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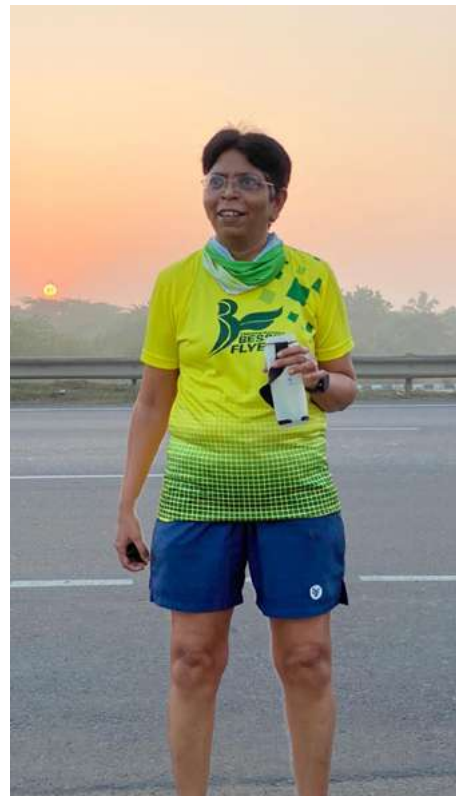
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Motivate yourself - Keep it going...

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# forEVER a runner



**OCTOBER  
2021**

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

# MESSAGE FROM THE PRESIDENT

Dear Runners,  
Greetings!

As we begin the last quarter of 2021, I see a lot of positive cues all around. The weather is also turning more runner-friendly and urging us to get out there more often and RUN. I am reminded of a quote by Christopher McDougall - "The reason we race isn't so much to beat each other, ... but to be with each other." How True! Apart from fitness, running is a lot about camaraderie and companionship and needless to say, all you runners out there have experienced that and I'm sure waiting eagerly to run Marathons again with your running buddies.

The successful conduct of the Stadium Run in August has been very encouraging and Hyderabad Runners are now busy planning for the upcoming 'Starlight Strides 2021 - Women's Night Run' on 23rd October in the evening. It is of course an All-Women run, but is also going to be managed by a women crew lead by debutant Race Directors - RD - Dr. Sonali Chaturvedi and ARD - Shashi Singh. My best wishes to the Race Directors, the Organizing team and the participants. The run is an ode to women, on whom the entire foundation of the family rests. As they say - If one woman gets fit, the entire family gets fit and gradually the whole community! I look forward to seeing you all at the run with your families and friends, to participate in the run or to support and cheer the runners. Also the other great news is that some of the world's major marathons are also going to be held. Some of our Hyderabad Runners participated in the Berlin Marathon 2021 on 26th September. Congratulations to all the finishers from HR. And three major marathons are happening in October: London, Boston & Chicago. All the best for the HR participants who are doing these in virtual or Physical modes.

With all this excitement and positivity in the air, the beautiful thought of an AHM 2021 lingers in my mind. And the mind answers - "Why not?"

Regards,

**Abhijeet Madnurkar**

President,  
Hyderabad Runners Society



# FROM THE EDITOR'S DESK

October 23 is the second edition of the Night Run, Exclusively for Women: Starlight Strides. This is a great initiative from HR meant to Encourage and Empower Women Runners. In this context we have made this edition also oriented towards Women's Running and Women's Sports. Our Cover Story features stories of Women who have broken through the glass ceiling to be the torch-bearers of Womens Running. Each is a unique story meant to inspire women to not only take up running, but also persist with it while overcoming those old barriers that women traditionally face in our society.

We also feature an article on a sport which puts gender equality front and centre in its constitution: Ultimate Frisbee. Hrunimations has a humorous take on why women should exercise. The Nutrition article features advice and recipes for women runners. And finally, the Crossword features some Women Achievers. So, in this edition we say #RunGirlRun and may the wind be behind you.



**Vadali Prasad**

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# COVER STORY

## for**EVER** a runner

### Why Women Run

By Sagarika Melkote

Worldwide, Marathon statistics have shown a steady increase of women participants, year on year. The USA is perhaps the most gender equal, with almost 43-45% of women runners in every event. While India lags at about 9%, there is no denying the percentage of women runners in the country has been rising by leaps and bounds. Ease of accessibility, with no investment other than a pair of shoes, running is, for most women, a preferred form of fitness activity that can be undertaken at any time of the day, at one's convenience. Apart from the plethora of fitness benefits that running offers, it is, for a lot of women, that precious "Me" time. Fulfilling work and family commitments is a constant balancing act for women of today and an hour of running brings that welcome respite of being alone with one's thoughts, a break from the humdrum of the daily routine. That one is getting fitter in the bargain is an added bonus!

Whatever be the case, we all have our reasons to run. For most women, it's about losing weight, slimming and toning up, building endurance and staying fit for life. There are stories galore about incredible "fat to fit" journeys, stories about women taking up running at 60 years of age etc. Many women also confess to a sense of achievement which comes from the thrill of crossing the finish line in a marathon and receiving the finisher medal.

Apart from the obvious fitness objectives, there are several intangible benefits of endurance running. A lot of women experience an uptick in self confidence, the perseverance to push one's limits further and further, beating stress and achieving an almost Zen-like state akin to meditation while running.



**Jomini Stephen**, 48, credits running for being the turning point in her life.

A sprinter during her school days, Jo (as she is fondly known) was caught up in the usual rigmarole of trying to build a career and caring for her family during her thirties - a time when exercise and fitness had no place in her life. When her younger daughter was diagnosed with Autism in 2007, Jo's immediate reaction was "Why me?". It was a trying time for her, the frustration, the resentment etc started to take their toll - she had put on weight as a result and was at her heaviest ever self. Trying to balance a demanding job and the growing needs of the family was proving a huge challenge. At what was probably the lowest time of her life, she caught sight of a hoarding for the Hyderabad Marathon 2012 and on a pure whim, signed up for it a day before the run! With no training whatsoever and armed with just the determination to finish, no matter what, Jo completed the Half Marathon in nearly four hours. The exhilaration she felt on finishing was unlike any other, somehow it seemed like the Jo of the earlier days had suddenly woken up. Before she knew it, Jo had embarked on her marathon journey. With many podium finishes and championships under her belt, Jo today, feels that running has inculcated discipline, it has trained her mind to handle pressure. More importantly, she realised the importance of prioritising herself, which in turn, for her, translates into being more in control and capable of managing life's challenges.

While she exemplifies the "fat-to-fit" transformation, for **Vijayarama N**, 53, it was more about having no choice. She had to undergo a surgery which resulted in a hormonal imbalance. Her weight went spiralling out of control due to that and in 2006-2007, she tipped the scales at 118 kgs. Working out for two hours a day was not somehow yielding significant results. When a friend suggested she get outdoors and try running, Vijayarama was sceptical, to say the least but being of an open mind, she decided to try it. She started to run in KBR Park and found she could barely do so for 2 minutes before stopping. However, being outdoors was appealing so she didn't give up. She fondly recalls the day she was able to run the full KBR Park loop, albeit stopping three times to take a breather. It was a matter of time before she signed up for a Half marathon in 2009. The elation that came with finishing that run had Vijayarama hooked. She followed it up with another HM at Pondicherry in 2010 and went on to complete a Full Marathon at Athens the same year. Today, a far cry from her previous self and 35 kgs lighter, Vijayarama has run most marathons across the world. She says the drastic transformation came only with running, not just in the physical sense but





Vijayarama

her mindset as well. Discipline, diet control, rise in energy levels were the positive changes she experienced. She loves the fact that today, she fits into clothes which she would've never imagined wearing a few years ago. Travelling the world to participate in marathons is another thing she enjoys. Understandably, Vijayarama's family is very proud of her and some day, she hopes to show her little granddaughter her impressive collection of finisher medals.

It is a fact that running, for most women who have gone on to make it part of their routine, has been a tipping point. The change in lifestyle has a "feel good" factor and generates a positive mindset. While running in itself does not present an answer to life's challenges, the discipline and the positivity brought on by it have been influencers, equipping a lot of women to handle issues better. Which is why perhaps, today, we see more and more women runners, in what was traditionally a male bastion till some years, that is, endurance running.



Dr. Lakshmi

In what could perhaps be a case of breaking the glass ceiling, Chennai Runners, a fifteen year old running club voted for its second woman President in March 2020. When **Dr. Lakshmi** took over, little did she realise what lay ahead. The world came to a

standstill with the deadly Covid virus being declared a pandemic. With running events across the world being cancelled and a lock down announced, Lakshmi had the formidable task of holding the club and its seventeen chapters together. Physical events were out of the question, so for the next four months, Lakshmi and her team moved to a "virtual" mode, keeping runners across Chennai engaged with online fitness sessions and webinars. Mid July, they conducted a virtual run across Chennai and in January 2021, the first post-Covid physical event was organised on a racing track. Being a doctor herself, it was an added responsibility to ensure all Covid protocols were strictly followed. The event was a Covid free event and the process followed by Lakshmi and her team was documented as an SOP for all physical events by the city police! As Chennai Runners approached its fifteenth anniversary, Lakshmi was already serving her second year as President. Being a seasoned marathoner herself, she felt more women needed to take up long distance running. Thus began a mentorship programme for all aspiring FM and HM women runners, under the tutelage of experienced runners of the club. Lakshmi hopes to see more women running in the Chennai Marathon, which is scheduled for January 2022.



Dr. Devyani Haldar

Time and time again, we've been told that serious academics and sports do not go together. In fact, once high school starts, sport takes a backseat for most students. Not entirely surprising, given the priority accorded to studies, and the heavy study load. What if taking up a sport actually helped academics? A seemingly impossible scenario, right? Wrong....case in point – **Dr. Devyani Haldar**.

Pursuing a PhD is a daunting task, more so in a completely research oriented field like Biochemistry, but Devyani found running to be the biggest stress buster.

It was at the prestigious Indian Institute of Science (IISc), Bengaluru that her tryst with running began way back in 1997. Devyani was doing her Doctorate and one of her seniors thought it was a good idea to try running. The campus was beautiful and green and quite surprisingly, had a culture of running even way back then. An annual 22km run used to be organised, besides other smaller running events, all within the campus. Devyani recalls experiencing muscle soreness and difficulty in climbing the stairs to her lab after that first run. But there was something engaging about the experience and soon she started running in the evenings within the IISc campus. She recalls that all the frustration of the day – experiments going wrong and so forth – would be wiped out from her mind after the run. For that reason, she credits running with helping her at a time when she needed it most – the formidable task of working on her PhD. It aided her thought process, cleared her mind and equipped her for a fresh start to the next day. She kept up the running habit even during her stint in the USA, running to raise funds for causes and so on. One of the NGOs that she raised funds for organised a marathon training programme for her and she ran her first FM in 2004.

Today, at 50 years of age and with an Ultra Marathoner tag to her name, Devyani is one who balances a high profile job of a scientist with making time for her runs. Working at the Centre for DNA fingerprinting, she has been running in her DNA, so to speak, and has maintained the running habit for over 24 years.

Perhaps the growing popularity of running among women is far more myriad and complex than just fitness. As time goes by, there are sure to be more and more women who will have their own reasons to make running a part of their lifestyle. From a time when women were not even allowed to participate in marathons to women who finish a Full Marathon in under three hours today, makes you wonder who really is the weaker sex, if there ever was something like that. As the saying goes – your body doesn't give up on Race Day, it's your mind that has the final say! The ability to push limits to see how much further one can go is a test of endurance, which is empowering in more ways than one to women. While nature has equipped a woman's body to endure pregnancy, childbirth pangs, etc, the ability to run might be innate in women. However, the confidence that comes from within, the voice in your mind that constantly tells you – yes, you can – has, undoubtedly helped women discover themselves and realise their true potential.

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# STARLIGHT STRIDES

## THE STORY OF THE WOMEN ONLY NIGHT RUN

International Women's Day is celebrated world over in March to commemorate achievements of women. Given the growing popularity of running, it is hardly surprising that the first thing most organisations think of is a short run for women to celebrate Women's Day.

Hyderabad Runners too, in keeping with their mission statement, had always tried to do a Women Only Run in the month of March. However, with most venues being booked and every other organisation or corporate entity organising a run, it somehow never received the necessary traction and ended up being a tame affair.

The University of Hyderabad, with whom Hyderabad Runners have partnered for their Club Run and the Hyderabad Marathon has their own version of the Women's Day run at their campus on March 8th every year. A chance discussion with University officials led to the topic of a night run – a very plausible venture, considering the University campus roads are private, well lit and safe. The then President of Hyderabad Runners, Murali Nannapaneni, strongly opined that Hyderabad Runners should plan their Women's Run in October, even if it is not Women's Day, since there are fewer events in that month. A couple of women Core Committee members of Hyderabad Runners who had been trying to organise a Women's Run in March for a few years also concurred. Then blossomed the idea of a night run exclusively for women, within the University campus, which was welcomed with much gusto by the University officials. Thus was born "Starlight Strides" – a first of its kind night run, exclusively for women and it soon cemented its place in the HR calendar of events.

We had the first edition in October 2019. Unfortunately, the Covid pandemic meant we could not hold it in 2020. This time around, we await the 2021 edition with much excitement, as the participation numbers are sure to hit an all time high. See you there!

# HRUNIMATIONS

## WHY SHOULD A WOMAN EXERCISE?

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By Anuradha Venkatnarayan

Rippling muscles, sheer strength, glistening sweaty skin...

Tell me honestly, you thought of a brawny hunk working out at the gym, didn't you? Now this is where you have to shake that image out of your mind and imagine the soft curved arm of a woman holding a pair of mean-looking dumbbells and working it! It's time to challenge the stereotype.

If a girl is skinny, the world tempts her to get curvy. If a girl is curvy, the world taunts her to shed some kilos or says, "you are so soft and cuddly!" However, I'm not going to talk sizes. I totally get the idea that we are all manufactured in different sizes like the matryoshka dolls. What I am going to talk about is the fact that every Matryoshka doll, regardless of the size, needs to exercise.

If you think there is nothing better than curling up with a book and cup of hot chocolate, I'd say you haven't tried walking briskly to the park bench; taking off your shoes and reading a book in the sunshine. If your idea of sweating it out is half an hour in the sauna, I'd say you have to try running with the sweat running down your forehead. If not having enough time is the threadbare worn excuse you hide behind; try doing yoga in your office chair; or teacher's chair, or your bus seat...

When you have run 10 kms or done 10 reps of burpees or indulged in 10 minutes of dance fitness; what you do not see is your heart beating with the renewed determination to beat on. But you have just added something to your life; could be time or maybe meaning. If my pep talk is starting to sound like the 10th round of a bicycle crunches routine, that's because I have hit the spot where it hurts; the core! You know you should get off your backside and do some jumping jacks at least!

And while you are thinking whether you should take up running or aerobics or yoga or Pilates, I have just realised that I haven't even touched upon the initial question - Why should a woman exercise?!

Imagine the scene. A man with a beer belly struts in with just a slight intake of breath, which he believes would make his belly disappear. A woman of not so bad proportions would walk by feeling endless eyes on her arms that were just a bit too fat; her belly fat rubbing against the waistband and the stretch marks on her calves. From as far back as Snow White's time, women have rarely been happy with what they see in the mirror. I'm sure you will all agree that men and women are wired differently. So

### what's the solution?

Get up girl. Get the heart rate up. When the blood pumps through you after a challenging workout, it carries those magical little creatures called endorphins that make bulges disappear; and even the mirror smiles back at you. Next time you hear the words rippling muscles, sheer strength, glistening sweaty skin...think of yourself.

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# DISC IN PLAY!

## ULTIMATE FRISBEE: A GENDER-NEUTRAL SPORT

By Vadali Nayanatara



I first saw a game of Ultimate Frisbee at the Indian School of Business. I was fascinated by the many ways in which the disc could be manipulated into flying and couldn't wait to try the "trick" shots myself. I was particularly enamored when I saw a girl walk confidently onto the field and outplay every guy on the field while dodging and catching effortlessly. I was hooked.

Ultimate is a gender-neutral, non-contact sport, with a team composed of men AND women. Having played tennis since my childhood, I have always been thrown-off by how big a difference strength plays in sports, the sheer physical difference between a man and a woman. However, I think Ultimate addresses, and reduces, this gap. The game is all about wrist movement, game sense, and quick movements. The girl I talked about earlier out-manuevered taller, stronger, longer-legged opponents with superior technique, a perceptive reading of the game, and explosive movements; and that is the beauty of this sport.

Not everyone can run freely. A friend once joined me in a training run, stopped suddenly and burst

into tears because she was just not comfortable, she did not like how her body moved. This is because not many of us have had opportunities to run freely. But Ultimate is a welcoming sport. It caters to the expert and the novice. You just join a game and run after the disc. You pick up the technique and the intricacies of this game as you keep playing, but in the beginning you just run! Chasing after a disc at full sprint fills you with an exhilaration that makes you forget your discomfort. Being surrounded by your contemporaries will give you the confidence to keep running, keep learning. There is a fat rulebook, but the entry barrier is low.

Remember the childhood games where we used to just run? Just run as fast as you could? Ultimate reminds me of those games. Very few of us are aware of this sport. Since being introduced to the sport, I have seen several women from all walks of life join this game. They come from very different sports backgrounds, where some played another sport, some had never played a sport earlier, some had no access or exposure to sports, and some who had never even really run before! They flocked to the Ultimate field for a variety of reasons: they saw more women on the field and so it didn't feel as intimidating perhaps, some came for the fitness, some for the comradery, and some because, well, there were cute people around!

Having always played tennis, I have had a sports-rich background. I have been the girls' sports captain of my school, and the "best woman athlete" several times. However, when our college participated in a tournament and I won the "Most Valuable Player" award, it felt more special than anything else. That was because it was not the "Most Valuable WOMAN player", it was the "Most Valuable Player" in a team consisting of men and women. What made this award special is the realization that everyone was measured on an equal platform, and skills weren't curated for gender. Ultimate gave me the opportunity to contribute the same as, if not more, than any other PLAYER on the field.

I feel Ultimate is the way forward to bridge the huge gap between men's and women's sports. I have seen girls fight sexism at home to come play, seen girls fracture their arm, and then learn to throw with their other arm, get hit in the face with a disc, shake it off and play on! This is what girls have been missing! We finally have a sport that is an equalizer! We finally do not have to listen to the phrase "what if we hurt you?" whenever we ask to play in a team game. This is a sport where women can explore their competitive spirit and truly break the glass ceiling. Where other sports have different leagues for men and women, and women are paid differently, or not sponsored as well, this sport is fundamentally different – and it is ours to cherish, nurture and grow.

# SOLUTION TO CROSSWORD (SEPTEMBER 2021)



Admissions open -  
For Ages 3.5 -15 years



## SHOULD LIFESKILLS BE TAUGHT IN SCHOOL?

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.



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# 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 practise and patience. Where required, use necessary props.

### Vajrasana into Reclined Hero Pose

**Benefits:** Helps prevent plantar fasciitis by stretching the shins and arches of the feet. It also helps stretch the hip flexors and the quadriceps.

### How to Do It:

1. Kneel on your mat with your toes curled under. Sit back on your heels. You can place a yoga block or pillow between your heels and glutes if you can.
2. Breathe deeply and hold for 1-3 mins.
3. Release the toes so that the toenails are pressing into the mat.
4. Bring your hands behind you with the fingers facing away from your torso.
5. Recline down onto the forearm to feel a strong stretch along the front of the thighs and the hip flexors. Either stay here or if you can, rest the back on the floor.
6. Try and relax for 5-10 breaths before coming out very carefully.
7. One may use two bolsters instead of one if the ankles or quads feel very tight. Alternatively you may fold one leg at a time and hold for 1-3 mins.



# TRIUMPHANT RUNNING: THE PHYSIO WAY

## COOLDOWN: a Boon for Recovery 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.

"Aah! What an elating run/strength session that was!! I am so energized and pepped up, so ready to take on any challenge the day throws at me!! There's no time to take a break, I have a lot on my plate today... Let me get home and jump into lots of meetings lined up for the day."

### Sounds familiar??

We always hear from our coach as well as seasoned runners that one should cool down after a run, especially after high intensity workouts or intervals or tempo runs.

**Cool down** is a group of exercises that are performed immediately after training or competition that bring cardiovascular responses down slowly and provide a period of adjustment between exercise and rest.

After a run /workout, recovery plays a major role in helping the runner or athlete endure sustainability in their respective sport. Cortisol levels need to be lowered after a hard workout, but a task that does not promote relaxation will only keep them elevated.

But why is that? What does a cool down actually achieve – and are you cooling down effectively? Let us explore this.

## RECOVERY AND THE 3RS

A good recovery is all about achieving the 3 Rs:

- Repairing
- Resting and
- Replenishing the energy stores

Recovery starts with a cooldown, which is more about transitioning your body from a state of work/stress to one of rest/recovery.

### Recovery Techniques

Here are 5 simple yet powerful ways for runners to recover faster, better, and easier, along with reasons why:

**1. Go Barefoot:** After a long run or easy run, walking/slow or jogging barefoot, (preferably on sand or grass) is an effective start for cool down.



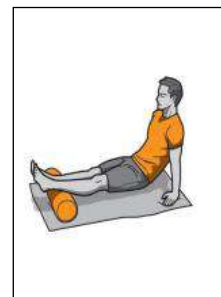
**2. Cold water Immersion:** Cryotherapy/Ice water bath constricts blood vessels and decreases metabolic activity, which reduces swelling and tissue breakdown.



**3. Legs up the wall/ Draining:** It helps in switching the muscle breakdown to building up. Even a short bout helps lower the production of cortisol after a workout/run and signals to the brain that the stress is over



**4. Foam rolling:** Foam rolling can serve as a functional cool down. It sends signals to the brain to relax the muscles and it actually decreases your perception of soreness. However, you do not need to foam roll immediately after your run; it is still effective even if you do it a few hours later, not more than 30 seconds per muscle.



**5. Static Stretch:** To be done last in the sequence approximately 1-6 hours post run with hold. Optimizes the length of tired muscle and lowers the risk of post run injury.

Runners love to run! No doubt about that... absolutely!!! Whatever the pace, whatever the energy, whatever the distance, we need to constantly keep moving on their two feet... and we train so well for it!

The real work however starts when the watch stops. Following a thorough cool down protocol not only helps a runner recover better but also helps get back stronger for the next run/workout.

Add a cooldown to your regime and amplify the benefits of your running routines and strength training!

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

# TRAIN LIKE A PRO

## Runners and Pronation

By Shiv Shankar Kosgi

(Fitness Training Consultant)



The mechanics of running are important for runners, be they beginners or elites. Running Mechanics affect running efficiency and chances of injury. An important aspect of running mechanics is Pronation

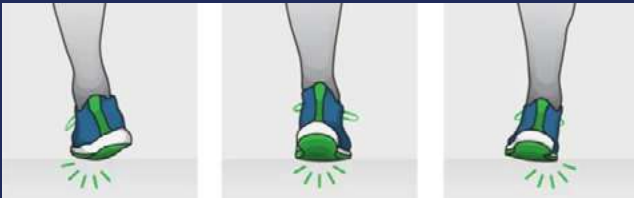


Image from: [https://www.runningwarehouse.com/learningcenter/gear\\_guides/footwear/pronation.html](https://www.runningwarehouse.com/learningcenter/gear_guides/footwear/pronation.html)

Pronation is the inward roll of the foot as it lands and prepares to take the load of the body. Typically, as it loads up, the arch of the foot extends to provide stability causing an inward roll of the foot. Overpronation is when the foot rolls too much and Supination is when the foot rolls less than normal. It is important for a runner to understand the level of pronation and the effect it may have on running efficiency and injuries.

**Supination (Under pronation)** – The outer side of the heel hits the ground first at an increased angle with little or no inward rolling (pronation), causing a large transmission of shock through the lower leg



Pressure on smaller toes on the outside of the foot.  
Foot type - High Arches

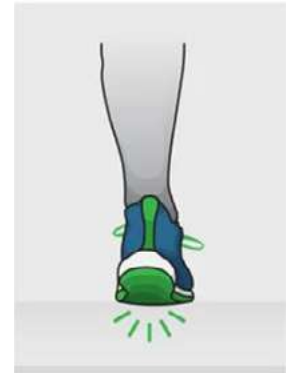
### How to fix

Focusing on glute and hip strengthening exercises  
Stretching before and after the run - calves, Achilles, shins, and ankles  
Replacing your running shoes before they are significantly worn on the outer side

**Neutral Pronation** – The foot lands on the outside of the heel, then rolls inward (pronates) to absorb shock and support body weight

Even distribution from the front of the foot

Foot Type - Normal Size Arches



**Overpronation** – The foot lands on the outside of the heel, then rolls inward (pronates) excessively, transferring weight to the inner edge instead of the ball of the foot.

Big toe and second toe do the majority of the work.  
Foot type - low arches or flat feet.



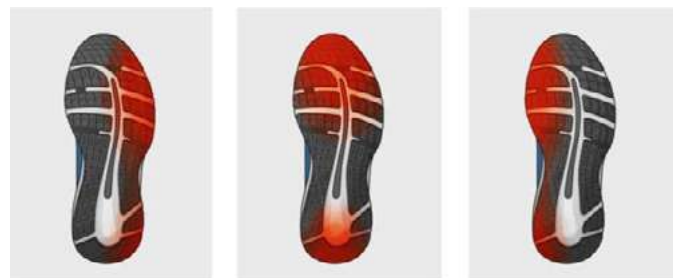
### How to fix

You can't eliminate over pronation, but you can do exercises to reduce the loading forces, which will lead to a more efficient run.

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Jump squat</li><li>• Single-Leg Deadlift</li><li>• A-Skip</li><li>• Clamshell</li></ul> | <ul style="list-style-type: none"><li>• Jump Lunge</li><li>• Glute bridge</li><li>• Calf Raises</li></ul> |
|---|---|

### How to determine your pronation

You can't eliminate over pronation, but you can do exercises to reduce the loading forces, which will lead to a more efficient run.



### Check the sole of your used running shoes

The First shoe on the left is mostly worn out on the outside edge of the shoe indicating that the runners may be underpronating.

The Second shoe is mostly worn out in an "S-shaped" pattern from the outer heel to the big toe which indicates that the runner has a neutral foot landing.

The Third Shoe shows excessive wear from the ball of the foot, along the inner edge, and toward the big toe which indicates overpronation.



# RUNNERS' NUTRITION

## RECIPES FOR WOMEN RUNNERS

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

The number of women runners has been increasing steadily in the last few years. Running demands high energy. Women who run regularly and have a higher training load need to have adequate calorie intake. However, it is often believed that maintenance of leaner body mass (upto an extent) is favourable in improved performance. It is an uphill battle to achieve desired body composition considering women naturally tend to have greater fat percentage and lesser lean muscle when compared to men. An attempt in this direction could mean inadequate energy intake as well as reduced micronutrient intake leading to vitamin and mineral deficiencies.

Inadequate calorie and nutrient intake can lead to muscle loss along with the weight loss, sub-par performance due to lack of energy, fatigue, hair loss, anemia, menstrual dysfunction, osteopenia (loss of bone mass), stress fractures so on and so forth. Each of these are physical manifestations of deficiencies of predominantly protein, iron, calcium, vitamin D, magnesium, folic acid and vitamin B12. A balanced diet can provide the daily recommended quantities of the above-mentioned nutrients in general. However, in cases of deficiency, additional supplementation in the form of fortified foods or powders or tablets is needed.

Let us look at a few simple, easy to make recipes that can help provide these essential nutrients.

### For Calcium - Broccoli green moong chilla

1 cup Whole green moong, soaked overnight  
30 g (Or about 2 small heads) broccoli, coarsely ground  
20 g onion, finely chopped

1 tsp ginger garlic paste  
Salt, to taste  
Red chilli powder to taste  
Coriander leaves, chopped  
Oil

### Method:

Grind soaked whole moong into a smooth paste. Add the coarsely ground broccoli, chopped onion, ginger garlic paste, salt, red chilli powder and coriander to the batter and mix well.

Heat tawa and make chillas (like dosa) with only 1/2 tsp oil per chilla.



### For Calcium- Spinach raita

#### Ingredients:

1 cup finely chopped spinach (fresh or frozen)  
3-4 cloves garlic, finely chopped or minced  
1/2 tsp jeera  
1 green chilli, finely chopped  
Coriander leaves

1/2 tsp oil  
1/2 cucumber (keera), finely chopped  
Salt to taste  
Lemon juice to taste  
300 g fat-free or low-fat curd

### Method:

In a pan, heat oil and let the jeera seeds splutter. Add minced garlic, green chillies and fry for 1-2 minutes. Add chopped spinach and saute until spinach wilts and leaves some water, for about 3-5 minutes. Turn off heat and set aside.



In a mixing bowl take curd and beat it smooth using a whisk or a fork. Add some water for desired consistency. Add salt, lemon juice and mix well. Add chopped keera pieces and mix. Now add the cooled spinach mixture to this and mix. Finally, add the fresh coriander leaves and have it as an accompaniment to chilla.

### For iron and folic acid - Barley lentil (horse gram) vegetable soup

#### Ingredients:

100 g broccoli, chopped (florets and stems)  
150 g any vegetables of your choice (carrot/peas/beans etc.)  
50 g horse gram (kulthi/ Ulavalu) Or any other whole lentils

20 g barley  
100 g onion  
5 g garlic, finely chopped  
1 tsp butter or oil  
500 ml water  
Pepper powder to taste  
Salt to taste  
Lemon juice to taste

### Method:

Soak the beans and barley (separately) for 6-8 hours. Remove water and boil the beans (preferably in a pressure cooker) until soft. Lightly mash the

boiled beans using a potato masher or a large ladle. Boil barley separately and keep aside. Chop or coarsely minced all the vegetables and set aside.

In a pan, heat butter/oil. Add chopped garlic and saute until fragrant. Add onion, broccoli, other vegetables and saute for 5 minutes. Add the water and boil for 10 minutes or until the vegetables are cooked. Add the mashed beans, cooked barley, salt, pepper and mix. Let it come to a boil and turn off heat. Garnish with chopped coriander leaves. Mix lemon juice before serving. You can also add any other soup seasonings such as Italian seasoning, dried oregano etc. too, as per your preference.

### For protein and B12- Radish & Scrambled eggs kathi roll

#### Ingredients:

1 medium radish, finely chopped or grated, along with the leaves	Coriander leaves, finely chopped
1 roti (Left over or freshly made)	Oil
1 tsp hot sauce	15 g low fat curd
Salt to taste	1 tsp lemon juice
2 eggs	Any dry spices of your choice (cumin powder, chat masala etc.)
Pepper to taste	

#### Method:

Prepare sauce by mixing spices, lemon juice, and salt in curd. Set it aside. Beat the eggs in a bowl along with salt pepper and set aside. Heat oil in a pan and saute radish for 2-3 minutes until it gives a nice aroma. Add the beaten eggs to this and mix to prepare scrambled eggs. Adjust salt and pepper to taste. Turn off heat. On the chapati, put scrambled egg and drizzle yogurt sauce. Roll it to make Kathi roll.







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# REVIEW

## XERO HFS – ROAD RUNNING MINIMALIST

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By Chaitanya B



After a 2 year period of using low drop shoes, I had decided that the next best thing was to go barefoot. While the feeling was great when the terrain was good, road conditions and safety are not always guaranteed.

My running mentor then recommended XERO shoes. After a tiny bit of journey through their DIY sandals, I ended up with their HFS Road Running Shoes. XERO says their shoes are inspired by the Huaraches.

They are lightweight (190 gms), have great color options and are comfortable for road running.

The shoes come with a 5.5 mm sole and a 2 mm insole. On rainy days when you are concerned about drying the shoes, get rid of the insole and go out for the run.

### SPECS

**Category:** Minimalist Road Running Weight: 190 gms

Heel Drop: 0 mm (5.5 mm sole and 2 mm insole)

### LIKES

**Road Feel:** If you are looking to run minimalist this is very minimal. If you step on rocks, you will feel it. This may sound negative, but it does kind of help by forcing you to land well and keep your cadence high.

**Upper:** The shoes come in various colors and the mesh is very breathable, soft and dries fast. The first time you wear them, the outer material and the wide toe box makes them feel like a cloud..

**Durability:** These have been my most durable

shoes to date. I have run over 1800 kms in these and the sole still looks good enough for more. XERO actually guarantees the sole for about 5000 miles.

**Price:** This is complicated. They don't sell in India, but if you ship them to India they are about INR 12000 (including the shipping). But considering the durability of the sole, the value is pretty high.

**Cushioning:** What cushioning! These are meant to make you feel the road.

### DISLIKES

Can't think of any. But if I have to be finicky, it's the sizing. You need to buy slightly (0.5 size) larger shoes than what you would normally use. In all fairness, the company recommends it.

### RATING

Comfort – 4/5 (a minimalist's point of view)

Durability – 5/5

Looks – 4/5

Price – 5/5

### VERDICT

If you are a minimalist runner, these shoes are going to make you love them. The comfort and durability these provide have been unmatched in my experience.

### WHERE TO BUY

This is where things turn sour.

<https://xeroshoes.com/>

ships to India, but COVID challenges have interrupted that recently. They do promise to start back as soon as the restrictions are lifted. The best bet currently is a travelling friend.

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# RUN-TITUDE: MINDSETS OF A MARATHONER

MOTIVATE YOURSELF - KEEP IT GOING...

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.



## Motivation to run can be of 2 types

- **Intrinsic motivation:** running just for the pure joy of running, to enjoy the fresh air and the feeling of the movement of our body, and finding bliss in it
- **Extrinsic motivation:** running for any reason other than the joy, including accomplishing a marathon, weight loss, physical fitness, making friends, traveling to new places, etc.

In 99% of cases, consistent runners are intrinsically motivated and do not need nor look for any extrinsic motivation. Still, it does no harm to keep a few extrinsic motivators ready to use if needed. Here are a few that might help over time:

- Surround yourself with a supportive and knowledgeable network
- Eliminate distractions and build positive habits and regimes

- Train consistently over weeks, months, and years
- Leave the Garmin at home once a month
- Follow a coach-led training routine, with the coach holding you to account
- Take pictures with co-runners, medals, etc. as photo-ops for memories
- Flaunt your medal as an achievement and as a constant reminder
- Use triggers such as having pictures of gear posted on social media a day before, etc.

## RUN FACTOID

By Sam Sudhakar



The 43rd Chicago Marathon was held on Sunday, October 10, 2021. It is one of the six world marathon majors. Ten years ago, the 2011 edition had 35,670 finishers which was the second highest in its history. 27 year old Amber Miller was one among the finishers. It was her eighth full marathon. After she and her husband signed up for the race, she found out that she was pregnant and gave up on participating in the race but kept training for it. A day before the marathon she was feeling okay and so she decided to start the race.

On 9th October 2011, the race day, Amber Miller and her husband started their run. With the crowd cheering Go Pregnant Lady she crossed the finish line in 6:25:50 hrs. A few minutes after the finish she felt her contractions. Not wanting to waste time going home before seeing a doctor, she had a sandwich and went directly to the hospital. Seven hours after the race, she delivered a 3.5 kg healthy baby girl.

# CURRENT HR ACTIVITIES

## Starlight Strides 2021 - A Women's Night Run

The mission of the Hyderabad Runners Society is to promote running as the preferred choice of fitness. We thrive to bring a positive change in the attitudes of the citizens of Hyderabad towards health, wellness and running, by organizing the Airtel Hyderabad Marathon, the Hyderabad Runners Club Run, the HR Kids Run and community runs in the city and surroundings.

As a special recognition to women, we are organizing a Women's Night Run, to empower and encourage women to reclaim their own safety.

Date and Time: October 23, 2021, 8pm.

Location: University of Hyderabad, Gachibowli

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

### Each registered runner will be eligible for

1. BiB for all (timing chip for timed 5k & 10K)
2. Finisher Medal
3. T-Shirt
4. Post-run refreshments
5. Memories to cherish

## Train & Shine

### Strong Glutes for Stronger Running

Hyderabad Runners has launched a year around training programme, which is purely focused on developing runners' overall fitness required for long distance running and cycling.

We have a scientific approach towards activation, strength, mobility and stability. Hyderabad Runners train & shine will provide you with the progressive structure of weekly workout, resources and guidance you need to find and the fix weak links and errors in form which have previously hampered your running.

### Our programme includes:

1. Basic, Intermediate & Advanced Strength training sessions < Build strength in your glutes and posterior chain.
2. Progressive Hip Mobility Routines < Poor hip mobility can be inhibiting your glutes. We'll fix that.
3. Stability Exercises for all Levels < Develop hip stability and core control.
4. Running Technique Drills & Cues < Learn how to run using your glutes more effectively.

For more details please

visit - <https://www.hyderabadrunners.com/training/>

## Beyond the Track- Webinar 57

Schedule: 09th October @ 7.30 PM

Topic: Endurance Events Second Curve

Speaker: Deepak Raj, Ironman Finisher

Where: [www.facebook.com/HyderabadRunners/live/](https://www.facebook.com/HyderabadRunners/live/)

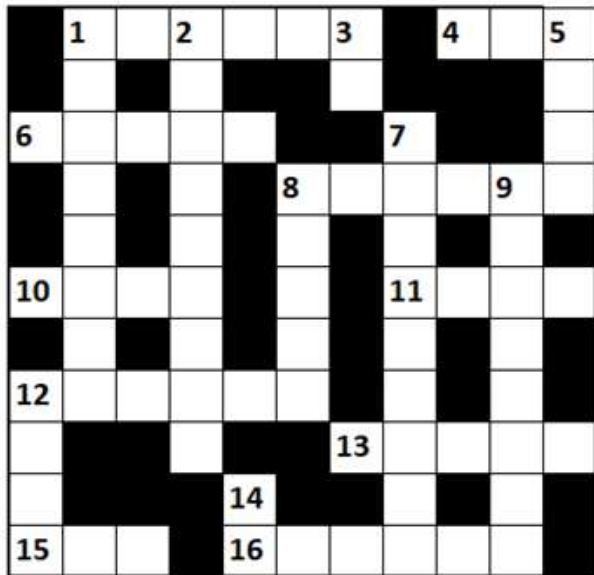
## SUNDAY LONG RUNS (SLR) *Assembly Time: 5:45 AM, Start: 6.00 AM*

<b>October 17th</b> <b>Location 1:</b> ECIL officers club, Near ECIL cross Roads <b>Location 2:</b> Golkonda Resorts, Opp to Main gate, Gandipet	<b>October 24th</b> <b>Location 1:</b> Tellapur <b>Location 2:</b> Rabbit Park, Secunderabad	<b>October 31st</b> <b>Location 1:</b> Save the Rocks Run, Fakruddin Gutta, Near Lanco Hills (needs registration) <b>Location 2:</b> Nizampet
<b>November 7th</b> <b>Location 1:</b> DRDL Grounds <b>Location 2:</b> BHEL	<b>November 14th</b> <b>Location 1:</b> Attapur <b>Location 2:</b> Gachibowli Stadium	

- Route will be explained at the start point. SLRs are subjected to change, based on the prevailing situations and local permissions
- 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 #5 (OCTOBER 2021)



Created By: **Prashant Morparia**

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

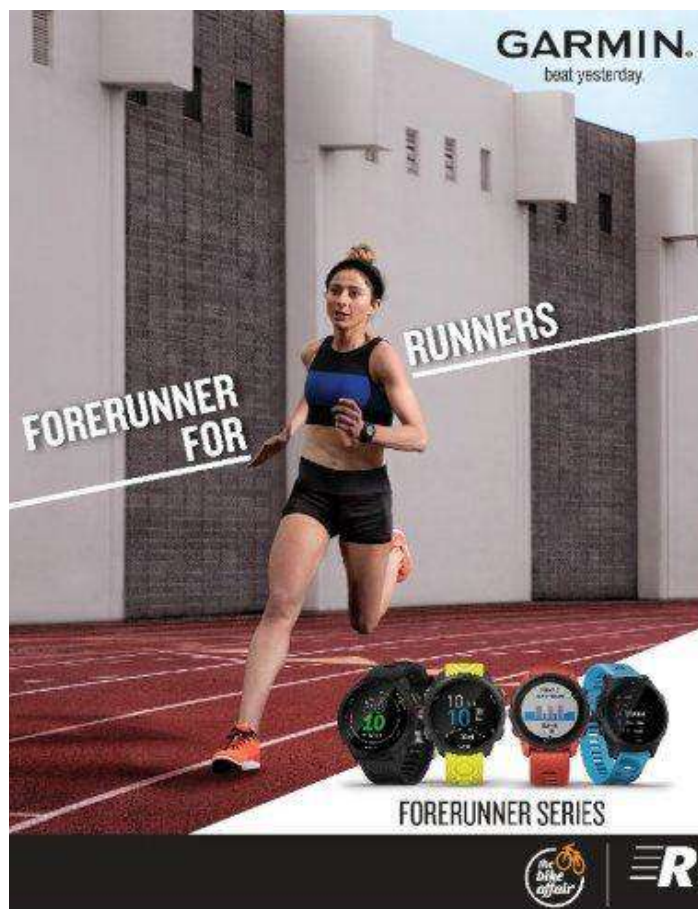
Solution to September(#4) Crossword on Page 9

## ACROSS

- 1 & 16Ac. One of the current WR holders in Marathon races. (6,6)
- 4. Running on the ragged edge of the Western world ? The Big \_\_\_ Marathon. (3)
- 6. The current undisputed lightweight female boxing champ's nationality. (5)
- 8. A beginner or a newbie. (6)
- 10Ac, 12Dn and 14Dn. The only North Korean athlete to have ever won a medal at World Championships. A long distance runner then. A politician now. (4,4-2)
- 11. Run this Marathon here to pass by the Circus Maximus. (4)
- 12. The human exercise social network. (6)
- 13. Run 26.2 of these to reach the finish line. (5)
- 15. Nutrition on the move. In sachets. (3)

## DOWN

- 1. McDougall's favourite way to run. (8)
- 2. The social networking service started by Systrom and Krieger. (10)
- 3. Your image on the social network. (2)
- 5. The acronym to remember to treat an injury. A grain ? (4)
- 7. One of the commonest causes of muscle injury. Tennis Elbow and Stress fracture to name a few. (9)
- 8 & 9Dn. The first one to score a perfection. Think Gymnastics. (5, 8)
- 12 & 14Dn. See 10Ac.



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