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# HR's Evergreen Runners



SEPTEMBER  
2021

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

# MESSAGE FROM THE PRESIDENT

Dear Runners,  
Greetings!

The last month turned out to be quite August in the literal sense, with our 'Dawn to Dusk' 12 hour Stadium Run being a huge success. The venue of the run - Gaudium Sportopia, has a beautiful running track and one could feel the energy and enthusiasm of the 350 runners, who participated in the run. Our organizing team including the 4 Race Directors, the HR volunteers, Care Hospital Medical team and the staff from Gaudium Sportopia, did their bit to make the Run a memorable event, without compromising on any Covid safety protocols.

It's heartening to note that running events are slowly getting back to the physical mode. Stadium runs have been conducted in Bengaluru and Mumbai, while races have been announced in Chennai, Satara and Goa. One just hopes that this trend redefines the new normal, putting the Covid nightmare safely behind us.

Hyderabad Runners' training sessions - Train & Shine, have received a good response and I urge you to come forward and avail the benefit of structural training. After all, you would want to welcome the running season in style, wouldn't you? Meanwhile, please stay safe and enjoy your running and training.

Regards,  
**Abhijeet Madnurkar**  
President,  
Hyderabad Runners Society



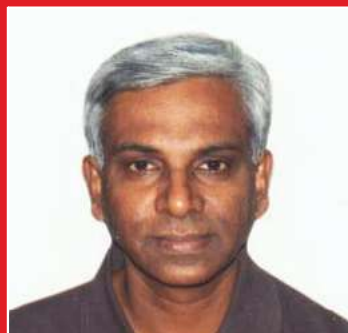
# FROM THE EDITOR'S DESK

August 21<sup>st</sup> is Senior Citizens' Day & keeping in mind the inspiration they give to HR & their contribution to HR, the Cover Article features the Running Stories of seven Senior Veterans. And from the opposite side of the spectrum the HRUNIMATIONS features the story of a 12 Year old runner.

The inaugural Stadium Run on the 28<sup>th</sup> was a success with runners doing around 100kms in the 12 hours from Dawn-to-Dusk. One of the runners, Sunder Nages, gave us his review of the event.

Cycling is a natural addition to a runner's regimen and we have a Ready Reckoner for helping cycling newbies choose a suitable bicycle. Plus, we have all the usual features.

Finally, a salute to the Indian heroes in the Paralympics who remind us everyday that fitness can be achieved even as you overcome your circumstances.



**Vadali Prasad**

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# COVER STORY

## HR's Evergreen Runners

By Sagarika Melkote

They say age is of no consequence unless you are a wine, in which case you only get better. Aging in humans too, has seen a paradigm shift. In a society where standards of beauty and fitness were once equated to staying “young forever”, the norm seems to be slowly changing to “aging gracefully”. Exemplifying this, ‘senior’ citizens today are making the most of life – taking up hobbies, pursuing a fitness activity etc.

The world celebrates Senior Citizens Day, on August 21st each year. The day was intended to increase awareness about issues that might affect older adults and recognise their contribution to society.

The “senior runners” of HR are a special lot - you would be forgiven for thinking them to be a retired professional, a doting grandparent even. While that might be true, there is so much more to their persona. Going by running standards, they fall under the “Senior Veterans” category but can give a much younger person, literally, “a run for their money”!

Most of them took up running rather late in life and having done so, are setting new records and inspiring others. We bring to you portraits of seven such runners, who are out to prove that age is, indeed, just a number!



**B R Hariharan**



The lanky, grey haired, bespectacled gentleman is a regular at most marathons in India.

“HHRan” as he is fondly known, is 72 years old and has done some pretty unusual things in his life. He started running at the age of 59, making his debut with an Ultra Marathon before running his first Full Marathon.

He earned himself a PhD at 71 years of age and continues to be employed full time!

The moniker “HHRan” bestowed on him in 1967, was a bid to anglicise his name and had nothing to do with running. It proved to be prophetic, as today, Hariharan is a veteran of 10 Ultra Marathons, 46 Full Marathons and 134 Half Marathons! The Covid pandemic in 2020 meant most marathons were cancelled, HHRan, not to be deterred, ran 1 Full and 51 Half Marathons in the virtual mode. Some of these he ran in the parking lot of his apartment building!

A key member of Hyderabad Runners, Hariharan says initially he used to run because he wanted to collect as many medals as possible. However, now he calls running a “stress buster” and akin to meditation. He credits running with helping him relieve pressure when he was working on his PhD. HHRan hopes to complete his 200<sup>th</sup> run soon and his future goal is to earn his World Marathon Majors Medal by 2023. He rates the tough Antarctica Marathon as his most memorable run, not just the race itself, but the entire voyage experience.

## Ram Katikaneni



Going by his amazingly youthful looks, one would peg Ram's age somewhere in the mid fifties! At 64 years of age, he has under his belt 20 FMs, over a dozen HMs and is the epitome of a "happy runner". Ram began running in 2003, when he was living and working in the USA. A regular walker till then, he spotted a runner in a local park and wondered how someone could run continuously. That same runner encouraged him to join a local running club and it was soon after that Ram finished his first 5k. The happiness he derived from it had him hooked. He soon made it part of his lifestyle, which continued after his return to Hyderabad in 2008. Even today, he doesn't set himself any goals, he runs because he feels "free and capable and just so happy".

Ram has also mentored innumerable newbie runners. As a sweet little token of encouragement, Ram would give the women flowers after completing a run, earning him the sobriquet of "Flower Man of HR". Recognising the dangers of a sedentary lifestyle, Ram feels the youth of today should take up a sport or fitness activity that they enjoy, rather than something forced on them.

Ram is married and father to a daughter. He hopes to continue running as long as he can, maybe more for fitness than to collect finisher medals. His other passion is to give back to society for which he has been actively promoting running in his housing community. As a mentor, he feels rookies can benefit from his experience and discover themselves through running.

## Prasad Vadali



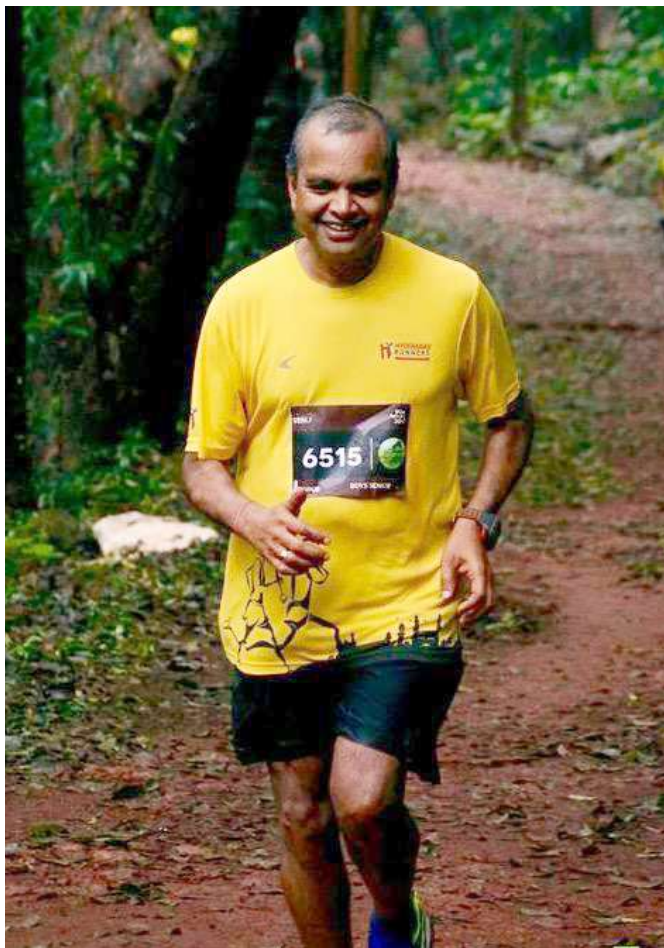
At 62 years of age, Prasad Vadali plays a mean game of tennis at least six days a week and has three FMs and a dozen HMs under his belt. He thinks of running as "a part of me in many ways", as his stint with running began in school at the age of 9 with participation in the school's running races. Since then, he has been "running some distance or the other" for more than fifty years.

A member of Hyderabad Runners since inception, Prasad says as he was bitten by the running bug fairly early in life, it has stayed with him since. He also credits the bug for being his source of constant inspiration as it keeps telling him "Don't be a bum, old man. Get up and go get crackin'." He says he "runs for running's sake" and is often faced with the conflict of whether to run or play tennis as it's difficult to do both on the same day. But he credits running as one of the factors in improving his game of tennis.

An entrepreneur and father of two daughters, Prasad is the co-founder of an IT Hardware company. He feels the youth of today should pursue at least one sport seriously and running on the side. Both activities need not be towards achieving any specific goals but should become a part of one's lifestyle and to stay fit. He is a true believer in "A healthy mind in a healthy body". Running to him has never been about achieving any specific target but rather, an enjoyable means of keeping fit, alongside his other passion – tennis



## Venugopal Raju Penmetcha



Venugopal took up running after 45 years of age as a means to keep fit. At 61, he is today, a veteran of twenty HMs, eighteen FM's and seven Ultra Marathons!

Amongst Venugopal's many achievements, is the Bengaluru Ultra Marathon – he has done all versions of the Ultra Marathons at Bengaluru, year on year, going from 37.5 km to 50km, and subsequently 75 km and 110km. His motivation comes from "purely challenging your body to see how much it can endure". In 2016, he completed the Super Randonneur Series in cycling, finishing distances of 200km, 300km, 400km and 600km.

Venugopal feels exercise in any form should be a habit, not a privilege and consistency is the key. He loves it when his cardiologist tells him he doesn't need an annual check up like others his age, and once in two years is enough!

As a volunteer, he has served as Treasurer in the HR Society twice, and feels now that he has achieved all that set out to do in running and cycling, he would like to continue running to keep fit. Running to him is the "best form of exercise to keep fit and healthy and his endurance has been built solely due to running". He is married and has a son and a daughter.

## Rachel Chatterjee



A chance conversation with her friend's son fifteen years ago piqued her curiosity about running. One thing led to another and before she knew it, Rachel Chatterjee had made her debut with a Half Marathon and in her own words "it changed my life forever". Today, at 70 years of age, she can boast of having run 5 FM's and 18 HMs, with impressive PB's of 4.44 hours and 2.03 hours. She credits running with having taught her many lessons – mainly that one never realises what one is capable of till you push yourself and the importance of self discipline, which is the "key to becoming the best you can be".

Rachel Chatterjee confesses to being a "running addict", she loves the runners high, listening to music while running and will not miss a run, come rain or shine. She cherishes some wonderful memories from her runs - that of a young stranger who helped her with stretching and water, when she had really painful cramps after finishing the Mumbai Marathon and another person who gave her his water bottle when she was totally parched close to the finish line. She has forged some lasting friendships, thanks to running.

She urges the younger generation to try running. She says "one run can change your day, many runs will change your life". An IAS Officer, now retired, Rachel Chatterjee's association with HR began in 2009, when she used to run with the group. Work commitments meant she couldn't always be in Hyderabad but has always kept her connection with HR. She is married and has two sons.

## Padma Penmatsa



In 2012, Padma participated in a run for a charitable cause and enjoyed it so much that she calls it “one of the best decisions she ever made”. Soon after, she trained for and ran her first HM and joined HR. With a bunch of good running buddies she found, she was hooked for life. At 59 years of age, Padma today has 32 HMs and two 25 km runs to her credit. She says the more runs she participated in, the more she challenged herself and achieving the targets she set for herself helped her become more and more confident. That confidence in turn, motivated her to set life goals and achieve them. She started running at 50 years of age and regrets she didn't start earlier because today, she follows a positive and healthy lifestyle.

According to Padma, youngsters would benefit immensely from running as it is easy to incorporate into any lifestyle, apart from the obvious fitness benefits it offers. A regular volunteer at all of HR's events, she says running is about being “active, healthy, happy, community, endurance, satisfaction, challenges, courage etc”. She hopes to never stop running and has a list of a few marathons she hopes to participate in on her bucket list. She has recently retired from a career in retail and is self employed. A mother to two daughters and a proud grandmother of two lovely granddaughters, she hopes to run with them some day.

## Ushakiran Venigalla



Ushakiran's ever smiling countenance belies her age. At 56, she has run around a dozen HMs, one FM and two UMs. She has been podium finisher in almost every run she has participated in! A walker by habit, she was a regular at KBR park till 2014, when she decided to try running, just for a lark. To her surprise, she was able to run 8 km quite easily, owing to which she was encouraged to participate in the Konaseema HM. She trained for about three weeks and got a podium finish. There was no looking back after and she signed up for the Airtel Hyderabad Marathon in 2015. Though she finished it in good time, she rues the fact that her training was inadequate.

It was after the Airtel Hyderabad Marathon that Ushakiran realised the need for structured training. With a training routine established, she signed up for the Mumbai Marathon twice but could not do so for personal reasons and made her FM debut at the Dubai Marathon in 2018, with a time of 5 hours. She has also won gold and silver medals at the National Masters Athletics Meet at Vidisha in 2016. After returning from that meet, she drove straight to Vijayawada from the Hyderabad airport as the Amaravathi Marathon was the next day! Reaching at 2am, she ran the Half Marathon at 5am and got a podium finish, being placed first in her age category. She cherishes the memory of receiving a memento from the then CM of AP, Sri Chandra Babu Naidu. A doting grandma to three lovely grandkids, Ushakiran divides her time between the USA, where her two daughters live, and Hyderabad.



# RACE REPORT

## STADIUM RUN 2021

By **Sunder Nagesh**



What was supposed to be the weekend of the annual running festival of Hyderabad, the Airtel Hyderabad Marathon (AHM) turned out to be equally beautiful and memorable; albeit in a different manner. On 28th August, the Hyderabad Runners society (HR) held its maiden 'Stadium Run' at the Gaudium Sportopia campus in Velimela village near Patancheru.

With the threat of COVID-19 still looming large, the 2021 edition of the annual AHM had to be postponed. In its place came the brand new 'Stadium Run'. Vijay Yargal, Madhumati Sanjay, Amit Kshirsagar and Harshad Bhutada came onboard as the race directors. While all the Race Directors divided their responsibilities across various technical, planning and execution aspects, Dr. Madhu took care of the event from the medical front. They came with truckloads of experience in running events of scale and in different and difficult conditions.



The venue was chosen to be the 'Gaudium Sportopia' campus. It wasn't a difficult choice for Race Directors as HR had already conducted the Club Run 2021 from the 'Gaudium Sportopia' campus earlier this year in February. The management of the 'Gaudium Sportopia' school was kind enough to consider the request and consented to hold the maiden edition of the HR 'Stadium Run' at their campus.

Given the fact that it was the first time that HR conducted an event like this, it was decided that the event would be a day-long one instead of the traditional stadium runs that go on from evening to the next morning. Everyone had to learn from conducting this event. With the Race Directors chosen and the venue decided, the quest to organize the event had just begun.

Once chosen, the Race Directors got into action. They deliberated on all the aspects of the run that'd ensure a safe and memorable event for everyone - the participants, the volunteers, the cheering squad, the school management et al. It was decided that we hold the event in 2 categories - the 12-hours solo run and the 12-hours relay run. The solo category participants had to run for 12 hours (06:00 AM - 06:00 PM) while the relay run teams needed to have 6 participants in their teams with each person running for 2 hours; the relay teams needed to have at least two men and two women. While all this was happening, we also applied for the AFI (Athletics Federation of India) certificate for the run. This meant that the event also had to comply with the AFI guidelines as well. We did get the AFI affiliation in time for the event.

Once the categories were finalized, the medical directions had to be put in place. It was mandated that every participant had to undergo an RT-PCR test no more than 72 hours before the event. It was also mandated that all the volunteers also undergo an RT-PCR test in the same manner as the participants.

The Hyderabad Runners tied up with 'MapMyGenome' for conducting the RT-PCR tests for all the runners and the volunteers. The RT-PCR tests were conducted at a reduced cost of INR 300 for the male runners; the test was free for the female runners. Hyderabad Runners paid for the RT-PCR tests of the volunteers. The RT-PCR test proved to be a game changer as it took a lot of pressure off the participants and the volunteers.

The runners were shortlisted by the race management team based on the information submitted in the registration process. In all, 37 participants were shortlisted for the 12-hours solo event while 52 relay teams were finalized. The captains of the relay teams were given the responsibility of choosing the timing slots for their teammates.

Orders for the bibs, medals and the T-shirts were placed and so were the orders for all the paraphernalia required to conduct the event. As the organizers immersed themselves in deliberating the nitty-gritties of the event, the runners took to the streets at various times of the day to acclimatize themselves to the temperatures through the day. While all this happened, everyone was equally tensed about the weather on the day of the event.

This uncertainty loomed the largest even as the D-day arrived.

#### **Expo:**

The expo for the event was held at the Brooks showroom in Jubilee hills on the 27th August, a day before the event. All participants had to show a negative RT-PCR test report to collect the bibs.



#### **The Race Day:**

And then came 28<sup>th</sup> August, the event day. Each participant in the 12-hours solo run category had to undergo a mandatory medical test before the start of the event and after 6 hours into the event. This was done to ensure the vitals of the runners were in check. The relay teams lined up their runners too. Of the 6 lanes available at the 'Gaudium Sportopia' campus, the inner 2 lanes were earmarked for the 12-hours solo runners (400 metres in length) while the outer 4 lanes (425 metres) were to be used by the relay runners.

At 06:00 AM, the event was flagged off by Mr. B M Sathosh IAS – Project Director for Outer Ring Road and the runners took to their lanes. The climate was overcast and everyone hoped that it would get better as the day progressed. Seconds turned into minutes and hours, and the climate began to show its true colors. The mugginess of the morning gave way to sunshine after 10 AM and it got everyone thinking.

People brought out their caps and spectacles to tackle the heat. The sun lasted a little while before clouds took over and all of a sudden, it started pouring. The runners had to stay course, no matter what; while the spectators ran for cover. The rains then gave way to some cool weather which ensured that the runners weren't affected much.

As the rains subsided, out came the moppers and the race management team and the support staff of the school wiped the athletic track clean. Then came another spell of rain and drizzle and the weather settled down as the event entered its business end.

The runners set the tracks on fire with their performances while the spectators shouted at the top of their voices, cheering the runners all throughout the day. Over 700 spectators came to support their friends. The atmosphere inside turned electric and pulsating as the event entered the last 2 hours. The cheering reached its crescendo in the final minutes as the runners ran their final few laps. Care Hospitals took care of the runners medically - they had over 70 personnel on the field catering to the needs of all the runners (throughout the 12 hours).

The event passed off without any hiccups and there were no DNFs. All the 12-hours solo runners who started the run finished it and all 52 relay teams had full attendance.

#### **Results:**

##### **12-hours solo run winners**

##### **Women:**

1. Yamini Kothari - 242 laps – 96.8 Kms
2. Taru Mateti - 227 laps – 90.8 Kms
3. Poonam Metta - 216 laps – 86.4 Kms

##### **Men:**

1. Soma Jagan Mohan Reddy - 291 laps – 116.4 Kms
2. KVB Reddy - 263 laps – 105.2 Kms
3. Hari - 257 laps – 102.8 Kms

##### **Relay-run winners:**

1. Stadium Sixers - 375 laps – 159.375 Kms
2. Brooks - 345 laps – 146.625 Kms
3. Turtles - 327 laps – 138.975 Kms

The winners pocketed a prize money of Rs.20,000, Rs.12,000 and Rs.8,000 for the top3 positions respectively.

All the winners and finishers were felicitated by Chief Guests Mr.Rajendranath Reddy IPS, Mr. Kali Rajasekhar – Director of Sports and Physical Education-University of Hyderabad, Mr.K.Nithyananda Reddy – Vice Chairman of Aurobindo Group.

Congratulations to all the volunteers, the race directors, the HR support staff, the sponsors, the Gaudium Sportopia management, the spectators and especially the runners for making the maiden 'Stadium Run' by the Hyderabad Runners a grand success.





# HRUNIMATIONS

## MY REASON TO RUN

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**By Jason Joshua Moses**

A 12 year old runner aiming to be awesome

For me, running has always been about fun. I just enjoy feeling the wind in my face while I am cruising along at top speed. To me, running is the purest sport. It's just you, the road and your shoes. It feels absolutely natural. I once said, 'If you are happy, you'll automatically run faster.' And I still believe that is true.

My dad was the first one to start running in our family. He was a sprinter in his school days and he resumed running in 2015. A few months after he started, I ran a 6 km race along with him. I completed the race in around an hour and was very proud of myself. I was 6 years old at the time. I was fascinated by the sport and started to run more races. I could not train during weekdays, since I had to go to school. I ran on weekends in and around my apartment complex in Hyderabad. Around 3 years back, I started homeschooling. This gave me more time to practice running. I started to run 3 or 4 times a week. We shifted to Vijayawada around this time. In Vijayawada, there were few races, but our run route was spectacular. We ran through the lush green fields and farms. It was an amazing experience. We now stay in Delhi, where it is pure joy to run in parks like Lodhi Garden and Sunder Nursery.

There was however a phase in my running journey, when the only reason I ran was to win. This was shortly after I began to use Strava to record my running times. I started to feel that everyone was watching what I was doing, and that I would let everyone down if I failed to meet a cutoff time I had set for myself. I would get frustrated if the weather was poor, or if I was woken up too late. In fact, it came to the point where I stopped running for the joy of it. My analytical eyes were always scanning my time, running through the data. I started having temper tantrums during my run. I even shouted at my parents halfway through a run! At this point, I asked myself the question, 'Do I still run because I find it fun? If not, what can I do to make it fun?' I decided to stop bothering about the time and focus on the experience. I turned off the alerts on the phone and only checked my time during the water break and after I had finished the race.

After I course corrected, I felt a marked improvement in my style of running. I ran more naturally, and I was able to run much faster than before. I even hit my best season ever between October - December 2020. But sometimes, bad luck hits when you least expect it to. On New Year's eve, I slipped while getting up from bed and fractured my toe.

I could not run for 2 months because of this injury. Sometimes, when you are injured, you don't want to try the sport again because you feel you will become a failure. This was one such occasion and I did not run for another month because I was scared I would be slow. Eventually, I decided to put on my shoes and hit the road. It felt like I was reborn again! I managed to clock a 26 minute 5 kilometer race sometime back and I am back to normal. I still regret breaking my toe because February and March are the best times for a fast run. But what's done is done, you can't change it.

To me, running is all about the experience. I particularly enjoy runs with good breakfast or a good medal once you complete the run. I also love running with my dad. When we are doing a slow training run, we talk about a lot of stuff like his work, what my day is like, what runs to prepare for, others' running actions, the weather and a myriad of other interesting stuff. We also give each other encouragement and pace each other during a race. We are the perfect running duo.

My running philosophy is to enjoy my run to the fullest. Perhaps one day, you can share your running philosophy with me. I'd love to do that while on our run :)



A crossword puzzle grid with the title "RUNdezvous" in red. The grid contains the following words:  
Across: 1. ACHILLES, 3. LEWIS, 6. WALL, 7. PILLLOW, 8. INTAKE, 11. DINAR, 12. HEATS, 14. TENDON, 15. NEWBIE, 16. RICA, 17. COMRADES.  
Down: 2. CH, 4. S, 5. B, 9. U, 10. C, 13. A, 18. R.  
A pencil is at the bottom right.



**IMARA - an Alternate School based out of Hyderabad believes that children need to learn life skills at school to help them navigate the maze of today's world.**





# 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 fourth 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 practice and patience. Where required, use necessary props.

i. Lie down on your stomach on your carpet or mat. Bring your elbows close to your chest. Prop yourself up on your forearms.

ii. Make sure your elbows aren't too far back. That will make your shoulders eventually feel very heavy.

iii. You may choose to keep your forearms straight and parallel to one another, with your palms down on the ground, for support

OR

place your hands in the prayer position (Anjali mudra) as shown below in the photograph

OR

cross over your forearms to make a square.

iv. Hold this pose for 3-5 minutes.

v. Focus your energy on allowing your hips to become heavier and heavier as they sink into the ground.

vi. Release all tension in your hips and buttocks. Notice what happens to your lower back as you sink deeper into this pose!

The Salamba Bhujangasana is a miracle healer for the lower back!



# TRIUMPHANT RUNNING: THE PHYSIO WAY

## Run to your Potential: Warm-Up 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.

"As I joined Hyderabad Runners and started becoming a regular at the Sunday Long Runs, I noticed that for chronic runners, there is no wrong time or place to run! Early mornings to post dinner, within the apartment complex or at a serene park miles away, runners steal time and find nooks and corners to enjoy and celebrate life!"

There is something interesting though! As most of us run before or after work, we go directly from lying in bed or sitting at a desk or in a car, to pounding the pavement. We do not realize that at this point the body is immobile and deactivated and thus, instead of running efficiently we are more or less throwing our body weight repeatedly onto its passive tissues i.e., bones and ligaments.

### The result? Stiff muscles, aches, pains and injuries galore! Ouch!

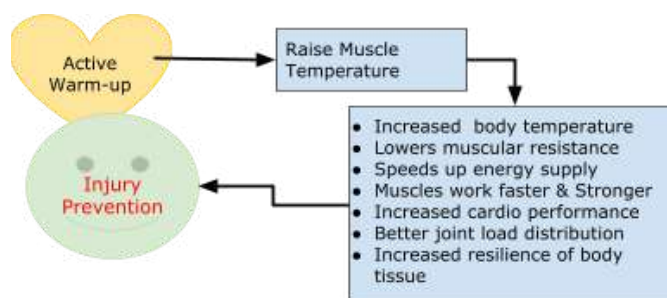
Every runner I know wishes to run injury free but most runners I know come to me post-runs for treating pain.

### The solution? Prehab and warm-up routines

Prehab, also known as prehabilitation or preventative rehab, is taking the reactive strategies used in physical therapy or strength training, and implementing these in a proactive manner to reduce the risk for injury and to improve overall physical capacity. A good warm up routine, not just before every run but also as regular practice is an essential part of running rehab!

## Warm-up and Injury Prevention

Let us first understand the few most important of the many physiological effects of warming up.



### Design your prehab warm-up

So, what do we need to include in a warm up routine?

**1. Make it specific:** Technically, Active Warm up should take 10-45 minutes considering the type of sport, the level of intensity or the distance to be covered. It also depends on your age and physical condition, the weather and time of the day. However, one needs to be careful not to warm up too much and tire oneself before the workout or race.

**2. Gentle ROM (Range of motion):** Start from the neck to the toes or vice versa

**3. Dynamic stretching:** Holding the stretch position during a warm up is not a good idea. A gentle bounce helps the muscles to get ready for the activity.

**4. Mobility exercises:** Mobility exercises or drills specific to the activity or sport engage muscles and encourage better form and technique.

Finish your warm-up as close to the start of the race as possible. After 45 minutes of rest, your muscle temperature will return to normal. There will be no trace of the warm-up effect. The shorter and more intense the race, the longer and more intense your warm-up routine needs to be.





# TRAIN LIKE A PRO

## Mobility and Stability to Accelerate Running Performance

**By Shiv Shankar Kosgi**

(Fitness Training Consultant)



Runners tend to focus on building cardio, strength, endurance, and flexibility. Running however also demands good Balance. **Mobility** and **Stability** are 2 elements often overlooked in long distance running.

**Mobility is simply the ability to move well.** As runners, we need this skill to move through the range of motion required for running, sprinting, and changing directions.

This is one area that dancers excel in. There is a lot we can learn from dancers. They spend a lot of time working on their flexibility and the range of motion of their Joints. This results in a good combination of mobility, strength and stability. Mobility is one of the most important training components of fitness for runners other than endurance and strength as it enhances overall performance.

**Stability can be understood as “strength + coordination”.** It’s your ability to produce force against the ground while running with an upright and well-aligned posture. Running is a one-legged activity; you should be able to balance on one leg to run well and to avoid injury.

**Postural Stability** is one of the most overlooked aspects of efficient running performance and can be called the “Hidden Variable Of Running Performance”.

**Postural stability in running, is a combination of:**

- the ability to resist falling
- competence at single-leg balancing during the running stride
- proper alignment of the body

### **Importance of Mobility & Stability Training**

In order to run well, you need good mobility through your feet, ankles, knees, hips and spine. Lifestyle factors such as sitting at a desk all day result in tight and inactive quads, hip flexors and glutes. This causes poor mobility leading to poor mechanics negatively impacting every aspect of running. When muscles and joints can’t move through the entire range of motion required with each stride, it

- reduces efficiency
- decreases speed
- increases risk of injury

Enhanced **stability** is an aspect of strength training that helps prevent injuries and to stay healthy. It can be critical for running efficiency as it

- reduces inefficient body movement patterns
- maintains better form, especially when fatigued
- returns more energy with every stride

### **Improving mobility**

You only need to spend a few minutes each day for 3-4 weeks on a mobility routine to see improvements towards becoming a more efficient, injury-proof runner. Check out these routines from RUNNERSWORLD to improve mobility

<https://bit.ly/3EBSBzi>

### **Improving stability**

You just need to perform a simple stability routine after an easy run twice a week. Many of the moves are single-legged to mimic the demands of running and prevent asymmetrical imbalances, which help prevent injuries. Check out these routines from RUNNERSWORLD to improve stability

<https://bit.ly/3AkSu8V>

Mobility and stability unlock better range of motion around the joints leading to better running movement. Taking a little time out every day to improve these can lead to healthier joints, less pain, and decreased risk of injury.

# RUNNERS' NUTRITION

## ANSWERS TO YOUR QUERIES

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

### 1. Why do I feel bloated after long runs?

Our respiratory rate increases with running or any other strenuous physical activity. This results in us gulping some of that air down which can be one of the causes for bloating after a run. Other causes include choosing a wrong pre-workout meal/snack; drinking coffee, tea in case of caffeine sensitive people, drinking any milk based beverage in case of people who are lactose intolerant; eating high fiber snacks like brown or multigrain bread too close to the run time; drinking sports beverages with artificial sugars etc. Additionally, excessive stress of any kind triggers the secretion of stress hormone cortisol which leads to water retention. Bloating due to water retention is more likely in case of new runners.

Eating easily digestible, low fiber snacks with simple carbohydrates at least 45-60 minutes prior to your runs can minimize these digestive symptoms.

Examples of such pre-workout snacks are bananas, raisins, dates, white bread etc. Being more mindful and focusing on the breathing pattern during the runs also can help prevent excessive gulping of air into the stomach and

### 2. What is a good meal after a long run?

Any post-workout meal should meet certain criteria to fulfil the objectives of replenishing depleted glycogen stores, promoting muscle repair, helping protein synthesis and minimizing recovery time .

Adequate hydration is extremely important to restore the fluids lost during the run. This also helps in digestion and absorption of your post-workout meal. The meal we eat within 30-45 minutes of completing the workout or run is crucial as glycogen restoration and protein synthesis are maximum during this window. One gram of carbohydrate per kilogram of body weight, protein and carbohydrate ratio of 1:3 are good guidelines to follow in a post-workout meal. A mix of simple and complex carbohydrates along with easily digestible protein with a small quantity of heart healthy fats can be an ideal post-workout meal.

### 3. Does eating beetroot really improve running performance?

Beetroot, and some other vegetables such as spinach, leafy greens are naturally rich in nutrients called nitrates. These nitrates are converted to nitric oxide in the body. Nitric oxide has been shown to reduce the amount of oxygen your muscles need for exercise. This can improve exercise performance.

Apart from the nitrates, beetroot is also rich in fiber, folate, potassium and vitamin C. Beets are also rich in compounds called betalains which have excellent anti-oxidant and anti-inflammatory properties. If you want to consume beetroot for its nitrates, it is okay to juice it and drink, but when eaten cooked or as a salad is when you can get all of its other health benefits too, especially the fiber.

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# READY RECKONER

## CHOOSING THE RIGHT BICYCLE

By Gokul Krishna

Gokul Krishna is co-founder of "The Bike Affair" bicycle store. He is a certified cycling coach, co-author of the book - "Escape Velocity: The Definitive Desi Guide to Cycling" and co-host of "The Indian Cycling Podcast". Cycling is a great crossfit option for runners. It is easier on the joints and is easier to do multi hour rides. It also paves the way to consider duathlon and triathlon events for runners. But, choosing the right bicycle can be a daunting task for the uninitiated. Here is a ready reckoner to finding the right bikes.

### The various steps involved in cycling are to

- Identify your cycling goals and time available. The options to consider could be
- Short crossfit rides for 3-4 hrs a week
- Target brevets - long-distance self supported endurance rides of 200km and above
- Target Triathlons -with various distances such as Olympic, Half & Full Ironmans
- Target multi day cycling tours and holidays
- Identify a budget for cycling and accessories
- Based on your cycling goals and aspects like duration, distance, road conditions - identify the type of bicycle
- Shortlist the bicycles and ensure you get the right size
- Start riding

### Mountain Bikes

These are the SUVs / Jeeps of bicycles. Meant for riding off-road.

Characterized by wider & knobbier tyres, a suspension fork, a wide flat handlebar, disc brakes and lower gear ratios. Relatively tougher and heavier than the other two types.



### Sub Categories

Based on wheel size - 26", 27.5", 29". Suspension - hardtail (front suspension only), full suspension (front & rear suspension). Based on races like Cross Country, Downhill, Enduro etc

### Cost

Recommended good quality bikes start from ₹35,000

### Road Bikes

These are the Super Cars / Grand Tourers of bicycles meant for riding fast on good roads for a long distance.



Characterised by a light-weight frame and putting the rider in an aggressive bent posture, narrow tyres, curved (drop) handlebars and higher gear ratios.

### Sub Categories

Race bikes are either lightweight climbers or aero bikes. Endurance bikes with upright geometry. Gravel bikes for adventurous rides where you don't want the road conditions to decide your route. Triathlon bikes are slightly different with a different handlebar setup.

### Cost

Recommended good quality bikes start from ₹50,000

### Hybrid Bikes

These are urban fitness machines meant for short (<80km) rides and can handle most kinds of roads (good and bad, but not off road). Characterised by straight handlebars, intermediate width tyres, and intermediate gear ratios. Weight for similar quality bikes is in-between the other two categories.



### Sub Categories

Based on road conditions - with suspension for countryside riding, without suspension for riding longer / faster on good roads.

### Cost

Recommended good quality bikes start from ₹35,000

### Important Points to Remember

- Many E Bikes available in India are too heavy which makes it impractical for pedalling. They end up being used as slow and inefficient scooters.
- Accommodate your budget for accessories while choosing the bike. Important accessories are - Helmet, Cycling Shorts, Bottle Cages, Front & Rear lights, Cleat pedals and appropriate shoes for road bikes etc
- The same bicycle model is available in different frame sizes. Ensure you get the right frame size.

# RUN-TITUDE: MINDSETS OF A MARATHONER

## ME AND MY RUN-VIRONMENT

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.

The environment around us when we run plays an integral role in how well we runners can adhere to their run-plans. The physical aspects of temperature, humidity and wind strongly influence a runner's performance.

We are however, not talking about the atmospheric conditions when we talk about "Run-vironment" but rather about the perception of the environment around us.

We all know that exploring nearby places is a hobby that most runners resonate with. Finding that niche running path not only adds to our running distance but also gives us that special whiff of nature. We have a mutually collaborative relationship with our environment. Thus, runners are one of the best tribes that care for and nurture the environment around us.

Here are a few things runners like to do, knowingly or unknowingly, to help our environment while enjoying the fresh air in those runs:

- being accountable for our trash on the sidewalks or the roads
- avoiding single use items like plastic bottles and paper cups
- carpooling or using public transport to reach running events

- donating used or old running gear such as t-shirts and shoes
- "plogging" or participating in cleaning up events along regular running routes
- cycle, cycle, cycle all over as we cross-train ...amongst many others

As runners, we can't consider our own wellness without taking into account the health of our environment.

So, the next time you breathe in the fresh air around you from the trees and the greenery during your run, ask yourself what "you" are doing to help support the environment!

## RUN FACTOID

By Sam Sudhakar

The Marathon des Sables, touted as the 'toughest footrace on earth', is a seven day run in the Sahara desert over a distance of 250 KMs to be covered in six stages, wherein temperatures often exceed 50 degrees.

In 1994, Italian Pentathlete, Mauro Prosperi was one of the participants. On Day Four of the run, while in an area of sand dunes, he encountered a powerful sandstorm that lasted eight hours. He lost track of the run route and got completely lost in the desert. Knowing that he had to endure dehydration, he urinated in a spare water bottle for later consumption, if required. He was lost for eight days, sheltering in a small shrine and surviving by eating bats, lizards and snakes. Losing hopes of being rescued he wanted to hasten his death and cut his wrist. He hoped that once his body was found his wife in Italy would be eligible for pension.

But he recalled stories of nomadic tribes of the desert who believed that those lost in the desert could find life by locating clouds in the horizon and walking in that direction. He did exactly that and after nine days of wandering the desert, he was spotted by a shepherd community who took care of him and informed the near-by military base. Not knowing who he was, he was taken blindfolded to a hospital in Algeria.

Mauro Prosperi wandered 290 kms off course, from Morocco to Algeria. He lost 16 kgs during these nine days and took almost two years to recover. He returned to Marathon Des Sables, four years later and finished eight editions of the Desert Marathon.



# CURRENT HR ACTIVITIES

## Boost your performance with Hyderabad Runners Train & Shine

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 following 10 locations.

### TRAINING CENTERS:

- 01.KBR Park
- 02.Sanjeevaiah Park
- 03.Shilparamam Uppal
04. Sancta Maria International School - Lingampally
05. Botanical Garden Kondapur
06. BVB School Sainikpuri
07. My Home Vihanga
08. My Home Jewel
09. My Home Avatar
10. GHMC Park (Behind Rain Tree Park)

### The programme includes:

1. Structured training plan for 10K, Half Marathon & Marathon Distance
2. Twice a week Strength & Conditioning sessions focused on improving form and strength..
3. YOGA session every Monday will 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).

Click here to learn more and register  
<https://bit.ly/hrtrainandshine2021>

Write to [training@hyderabadrunners.com](mailto:training@hyderabadrunners.com) if you have any specific questions about the program.

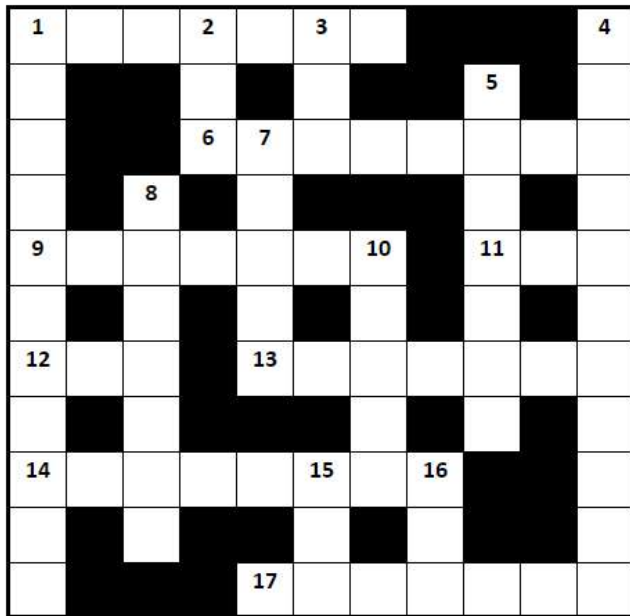
*\*Training conducted inside apartment complexes are only for residents*

## SUNDAY LONG RUNS (SLR)

<b>Sep 12</b> <b>Location 1:</b> IDL Lake, Moosapet <b>Location 2:</b> ECIL, Officers Club	<b>Sep 19</b> <b>Location 1:</b> KBR Park, Banjara Hills <b>Location 2:</b> Kompally, Decathlon	<b>Sep 26</b> <b>Location 1:</b> Sanjeevaiah Park Main gate <b>Location 2:</b> Myhome Avatar, Kokapet
<b>Oct 03</b> <b>Location 1:</b> Pragathi Nagar, Hilltop Colony <b>Location 2:</b> Gachibowli Stadium, Main Gate	<b>Oct 10</b> <b>Location 1:</b> Indira Park Main gate <b>Location 2:</b> Sancta Maria International School, Lingampally	

- 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 #4 (SEPTEMBER 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](mailto:newsletter@hyderabadrunners.com)

Solution to August Crossword #3 in Page: 10

## ACROSS

01. What the feet do after landing. (7)
06. The 135 mile Ultra starting from Death Valley! (8)
09. The shock absorber of the shoe. (7)
11. It displaced ZEE's ICL. (3)
12. The stress of running could turn this nail black. (3)
13. Four time Boston Marathon winner, she broke the WR in 2001. (7)
14. The kind of training generally done on track with short fast bouts. (8)
17. The cardiologist's alternative to running. (7)

## DOWN

01. Exercises where muscles exert maximum force in short intervals. Also called jump training by few. (11)
02. Organisers of the Bengaluru Stadium Run 2021. (3)
03. Influential Talks and videos with the slogan "ideas worth spreading". (3)
04. Nutritional strategy used a few days before the event. Includes Pasta, rice, potatoes (11)
05. Long steps...may also help running form. (7)
07. The Finisher's medal will \_\_\_\_\_ the athlete. To beautify! (5)
08. One of the benefits a Marathon sponsor would look for. Anagram "STARVED". (Informal word) (7)
10. The swelling that generally follows a running injury. (5)
15. Rendezvous was sent to you \_\_\_\_\_ email. (3)
16. Want to participate in the Tirana Half Marathon? Better keep this currency handy. (3)



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