings and calf muscles, stretches the spine and opens the hips.

i. Begin in "Dandasana" (seated, with legs fully extended out in front of you).

ii. Bend your left leg and place the sole of the left foot against the inside of your right thigh as close to the groin as you can and drop the left knee to the floor, supported with a blanket if needed.

iii. Activate your right leg and flex the right foot, toes pointing up towards the ceiling. Hug the left femur head into the socket as much as you can to help you lower the knee to the floor. Place the left hand against the inner left groin and your right hand on the floor beside the right hip.

iv. Exhale; turn the torso gently towards the right keeping the torso lifted.

v. On an inhale, raise the arms above the head with the palms facing each other. Exhaling, fold forward from the hips over your right leg.

vi. Clasp the side of your right leg or foot with your hands and lengthen the torso forward into a comfortable stretch.

vii. The lower belly should touch the thighs first, followed by the chest and finally the head. Try to maintain the length and feeling of extension in the spine without losing the shoulder blades on the back ribs.

viii. As you hold the posture, try to relax using the breath to soften your abdomen and back. Hold for as long as comfortable.

To exit the pose, bring the hands to the floor beside your hips. Inhale and use the arms to bring your torso back up. Repeat on the other side.

TOKYO2020 TIDBITS

"Now I'm old, I'm 30, and I started to realise that all those people who say they know, they actually don't know. Many of them don't know, and especially those who say that they know, don't know, because those who do know say that they don't know."

Anna Kiesenhofer

Tokyo Olympics (2020)

Gold Medalist (Cycling Road Race)

RUNNING: THE PHYSIO WAY

Feet that Keep you Going By Dr. Shruti Desai



Founder of The Panacea Centre with over 11 years of experience. A certified yoga & Pilates instructor, and Hyderabad's first NKT certified practitioner.

"Are you feeling post-run pain in your arch, top or side of the foot, toes, heel, toenails, or maybe at more than one spot? Foot pain is a common ailment among runners and also one that can be confusing because the cause of the pain can vary widely.

Let's look at a few issues that runners experience in their feet to determine possible causes and solutions for your foot pain."



Plantar Fasciitis

What: A stabbing or burning pain in your arch, heel especially when you first step out of bed in the morning. The more you run, the better it gets but often comes back after an hour or so.

Where: Arch of Foot, Heel

Why: Tight arches, tight calf muscles, or overpronation (your feet roll in too much when you run). It's more common among runners with flat feet.

Prevention and Cure: Roll a frozen bottle or tennis ball pre and post run /workout. Foam roll or stretch calf muscles besides activating your core.

Tailor's Bunion

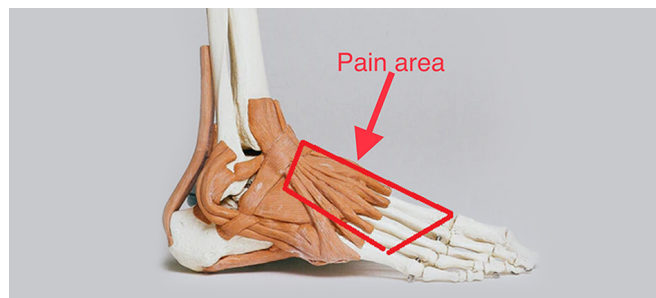
What: Knobby protrusion discomfort, and pain while running.

Where: Base of big or pinky toe.

Why: Lack of strength in foot muscles, low arches, flat

feet, loose joints may lead to increased pressure on the toe leading to its deformation.

Prevention and Cure: Strengthening of core, feet muscles. Wearing Bunion splint, Shoe inserts for arch support.



Extensor Tendinitis

What: Pain on the top of your foot especially while running uphill, eventually while weight bearing.

Where: Around the midpoint of the top of foot.

Why: If the shoes are too tight, Extensive uphill running presses and rubs the tendon and causes its inflammation

Prevention and Cure: Rest, Icing helps ease the inflammation.

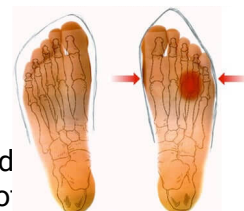
Stretching & stretching lower leg muscles help regain tendon strength, flexibility.

Morton's Neuroma

What: Numbness in feet and toes while or after running.

Where: 2nd & 3rd toes.

Why: Being flatfooted or overpronating or wearing tight shoes/ footwear led to repeated compression of nerve in the foot



Prevention and Cure: Padding under the forefoot. Improving the running technique.

Peroneal Tendinitis / Stress Fracture

What: Gradually increasing pain over a few weeks or months, worst in the morning and with activity and easing off with rest.

In case of stress fracture, you might feel pain even at rest beside tenderness and swelling.

Where: Side of the foot.

Why: Imbalance in the leg and foot muscles lead to abnormal pressure on the tendon.

Prevention and Cure: Early diagnosis is the key to prevent the severity of the injury.

- Icing every 2hours
- Proper fitting shoes
- Increase mileage gradually
- Improving core stability

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

TRAIN LIKE A PRO

Aerobic Training



Shiv Shankar Kosgi



Sandeep Krishna

Training isn't about going out there, mashing out an exhausting super hard run & feeling great. It is not about hard and intense workouts. Training is about physiological 'adaptation' of the body through different stimuli.

Why Aerobic Training?

Aerobic training is to train in the presence of Oxygen. Examples: Slow Running and Swimming. Sprinting and Weight-lifting are examples of anaerobic training where training happens in the absence of oxygen. It pays to have a strong aerobic base before training in the anaerobic system.

Most recreational runners run fast for a short time, but soon end up bonking out because they either run out of Glycogen or they become breathless due to stress on their cardio-respiratory system. These are indications that they lack aerobic capacity and are exerting their anaerobic system. For any distance above 5K, energy contribution from the aerobic system is >85% and for a Marathon 42.195km is about 97.5% (<https://runnersconnect.net/the-importance-of-aerobic-running>). Improving aerobic ability tweaks our bodies to use more reserve fats rather than sugars thus allowing us to run longer and faster at lower heart rates.

Improving the aerobic system

Divide your weekly training volume into 80/20: We need to run a substantial volume of all training at low intensity i.e., around 77% of maximum heart rate, at a conversational pace with others. Elite runners train at this intensity for nearly 80% of their entire volume and do high intensity intervals for only 20% of the volume (<https://www.podiumrunner.com/training/train-like-pro/>).

This means they do not run fast all the time. Years of training makes their aerobic systems so optimized that their low intensity runs are faster than our 5K pace.

How Aerobic Training works

It progressively improves our speed and lowers heart rate.

Running at aerobic low intensity helps endurance athletes mainly use the aerobic or slow-twitch muscle fibers in the body which use fats as fuel. With systematic long-term training, these fibers increase in density and efficiency, leading to a higher rate of fat-burning during workouts and in daily life..

Anaerobic fibers also work in tandem, burning sugar as fuel, but they fatigue fast. The greater the % of aerobic fibers we can recruit into our runs, the more we burn fats as fuel, thus reducing the chances of bonking.

Base Aerobic Training

Run ALL your aerobic training runs at an easy conversational pace to train your **Base** before the target race and improve your Personal Bests in the races. Calculate your aerobic HR zone using Friel or Maffetone formulae and monitor your heart rate to run exclusively in that zone. This provides a solid foundation to carry out the hard speed-work needed 5-6 weeks prior to key races and to reduce injuries while increasing body immunity.

- Invest time to run exclusively in low intensity zones
- Avoid speed/interval training
- Cross train also in low intensity
- Warm up with a 10-minute walk before jogging
- slowly to raise the heart-rate in a controlled manner.
- Cool down: post the run, jog slowly then walk 10 minutes to ease your body
- Reduce intensity to increase mileage without increasing overall strain

Running is not only about endurance; it is also about skill. Runners need to always work on improving biomechanics.



Read More @:

<https://runnersconnect.net/the-importance-of-aerobic-running>

<https://www.podiumrunner.com/training/train-like-pro/>



RUNNERS' NUTRITION

Answers to Your Queries Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

1. I am doing intermittent fasting. Can I run while fasting?

The answer depends on your reason for intermittent fasting as well as your running goals. There is some research showing that running in a fasting state can help burn more calories during the run. Fasting clearly reduces circulating glucose and increases the usage of fatty acids as a fuel for exercise/run.

However, as we all know, speed and performance are compromised in fasting state due to lack of stored glycogen which fuels the moderately intense workouts. Muscle protein breakdown is also more pronounced in cases of exercising after prolonged fasting in order to provide glucose. Running for shorter duration and at low intensity where fatty acids are the automatic fuel choice is okay if weight loss is your goal. But, training continuously in a fasting state including the high intensity or prolonged endurance runs will certainly have adverse effects on performance.

2. What foods and supplements are good to recover from covid weight-loss?

Most people infected with COVID-19 may experience unintentional weight loss and malnutrition. Reasons for this include but are not limited to alterations in smell and taste, inability to cook or feed oneself during self-quarantine, disinterest due to distress while being hospitalized etc. To recover completely from the malnourished state, intake of nutritious diet is crucial. Adequate intake of calories, protein and fluids is extremely important. Calories should only be obtained from nutrient dense foods such as whole grains, pulses, lean meat, fish, eggs, low fat dairy products, vegetables, leafy vegetables, fruits, nuts and

seeds rather than high calorie sweets, snacks, deep fried foods. A balanced diet consisting of all the major food groups is the key. Supplements can be used as per physician's advice only when the person recovering from COVID is shown to have any specific nutrient deficiencies. Light physical activity such as leisure walks, adequate rest are also extremely necessary for complete recovery.

3. What are the nutrients important for female runners?

Men and women have different body compositions owing to evolution. Due to greater body fat percentage and lesser fat free mass, women need fewer calories than men, in general. However, certain nutrients are needed in higher quantities in women than in men. Women between ages 19-50 need more than twice the amount of iron than a man does. Iron is responsible for transporting oxygen from our lungs to the working muscles, which is vital to any endurance athlete. Iron deficiency can lead to chronic mental and physical fatigue, among many other issues. Vitamin D and Calcium are essential for maintaining bone health. Although both men and women need the same amounts of these nutrients, owing to the fact that overall calorie consumption in women is lesser, deficiency of calcium is also more likely in women. Essential fatty acid intake is also important to maintain good hormonal balance in case of women. Omega-3 sources such as fish, flaxseed, walnuts should be made a part of a regular diet.

OUR HERO @TOKYO2020



Source: newindianexpress.com

Name: Lovlina Borgohain

Event: Women's welterweight (Boxing)

Medal: Bronze

OUR HERO @TOKYO2020



Name: Ravi Dahiya

Event: Wrestling

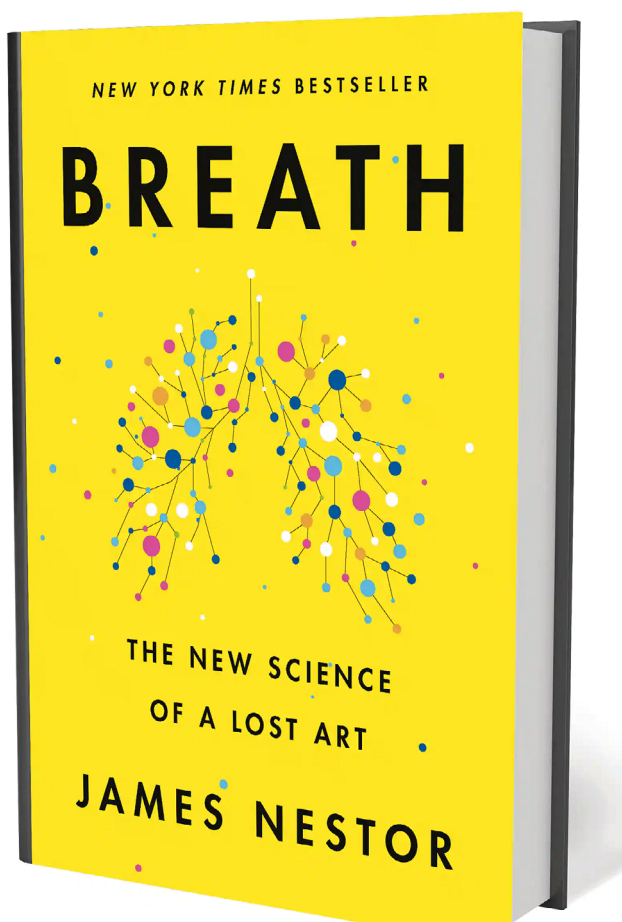
Medal: Going for Gold

REVIEW

Breath : The New Science of a Lost Art– James Nestor

By Sujai Antony

The pandemic has brought a renewed focus on fitness in general and breathing. I picked this book after seeing great reviews about it. I liked this book and learnt many new things about breathing from this.



SOME INTERESTING FACTS FROM THE BOOK

• Mouth Breathing vs Nasal breathing

If you are a runner or if you have been exposed to Pranayama, then you may have heard about avoiding mouth breathing and sticking to nasal breathing 'as much as possible'. In the first part of the book, the author does a good job explaining the difference and its impact.

• Chewing well

Early humans did not eat processed (cooked) / tender food. With the innovations of cooking / mashing and tenderizing food, the efforts to chew food went down. Over time, the muscles on the mouth and the jaw bones weakened causing the face to become small. This reduced the quality of our breathing over time. The takeaway is that we should eat some foods that give a lot of work to the teeth. Maybe an hour or two of hard chewing per day. Chewing gum helps too!

• Transformative power of Exhalation

'Inhaling was the easy part. The key to breathing, lung expansion, and the long life that came with it was on the other end of respiration. It was in the transformative power of a full exhalation'. - This chapter solidified my belief that deep exhalation is the crucial part of any breathing exercise. You may have seen that most Pranayama classes encourage deep exhalation more.

• Breathing Less

Lots of learnings for me from this chapter. A survey has found that there is a strong correlation between breathing less and overall fitness. The author goes on to explain how breathing less not only helps general fitness but can also boost the performance of endurance athletes (Basis for a technique called hypoventilation pioneered by Olympian Emil Zatopek).

• Verdict 🏃🏃🏃🏃

A great read and I highly recommend this for fitness enthusiasts and runners. While most of what the author suggests are already part of Pranayama teachings, this book takes a step further to share empirical evidence /proof that it works. The Appendix has a concise list of popular breathing techniques. It is a good reference for those who want to skip the reading and directly jump into the doing.



Poor WIFI Signal?

KloudWIFI
Home WIFI Solutions

We understand the typical issues you face



Poor Coverage



Frequent Disconnection



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RUN-TITUDE: MINDSETS OF A MARATHONER

Running and that one H.A.R.D. goal By 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.

From motivating ourselves to go out for a training run to digging deep when we are finding the going tough in a race, our psychology surely plays a part.

So how do we beat this beast in the mental game?

Often we are asked to set SMART goals - Specific Measurable Achievable Realistic and Time-bound goals so that we can work towards achieving them.

Most successful ultra-marathoners however tend to veer away from the "achievable" to "stretch" goals!

So, the solution is to maybe set the opposite of SMART goals; set HARD goals.

As Mark Murphy puts it in his book, HARD goals are:

1. H for Heartfelt: We need to invest emotionally in our goal. Ask yourself:

- Do I feel an emotional attachment to the goal?
- Does it move me toward a desired future or help you prevent an undesirable one?

The stronger the attachment or 'sense of heart' for the goal, the more likely we are to pursue it.

2. A for Animated: We need to be able to see ourselves achieving this goal.

Ask yourself:

- Am I able to visualize myself achieving this goal?
- Do I see how my world would look if achieved this goal?



Being 'animated' is about us 'connecting with the goal' in a deep way.

3. R for Required: We need to find concrete reasons to want to complete our goals. Ask yourself:

- Is this goal absolutely necessary for my growth?
- What routines do I need to set to achieve this goal?

The more 'essential' and 'relevant' our goals, the more we are motivated to achieve them.

4. D for Difficult: Ensure that our goal is difficult and needs effort to pursue it.

As yourself:

- Is this goal moving me out of my comfort zone?
- Do I need to learn new skills and expand myself to achieve this goal?

We all love 'challenges' and they can constantly serve as an 'inspiration' to achieve our goals.

Running is said to be 90% mental and 10% physical. Marathoners tend to resonate with this thought, especially at mile 23 (37km) of a marathon.

That one H.A.R.D. goal can enable you to push through those last miles. Go for it!

RUN FACTOID

By Sam Sudhakar

For the 1912 Olympics in Sweden, Japan sent just two athletes. Their journey from Japan to Sweden lasted 18 days including 10 days on the Trans-Siberian Railway. Shiso Kanakuri was one of the two athletes and he was to participate in the Marathon. On race day, it was unusually hot in Sweden. At the 34 km mark, Kanakuri collapsed. A local resident took him home. After waking up Kanakuri went to his hotel and then travelled to Japan without informing the officials. He was reported as 'missing' by the Swedish authorities. After years of searching, a reporter tracked him in Japan in 1962. Five years later, Kanakuri was offered a chance to go to Sweden and complete his unfinished marathon.

On March 20, 1967, 76-year-old Shiso Kanakuri of Japan completed the marathon in Stockholm, Sweden. He agreed to finish the race on camera and even sprinted the final 100 meters and broke through a ribbon.

It took him **54 years, 8 months, 6 days, 5**

hours, 32 minutes and 20.3 seconds to finish the marathon. After the marathon he was asked about this unusual achievement. He said, "It was a long trip. Along the way, I got married, had six children, and 10 grandchildren."



CURRENT HR ACTIVITIES

Train & Shine

Hyderabad Runners In person training is Live !

Train & Shine, Hyderabad Runners holistic training program for runners exclusively designed and planned to improve running form, skill and make you

an efficient runner and now LIVE at 6 locations.

Training Centres - **KBR Park** | **Sanjeevaiah Park**

| **Uppal & L B Nagar** | **Lingampally & BHEL** |

Botanical Garden Kondapur | **Sainikpuri**

We have limited spots available at the above mentioned locations !

We will be soon going live at - **My Home Vihanga** | **My Home Jewel** | **My Home Avatar** | **GHMC Park** (Behind Rain Tree Park)

**Trainings conducted inside apartment complexes are only for residents*

The programme includes:

1. 20 Weeks training plan for 10K, Half Marathon & Marathon Distance
2. Twice a week Strength & Conditioning sessions focused on full body conditioning
3. Once a week YOGA session to help you Open up your hip flexors and decrease joint stiffness and help in recovery
4. One Nutrition guidance session by certified nutritionist Dr .Lahari Surapaneni. (PhD Food Technology, Clemson University, USA)
5. Hyderabad Runners official T Shirt worth Rs 1000

Click here to learn more and register

<https://bit.ly/hrtrainandshine2021>

Write to training@hyderabadrunners.com if you have any specific questions about the programme

Beyond the Track: Webinar 56

Schedule: 14th August, Saturday @ 4.00 PM

Topic: Ekiden Running - Japanese way

Speaker: Mr.Ishikura

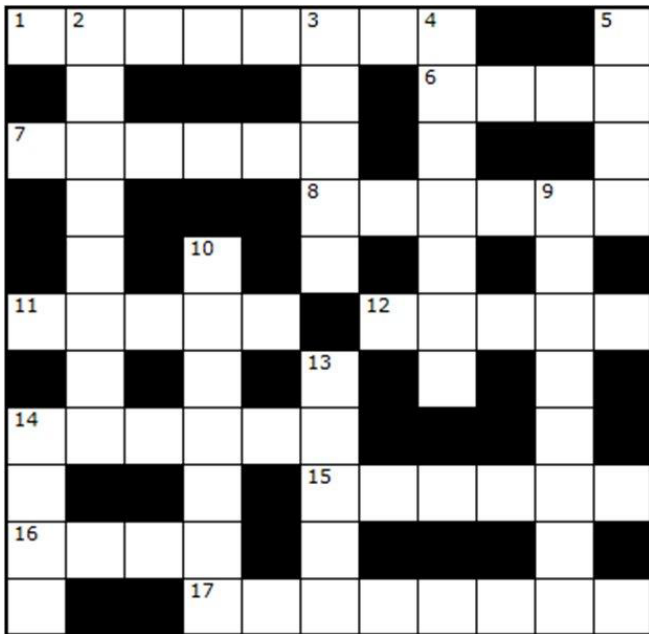
Where: Hyderabad Runners FaceBook page

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

Aug 08 Location 1: Hitex Exhibition Grounds, Outside Main gate, Madhapur Location 2: Peoples Plaza, PV Narasimha Rao Marg	Aug 15 Location 1: KBR Park, Main Gate, Road No 2, Banjara Hills Location 2: Narapally, Bhagyanagar Nandanavanam	Aug 22 Location 1: Gachibowli Stadium, maingate Location 2: Indira Park, Main gate, Lower Tank Bund
Aug 29 Location 1: My Home Vihanga, Gachibowli Location 2: Malaysian Town Ship (RTP) Main gate	Sep 05 Location 1: Rabbits Park, Secunderabad Location 2: TellaNalla Park, Nallagandla	Sep 12 Location 1: IDL Lake, Moosapet Location 2: ECIL, Officers Club

- Please check for the official announcement from HR through our social media channels for exact details of the run
- All runs will be organised subject to local permissions
- Runners must continue to follow COVID safety protocols at all times

CROSSWORD #3 (AUGUST 2021)



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

Solution to July Crossword in Page: 6

ACROSS

- 1.&14. You don't need to fight the Trojan War to get this running injury! (8,6)
6. You hit the ____ when glycogen reserves go low. Rahul Dravid knows it too. (4)
7. A prerequisite for a good night's rest. (6)
8. This keeps the runner fueled. Anagram - at nike. (6)
11. My choice of currency to run the Gulf Bank 642 Marathon. (5)
12. Are the Qualifying Races warm ? (5)
14. See 1 Across
15. A greenhorn on the circuit! (6)
16. The oldest distance running organization in the USA. (Abbr.) (4)
17. Race with your 'colleagues'? The Ultra with an Up starts at Durban (8)

DOWN

2. My exact race duration. Don't go by the gun. (4,4)
3. American Sprinter and Long Jumper with 9 Olympic Golds. (5)
4. See 9 Dn
5. One of the official hues of the Race crossing Heartbreak Hill. (4)
- 9.&4. Arguably the first woman to run Boston. (8,7)
10. Matters of the heart ? Running would help improve the function. (7)
13. Yearly mileage. Miles per _____. (5)
14. Get weary, weaken. (4)

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