

THE AHM ROUTE: A STORY

TRAIN LIKE A PRO

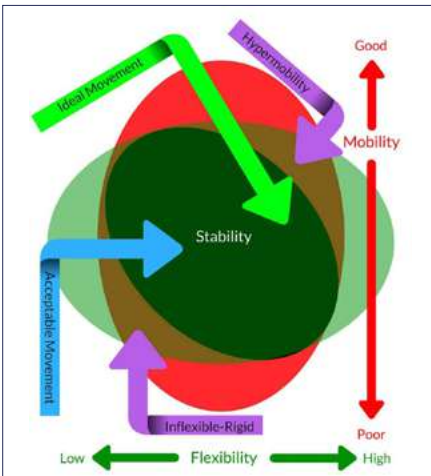
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November
2021

www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

DEAR RUNNERS, GREETINGS!

The October Rundezvous column ended with the thought of conducting the Airtel Hyderabad Marathon 2021 and I am elated to announce that December 19th, 2021 is the chosen day! This being the 10th edition, we are all excited about it and can't wait to welcome the participants at the start line. We would be having the Full Marathon, Half Marathon and the 10K. There will be Virtual Runs too, details of which will be announced soon. The team is going all out to make this edition of the Airtel Hyderabad Marathon extra special and I invite you all to be a part of it.

The Women's Starlight Strides Run, which we conducted on the 23rd October was a huge success. The energy of the participants fuelled by the enthusiasm of the organizing team and the first time Race Directors – Dr. Sonali Chaturvedi and Shashi Singh, was laudable. It was heartening to see the carnival-like atmosphere all around. Our Couch to 5K Training program is off to a flying start at 39 different locations in the city. We are happy to see the response of first-time runners and feel that we have moved up a few steps in our mission of getting people to lead healthy lifestyles. Meanwhile, it's back to meetings and more meetings to plan the best runner experience for the Airtel Hyderabad Marathon 2021. Do participate in it.....and as we always say – RUN, SUPPORT or CHEER it !

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

The third quarter of 2021 seems to have brought glad tidings, heralding the return of running events on the ground. With the threat of Covid diminishing, we tread cautiously, with runs being organised for limited numbers and with strict safety protocols in place.

We organised Starlight Strides, a night run exclusively for women in October and then came the announcement that everyone has been waiting for – the Airtel Hyderabad Marathon (AHM) will be held this year in December! In this issue, read about how the route for the Hyderabad Marathon came to be, it's not for nothing that the route is called one of the toughest in India! We also feature a story on the other not-so-well-known facets of the AHM. HR's "Couch to 5K" training for beginners has been a huge success since inception, the new session has kicked off in various locations across the city and has been met with enthusiasm, as have our regular training sessions.

"Run Factoid" talks about the hugely inspirational story of Bob Weiland and the triumph of the human spirit, the review for the month is on one of the most under rated piece of fitness equipment – the humble skipping rope. All this plus our regular features on yoga, physiotherapy, nutrition, etc. Happy reading and stay safe and healthy!



VV Prasad

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Feedback and Contributions welcome.

Email: newsletter@hyderabadrunners.com

COVER STORY

The AHM Route: A Story

VV Prasad

For any marathon and in particular for a premier city marathon, the race route is of great importance. As we are on the threshold of the tenth edition of the Airtel Hyderabad Marathon to be held in December 2021, it is a good time to visit the story on how the marathon route was finalised.

Every major city has several stories to tell. Stories of its people, its history and geography, of its commerce and of its vitality. A marathon route weaves these stories to create another story of the city. For Mumbai, the marathon route winds through from historic CSTM to Bandra via Chowpatty, Peddar Road, Haji Ali, and the Sea Link and presents a picture postcard story of the city. For New York, the route covers the 5 boroughs while traversing its historic bridges and its bustling residential communities. Thus a city's marathon organisers have an important role in highlighting selected aspects of the City. At the same time they should select a route that ensures the safety of the runners from overcrowding, traffic and pollution. They also need to ensure that the start and finish areas provide all conveniences such as ease of access, parking, rest areas while providing a good run experience. And finally, the route should not cause inconvenience to the city hosting the marathon due to road closures and traffic jams.

Historic Landmarks

In 2011, when Hyderabad Runners were contemplating the first Airtel Hyderabad Marathon there was much discussion and many recesses to finalise the route. Hyderabad is best known for the iconic Charminar and the historic Golkonda Fort and of course, Secunderabad, the Twin City of Hyderabad. A route covering these locations was the obvious first choice. But a route connecting these points had several problems. The start and end points would be congested & not easy to reach. The route covered several sections which were narrow and not suitable for runners' safety. Traffic management would be a challenge. Thus routes connecting these landmarks were dropped from consideration for the route.

Point-Point Event

From the outset, the Organising Team was consulting with the Hyderabad Police from the Traffic and Law & Order point of view. Obviously the role of the city police is paramount in conducting an event of this scale and size. The advice based on traffic considerations was to hold a Point-Point event so that any traffic closures can be eased as the runners pass each section. That way traffic would not be held up for close to 7 hours for a Marathon. It was also advised that if the event starts in the core area, it should end in the outskirts as the traffic would be less there. That is when the Organising team started booking at the Gachibowli stadium as the finish point. Gachibowli in 2011 did not have the traffic that we see there today.



GMC Balayogi Stadium, Gachibowli.

The GMC Balayogi Stadium was built in 2002 to host the 2003 Afro-Asian games. It is a facility with an Athletics Stadium, lodging facilities and several other sports amenities. For the Hyderabad Runners, it seemed like an ideal spot as a finish point for the Marathon. It would give the runners a feel of a proper athletic event. It had facilities to house an emergency care facility and had conveniences such as toilets and parking facilities. It could also conveniently hold buses required to transport runners back into the city. It allowed a contained area to manage all the activities required at a finish area. Thus the Stadium was frozen as the Finish Point.

Peoples Plaza in Necklace Road

Peoples Plaza in Necklace Road is a popular hang-out spot in Hyderabad. On the banks of Hussain Sagar, it has several places for people to gather and is a scenic spot overlooking the historic Hussain Sagar and the iconic Buddha Statue. It had also hosted some running events in the past. It was easy to reach by bus, MMTS and private transport and had plenty of parking. It seemed ideal as a starting point. But would the distance from Peoples Plaza to Gachibowli stadium be suitable for hosting a Half Marathon and a Full Marathon?

The Initial Surveys

In 2011, Google and other GPS maps were in the early stages. To determine distances for the route, driving a car was the best way. The races in the Marathon event were to be a Full Marathon, and a Half Marathon. A Relay Race for our runners for the 42KM route was also added. The start point and the finish points could not be at a distance more than 21.1KM. After several early morning car drives from Peoples Plaza to the Stadium and multiple iterations over Google Maps, it was determined that there was a viable route between the two points measuring 21KMs. That meant that the Peoples Plaza could be used as the Start Area.

The Route

The route was designed keeping in mind runners convenience & traffic management. Wherever possible, the route used Flyovers at important junctions to avoid blocking traffic. Thus along with the Visvesvaraya Flyover over the Railway Line, there were two other flyovers in the route: the Punjagutta Flyover and the newly built Gachibowli Flyover. No wonder, the Airtel Hyderabad Marathon is sometimes referred to as the Flyover Marathon. The Half marathon route was straightforward as the distance between the start and the finish areas was close to 21 KMs. The full Marathon required an extra 21Kms. This was accommodated by having the 9.2KM loop around Hussain Sagar at the start and a 12KM loop through the Financial District and the sylvan campus of the University of Hyderabad.



The Story

Every story needs a good start, a strong middle and a grand climax. The AHM Route story provides all three.

The Start

The AHM Route story opens with a misty dawn breaking over the scenic Hussain Sagar and the Buddha Statue. Indeed a great opening, as it takes the runner on a flat section around the lake and on the Tank Bund lined with the statues of Telugu Stalwarts. Then the story really warms up.

The Middle and Elevation Gain

The AHM route is a unique event because of the net elevation gain of around 90m from start to finish. The max elevation gain for the Full Marathon is around 110m which is around the 31km mark. The start point being the Necklace Road at the Hussain Sagar, it is one of the lowest points in Hyderabad and Gachibowli Stadium is on a ridge on the Northwestern Corner, one of the higher points in the city. The elevation gain makes the AHM one of the toughest marathons in India.

The route after Hussain Sagar goes via Raj Bhavan, Banjara Hills, Jubilee Hills, the former village of Madhapur, before entering the IT and Financial Districts. After passing those large MNC campuses, the route enters the educational hub, The University of Hyderabad.

The Climax

As you leave the leafy campus the last 2 kms brings you to the finish with a grand climax in the majestic GMC Balayogi Stadium and the Athletic track where runners are welcomed as homecoming heroes.

The Theme

So what story does the AHM route tell about Hyderabad? The story starts at the Tank Bund and the Buddha statue about a Historic City and an Ancient Culture. As it passes through Banjara Hills and Jubilee Hills it talks about the city's journey to modernity. And the final sections via the IT and Financial districts, and the University of Hyderabad, the route signals Hyderabad's emergence as a modern global city and powerhouse. With the tenth edition of the AHM possibly adding the new Cable Bridge there will be another iteration of the Hyderabad story as told by the AHM.

TAARE ZAMEEN PAR...

STARLIGHT STRIDES (October 23rd, 2021)

Sagarika Melkote

The October night sky was overcast, not a single star was visible even when the clouds parted uncertainly from time to time. Hardly surprising, since the real stars seemed to be sparkling on the ground! More than four hundred women, dressed in beautiful, fluorescent orange tee shirts gathered at the University of Hyderabad's Open Air Auditorium, the start of the second edition of Starlight Strides, a night run exclusively for women. The excitement was palpable, the air seemed charged with electricity as it appeared that the women were raring to go. From first time runners to the experienced pacers, if there was one thing common to all, it was the smiles on the faces of the participants! And why not...for nearly a year and half, running events world over, have been called off due to the pandemic and the anticipatory thrill of being able to run in a "real" event, was, no doubt, the reason behind the happy faces.

It was evident that Race Directors Sonali Chaturvedi and Shashi Singh had pulled out all the stops to make the event a roaring success. Right from allowing participation only to fully vaccinated women and making a negative RTPCR report mandatory in case a participant had received only one dose of the Covid vaccine, they ensured safety was paramount. Mapping out a route that was only a 5km loop (the 10km runners had to run it twice) meant minimising exposure by limiting the area. According to Sonali, her "happiness quadrupled" when she was asked to be Race Director, as, till then, she'd experienced all the "high voltage fun during the event" as a runner. Being Race Director meant "sheer dedication and hard work, once she got involved in the action behind the scenes". She terms "the rich experience of managing various stakeholders like the volunteers etc as unique learning". Shashi, on the other hand, admits to being a "little nervous" when asked to take the responsibility of the event but was confident that she could handle it, with the wider Hyderabad Runners team backing her. She took it as a challenge and opportunity to learn something new and she enjoyed seeing "so many women taking time off from their daily chores just to participate in

Starlight Strides", she loved the smiles, the joy on the faces of the runners, which made her feel that she'd "achieved her objective". After the event, she felt "happy and a sense of pride" and says the role as Race Director has given her "confidence to lead bigger events".

The University of Hyderabad, which has always been extremely accommodating to Hyderabad Runners, was the perfect venue for a night run. With its tree lined, well lit avenues, runners had the confidence that the road was theirs for that evening. Another unique thing was the support at the Aid Stations was by all male teams – the men from Hyderabad Runners came out in large numbers to volunteer. In fact, all the volunteers that evening were men – be it at the parking lots, or the route marshals. It was indeed a show of solidarity for women power! This was the first time that nearly a hundred women from the Society for Cyberabad Security Council (SCSC) took part in Starlight Strides.

The SCSC is a collaborative effort of the police and IT industry. Represented by the captains of



the IT industry, it is an effort to reduce cyber crime and provide safety from information theft. The Council accords high priority to women's safety, and the idea of a women's night run had the women members of SCSC enthused enough to put on a show of strength. The easily doable distance of 5k saw maximum participation, while the 10k had the more experienced runners.

The run was flagged off by the Vice Chancellor of the University. He was joined on stage by the DCP from SCSC, Smt. Anasuya and others from the University. All the guests of honour unequivocally expressed their awe and appreciation at the participation numbers and made special mention of the Covid protocols that were followed.

The finisher medal had a lot of participants excited – for some, it was the first medal they had earned in their life and for others, it meant adding to their collection but as medals go, each one is unique and memorable and Hyderabad Runners has always striven to produce special and one-of-a-kind medals. The post run “snack” which was typically not a snack but rather a light dinner in itself, had the runners express deep appreciation as it was just the right thing to partake after their exertions.

Starlight Strides was more than just a run. For all the first time participants, the joy on their faces was evident – they felt a sense of achievement at being able to complete their run and were already querying about the next event! The first step towards women’s empowerment is instilling confidence. For a lot of women, completing this run is a small step in the right direction – their confidence quotient is upped and the faltering, doubtful “Can I..?” becomes “I can...”, resonating self confidence. The gusto with which all the runners joined the Zumba instructor on stage for a post run cool down session (which

quickly turned into an impromptu dance session) was to be seen to be believed. Given that the oldest participant in the 5k was 90 years old, the event lived upto it’s purpose – a run exclusively for women, showcasing the spirit of sisterhood. One more winner from the HR stables!







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HRUNIMATIONS

THE MAKINGS OF AIRTEL HYDERABAD MARATHON

Ravi Setlem

Hear Hear!

The 10th edition of the Airtel Hyderabad Marathon is already brewing and will be ready to serve on the 19th Dec, 2021. The Hyderabad Runners have been busy picking the right ingredients and the aroma seems perfect! The course has been carefully chosen to entice the running enthusiasts not just from the metros but also from all the nooks and crannies of the country

Over the years, the Airtel Hyderabad Marathon has become a must-do event for all runners. Be it the Chennai Runners or Souls of Cochin, the runners from Mumbai or from Bangalore – this marathon lures both the fast and the curious.

Let's look at what makes AHM – The Airtel Hyderabad Marathon!

Runners come first

It is organized by runners – the same kind of people you run with 5 times a week. A bunch who knows the runners' psyche from head to toe, literally. They painstakingly ensure that the experience across 42 km is a memorable one.

A key ingredient to keep the runners motivated is entertainment. With bands, DJs, folk music performances peppered along the course – we ensure the spring in your step remains well-oiled and keeps your shoulders and motivation from drooping. Over the years, we have encouraged communities to cheer for the participants and they do it with style. Do look out for the funny one-liner placards to brighten your race.

Green Thinking

We are also environmentally conscious. We did away with the plastic glasses or bottles for water stations very early on and have since then moved to greener options. Reusable glasses are cleaned before offering to the runner and a green army who collects the glasses from the runners directly to minimise littering on the course. Trash disposal is

done responsibly and segregated in categories of food, plastic and paper. Packed breakfasts have been done away with and a hot piping breakfast served on plates awaits the runners at the finish. This reduces tremendous amounts of wastage and also keeps the finish area litter free. Buses are provided to ferry the runners in groups to minimise the carbon footprint

Charity Conscious

We have put our goodwill to good use. We have engaged with several NGOs to benefit from the marathon. AHM is a great platform for fundraising and spreading awareness of NGOs who are tirelessly working towards their cause.

We have been very particular in selecting and validating the charities by looking at their credibility, the work that they do and their neutrality of political and religious affiliations

We have been associated with charities which are into Education, Environment/Nature, Animals, Children and Women welfare, Health, and Rural Development.

Most of the charities that we support are not very big in terms of the work, volunteers and finances. With a little support from us, we hope that they get recognition and motivation to continue doing their good work.

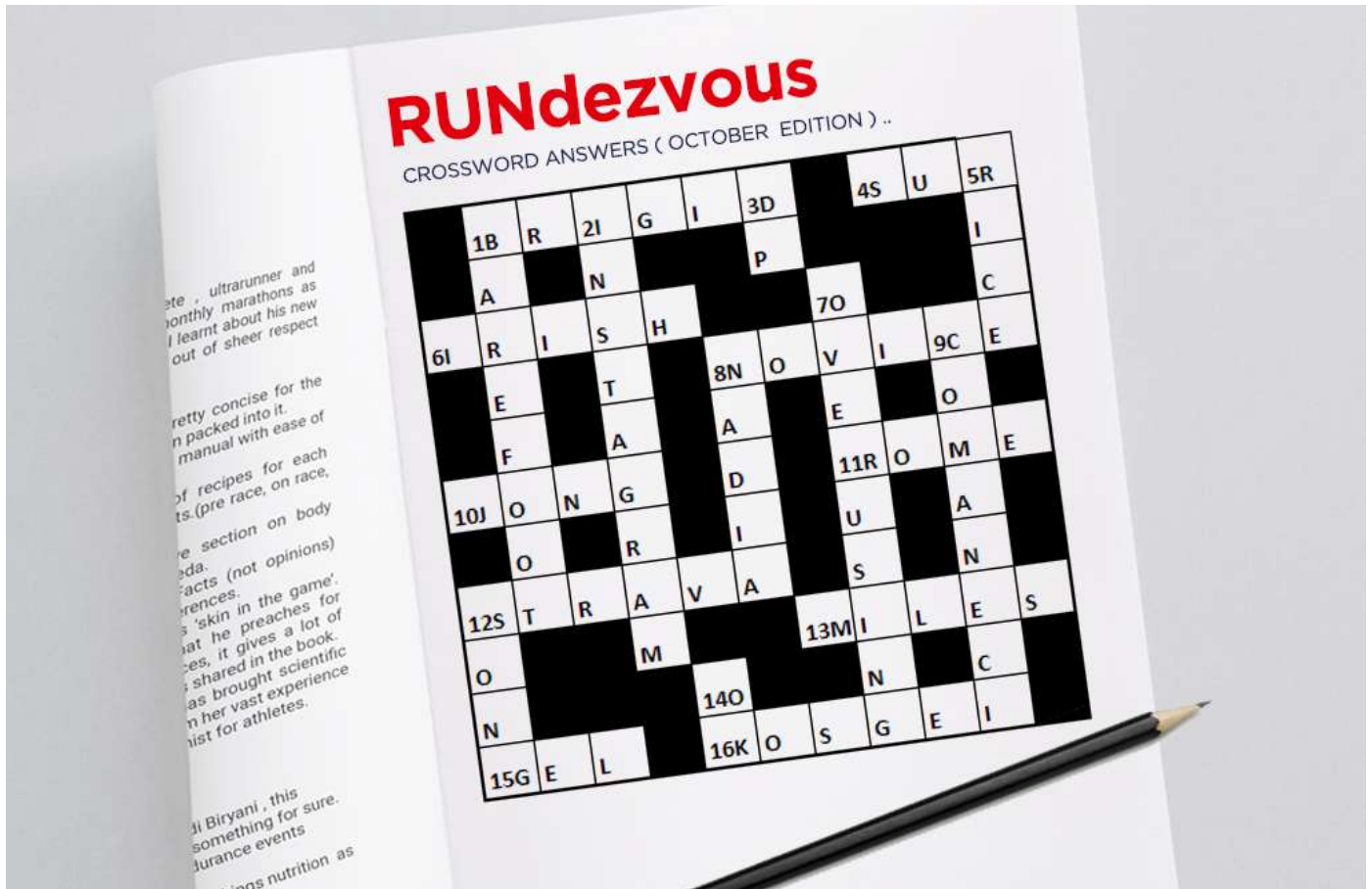
Some of the charities that we supported are Babul Film Society, Amma Social Welfare Association, Heal-a-Child, Thalassemia Sickle Cell Society, Center for Sustainable Agriculture, Isha Vidya, Kriti Social Initiatives, Nirmaan Organization, Operation Eyesight India, Manasa for special children, People with Hearing Impaired Network, Gramya, Helping hands humanity, Goonj, LV Prasad Eye Institute, Sports Coaching Foundation to name a few.

The Volunteer Army

Lastly, the real heroes of the event – The Volunteers! To organize an event of this magnitude is unfathomable without the indomitable spirit of our foot soldiers. In the last edition, there were nearly 3000 volunteers spread across the expanse of 42 km giving every runner VIP treatment. Mind you, these are quintessential Hyderabadis who in the middle of a lazy weekend wake up at 3 in the morning to get to their designated spots. Over the following several hours – the volunteers endure the chill of the night and the soaring temperatures, heat or rain to make the experience delightful for the runners.

So, lace up and loosen your limbs because the marathon in Deccan is ready to beckon

SOLUTION TO CROSSWORD (OCTOBER 2021)



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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

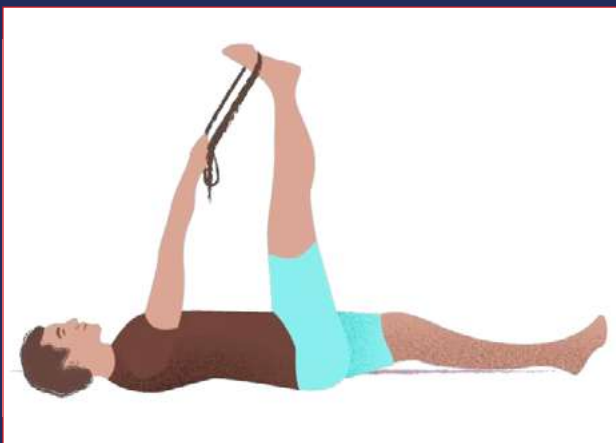


Founder, Director and Instructor at Anahata Yoga Zone, with over 11 years of experience in teaching and propagating the science of Yoga to individuals, corporates and celebrities. Her teaching philosophy is that yoga can benefit all body types. In her classes, along with Asanas, she focuses on breathing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

Assisted Supta Padangusthasana

Benefits: strengthens, aligns and stretches all of the leg including the hip to get at IT band.



How to Do It:

1. Lie on your mat in a supine position (face up) with the legs and arms extended and the palms facing up.
2. Bend the right knee and bring it up towards the chest while you activate the left leg, planting the sole of your foot onto your mat, providing you with stability and anchorage.
3. Hold the big toe with the index and middle finger or take hold of the ankle with your hand. Inhale and as you exhale straighten out the right leg— extending the right heel up towards the ceiling. Gently draw the right leg in toward the head. Release the leg so that it is inline with the right hip.
4. Inhale and as you exhale open the right leg to the right side aiming your right heel towards the floor.
5. Hold for a minute at your comfortable maximum. Exhale and return the leg back up so that it is once more in line with your hip.
6. Turn your right foot towards the right shoulder. Keeping the foot flexed, draw the foot towards the right shoulder until you feel a stretch in the IT band (iliotibial band, the side of your quad).
7. Hold this for a few breaths to allow the IT band time to soften and release.
8. Come back to the center.
9. Inhale and exhale, lower the right leg towards your left shoulder.
10. You can shift the left hip slightly to the right in order to help the body move into the twist as you lower the leg.
11. Again hold at your comfort level and where you have a steady breath. Release the leg back up on exhalation.
12. Release the right leg and repeat to the other side.

TRIUMPHANT RUNNING: THE PHYSIO WAY

UNLOCKING HEALTHY MOVEMENT through FLEXIBILITY, MOBILITY, STABILITY

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.

"I have done everything per my proper training plan, and I still end up having nagging aches and pains during or post run!!!"

If you are saying this often as a runner, then you're most likely missing the right combination of 3 key elements in your training plan – Flexibility, Mobility, Stability, or FMS.

Flexibility

The ability of a joint or series of joints to move through an unrestricted, pain-free Range Of Motion (ROM). Varying for each person, minimum ranges are necessary to maintain joint health. Lack of stretching can lead to fatigue-induced soft tissue shortening over time.

Inflexibility can alter joint fluid, create fast muscle fatigue, and destabilize joints by causing abnormal stress on connecting joints, for example, knee tendinitis can impact calf stiffness.

Mobility

It is about how freely and easily you can move your body, and is an essential component for injury prevention, at any fitness level. Struggling to move in desired ways can increase your risk for injuries and impact quality of life.

Hypermobility within the joint can be a sign of weakened collagen (glue-like substance that holds the body together). It is not healthy and increases injury risks.

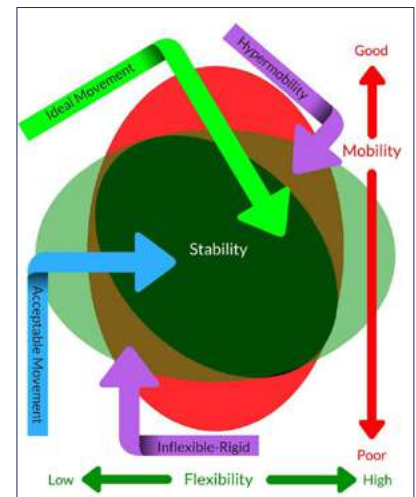
Stability

Stability is the body's ability to maintain good control and coordination throughout the movement. It supports the surrounding soft tissue of a joint through its Range of Motion, ROM.

Connecting the dots in movement

If you limit working on any one or more of the FMS, your body increases risk of injury. It also moves as a whole in patterns, and movement in one area affects movement in another.

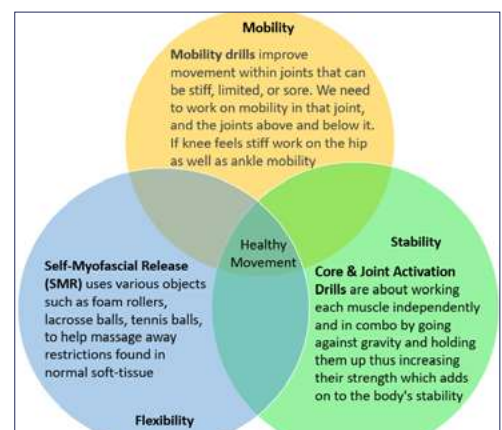
For healthy movement, we have to look at all the joints as one unit and train for FMS in combination to connect the dots.



FMS Exercises

- **Stretching routines** cover all the major muscle groups of the body as well as any specific muscle groups that are being utilized in a sport or activity.
- **Stretch** statically through the muscle's full ROM until you feel resistance or mild discomfort. Maintain for 30 seconds to 1-2 minutes. Release gradually.
- **Other FMS exercises** include

Take 10 minutes a day to work on your FMS and develop healthier joints, less pain, and decreased risk of injury.



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.

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TRAIN LIKE A PRO

Running Mechanics - the Key to Long Term Success

By Shiv Shankar Kosgi

(Fitness Training Consultant)



In order to run well, we need to train well, but we also need to move well.

While everyone's natural mechanics are different, here's what you should be doing to ensure proper running form, from your head to your toes.

Head: You might think running is all about your lower body, but your run technique needs to be dialed in from the top down.

- Gaze directly in front of you
- Don't tilt your chin up or down even when tired
- Look anywhere, but maintain a focused gaze
- Keep your neck in proper alignment with your spine

Shoulders: We spend so much time hunched over at our desks and on our phones that we do so while running too which affects speed and endurance

- Open up shoulders
- Pull shoulders back like you're squeezing a pencil between your shoulder blades
- Shake out your arms and shrug your shoulders
- Focus on loosening up when you get fatigued

Arms: The way you move your arms can help you move faster or slow you down.

- Maintain arms at 90-degree angle
- Move palms or fists from chin to hip
- Propel your body forward
- Keep elbows close to your sides
- Point thumbs to the ceiling to keep your arms in line
- Don't let hands cross over an invisible line that runs down the center of your body

Hands: Keep your hands relaxed. The more you squeeze your hands, the more energy that you're getting rid of through your hands.

Torso: Your core is your center of gravity where all your power comes from.

- Train abdomen and back muscles
- Keep your spine tall and not crunched down to use elastic energy coming from the ground up
- Keeping a tight core while running to prevent going too far forward or backward

Hips: The lumbo-pelvic-hip complex (LPHC) has a massive influence on all structures above and below it.

- Lean slightly into the run versus running completely upright
- Lean from the hips and not shoulders to create slight acceleration of your LPHC

Knees: When your foot strikes the ground, it should be right under the knee.

- Align your knee with the middle of your foot
- Don't lift your knee up to a 90-degree angle if you're on a flat road to conserve energy
- Lift knees a little higher to avoid runner's shuffle (barely picking feet up off the ground) and get more time in the air

Legs: Everyone's stride and gait is different. Your shin has to be as perpendicular as possible when the foot hits the ground

- Practice against being a heavy heel strikers (big angles) and forefoot strikers (small angles) to avoid injuries in the other foot or knee
- Land at 90-degree angle, to use your ankle, knee joint, and hip joint at the same time to absorb shock and then create energy

Feet: There's no right or wrong way for your feet to hit the ground

- Use feet to push off instead of just lifting them
- Aim to hit the ground with the ball of your foot to propel you forward better
- Do not stride out too far in front of yourself
- If you are run on toes or strike with heel, get a proper shoe to help stay injury-free

A proper running form is a lot easier said than done. Your unique running mechanics are determined by the strength and flexibility of certain muscles and how your body is built.

Thus, both beginners and elite runners, have to pay attention to their mechanics!

RUNNERS' NUTRITION

TRAINING DIET

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Your diet plays an important role in the outcome of your efforts when you are training for a race. Maintaining a healthy diet during training can maximize your performance during race day. Testing specific foods and fluids before, during and after training sessions allows you to determine effective fueling strategies for the race day.

During the training period, the calorie intake should be proportional to the training load lest you experience muscle loss, increased risk for injury, fatigue and incomplete recovery. The calorie/energy intake should be adjusted according to the training intensity on a daily basis to give optimum support. Excessive energy intake in the form of calories on a low intensity day could also lead to unwanted increase in body fat negatively affecting performance.

The macronutrients (carbohydrates, fats and proteins) are all energy/calorie sources for the body. However, carbohydrates and fats are preferred sources. Choosing nutrient dense sources of calories are important in providing necessary micronutrients (vitamins and minerals). If your training is restricted to less than two hours a day, there is no need for excessive increase of calories. A balanced meal consisting of whole grains, lentils, animal protein (optional), dairy products, vegetables, fruits, nuts and seeds can provide a nutrient dense diet within the calorie needs.

Focusing on pre-workout, intra-workout and post-workout nutrition helps in optimizing nutrient absorption as well as utilization.

Pre-workout meal consisting of complex carbohydrates such as rice, wheat, oats and other grains along with low fat proteins like lean meat, lentils should ideally be consumed at least 2-3 hours prior to the workout. If the planned workout is of duration more than 2 hours, an easy to digest pre-workout snack like fruit smoothie, low fat milk shake, small portion of protein shake, fruit pieces, dry fruits can be consumed at least 30-60 minute prior to beginning of workout. If timings are not followed appropriately, you may experience bloating, nausea, cramps, reflux, vomiting, diarrhea etc.

Intra-workout meal is a necessary part of endurance sports during training as well as during the event. It helps maintain blood glucose to ensure adequate fuel supply. It delays fatigue and spares muscle glycogen. It also helps prevent dehydration and supports recovery. Diluted fruit juices, plain water, sports drinks, gels, oral rehydration solution (ORS) and such can be used as intra-workout support. Sipping about a mouthful of these drinks at 15-30 minute intervals depending on humidity and sweating rate can replenish the lost fluid and electrolytes. It is important to try different options during training to determine what suits your needs best. Trying something new on race day is discouraged.

Post-workout nutrition depends on various factors like duration, type and intensity of the activity. Proper post-workout nutrition can improve recovery, reduce muscle soreness, control muscle loss, improve muscle building capacity and increase ability to use fat as fuel. An ideal post workout meal contains carbohydrates and proteins in a 3:1 ratio and should be consumed within 30 minutes of completion of the activity. This purported window helps maximum absorption of nutrients and helps in replenishing glycogen stores as well as builds muscle. Peanut butter sandwich, protein shake along with a banana, sweet potato and boiled egg are some examples of post workout snacks that are easy to carry even during the race day.

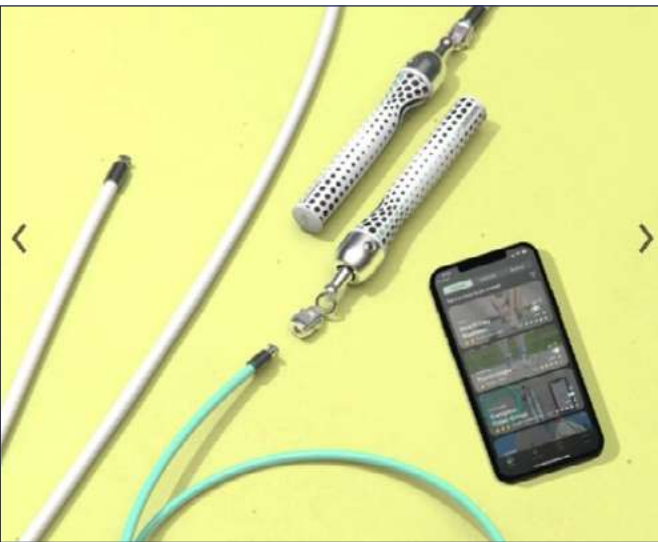
REVIEW

SKIP YOUR WORKOUT!!

By Kamal Kasturi

Due to shifting work schedules, lockdowns and general lethargy to wake up in the mornings and go out for a run, I decided to jump rope. Growing up most of us used one at some point in time and then never went back to it. A friend of mine told me about the many benefits of jump roping a couple of months ago and how he's benefited from it. I did my research and figured that it was a great full body cardio exercise and the best part is you can do it anytime of the day and inside your house!

I didn't think there was much science involved in jump ropes and I bought a couple of them on Amazon. Using them was frustrating. They would entangle or not swivel smoothly and the rope would get caught in my feet.



Further googling led me to Crossrope (<https://www.crossrope.com>). I ordered the Get Lean set (1/4 lb and 1/2 lb ropes). The beauty about Crossrope is they make weighted ropes where the weight is not in the handles but in the rope. Their handles include a patented technology and they move smooth like butter. If you haven't used weighted ropes previously, it can be quite challenging and there is a learning curve to it, but they work your forearms, deltoids and the back along with your lower body. Jump rope is also a great way to improve your core strength too.

I am really hooked on jump rope now and within two weeks ordered the Get Strong set (1 lb and 2 lb ropes). They are a lot harder to swing and I'm still getting a hang of using them.

They do ship across the world including India. However, a word of caution, they're not cheap! It's hard to wrap your head around spending a decent chunk of money on jump ropes, but they're totally worth it. I love them and it could be a great way to incorporate jump rope sessions as warm up or cross training on days you don't run. You could also do a longer session and turn it into a great HIIT workout.

The best part is they have an absolutely brilliant online community that is nothing but supportive. Crossrope also has a free and paid app on the App Store, which publishes workouts that you can use and change things up. You can find them on Facebook as "Crossrope Jump Rope Fitness Community". Much like Hyderabad Runners, there are people at all levels of fitness- some people who have been jumping for ten years and some who can't even string ten jumps without stopping. But overall, it's a great bunch of people and share a wonderful camaraderie!

Don't mock it till you try it!

🎵 Jump around! Jump around!

Jump up, jump up and get down! 🎵

RUN-TITUDE: MINDSETS OF A MARATHONER

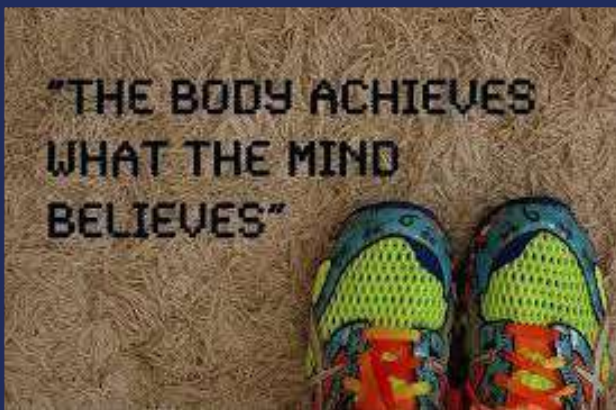
CREATING POSITIVE AFFIRMATIONS FOR SELF!

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.

Runners are often known for their very positive mindset and go-getter attitude. Our experiences and achievements in running automatically tend to make us want to push ourselves more and more....



Telling ourselves positive self-talk is a very powerful technique as to how to make our anxiety level low, our stress levels low, and also to increase our confidence

What if, however, this does not come naturally? What if the affirmations of "I can do it" are not enough? How do we create positive affirmations that work for us?

An important point to remember in positive affirmations is that they have to be "positive". You may say, of course the positive affirmation has to be positive, but let me tell you how many times I have heard a lot of people word a positive affirmation with a negative syntax or negative wording.

Example1: "I will not feel stressed out."

As an affirmation when you repeat this to yourself, you are actually adding more stress.

You're telling the universe the stress is something you might feel in this situation

Example2: "I will not be nervous at all about this presentation."

Then once again you're telling yourself too that there is a probability for you to be nervous.

The syntax or the language that you use should not have a negative word in it.

So, your positive affirmation should not say, "I will not be nervous." but it should say, "I will be confident."

It should not say, "I will not be stressed out about the interview." But it should say, "I will prepare well and I will walk into the interview confidently."

So, watch the language that you are using to ensure it is positive and not with a negative vocabulary.

RUN FACTOID

By Sam Sudhakar

Bob Wieland was a combat medic with the US Army. In the year 1969 while on an assignment in Vietnam he stepped on a mortar mine. He was declared dead and taken away in a zipped-up body bag. Miraculously he survived but both his legs were amputated. An injury of this magnitude would snuff out any hope but Bob chooses to focus on his life ahead. In his own words, "I lost my legs, not my heart."

In 1986 he decided to participate in the New York Marathon. He started the race on his knuckles, swung his body forward about 3 feet at a time. 46000 swings later covering his hands with four layers of what he termed as energy-absorbing materials he completed the 42.195 km course in 4 days, 2 hours, 48 minutes and 17 seconds. Later he undertook a walk across America, from Los Angeles to Washington DC completing it in 3 years, 8 months & 6 day. Bob is the only double amputee to complete the grueling Ironman Triathlon in Kona, Hawaii.

Bob has been a renowned motivational speaker sharing his story to millions around the world. He was featured on numerous occasions on national television and print media. He focuses now on raising money for his foundation, Beating the Odds.

CURRENT HR ACTIVITIES

Airtel Hyderabad Marathon 2021:

Date: 19th December

The 10th edition of the Airtel Hyderabad Marathon is finally here. This Hyderabad delight comes in three flavors - a lip smacking 10K, a sumptuous half marathon and the wholehearted full marathon. Registrations are open for this bucket list item. If I were you, I'd act now.

Last Date to register: 30th November

To Register: www.airtelhyderabadmarathon.com

Curtain Raiser for Airtel Hyderabad Marathon 2021 - 5K Fun Run

Date: 12th December

The 5K run is going to be a live run, ideal for beginners and regular runners alike. Participate in this fun run along with family and friends to get started with a healthy habit and creating an active lifestyle.

Last date to register: 5th December

To Register: <https://www.airtelhyderabadmarathon.com/5k-fun-run/>

VIRTUAL EVENT

Start Date: 12th December

End Date: 19th December

This event and Virtual Races are brought to you if you are unable to join the live event of Airtel Hyderabad Marathon 2021.

As part of the Airtel Hyderabad Marathon 2021 -

Virtual Event, we have the following virtual race categories:

5K Run

10K Run

Half Marathon

Marathon

To register <https://www.airtelhyderabadmarathon.com/register/>

Train & Shine

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:

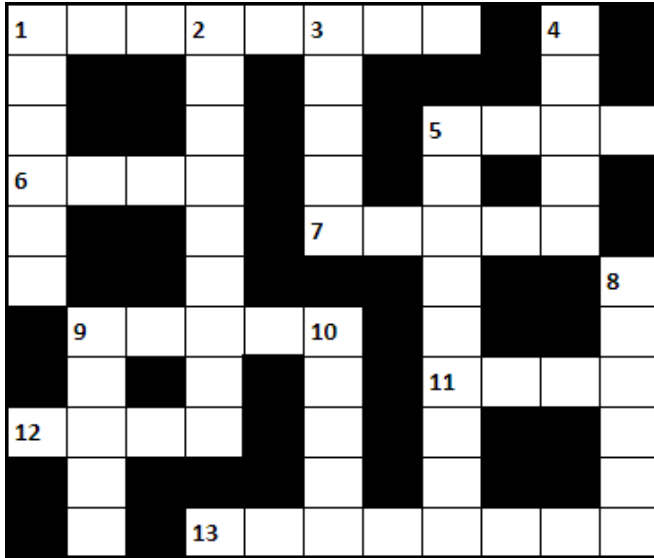
1. Basic, Intermediate & Advanced Strength training sessions < Build strength in your glutes and posterior chain.
2. Progressive Hip Mobility Routines < Poor hip mobility can be inhibiting your glutes. We'll fix that.
3. Stability Exercises for all Levels < Develop hip stability and core control.
4.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

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

November 28th	December 5th	December 12th
Location: ECIL, Officers Club Distance: 10km / 16km / 24km	Location: Peoples Plaza Distance: 21km (same route of Airtel Hyderabad Marathon)	Location: Rabbits Park, Secunderabad Distance: 10km / 19km / 21km

- *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 WITH A CRICKETING SPIN #6 (NOVEMBER 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

Solution to September(#5) Crossword on Page 8

ACROSS

1. The Haryana Hurricane. One of India's leading All-Rounders. (5,3)
5. The raised stitching around the cherry. (4)
6. This is what a dropped catch can give the batsmen. (4)
7. The Report (card). (5)
9. There are 52 of these in a year. Homonym of one of the 3Ws. (5)
11. Harold Dennis _____. He always had the last word! (4)
12. Ben Stokes is one. So is Ian Botham. (slang) (4)
13. The fast leg theory bowling used to challenge the Don. (8)

DOWN

1. The only cricketer to make over 10,000 runs and take 250 wickets in Tests as well as ODIs. (6)
2. Manjerekar's own life story. (9)
3. Sketches ? Neither mine nor yours. (5)
- 4, 9. He bowled the 'Ball of the Century'. (5,5)
5. The bowler's standard delivery. (5,4)
8. The first bowler to get 400 wickets in tests. (6)
9. See 4Dn
10. Could be the viewing area... could be a partnership. (5)



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