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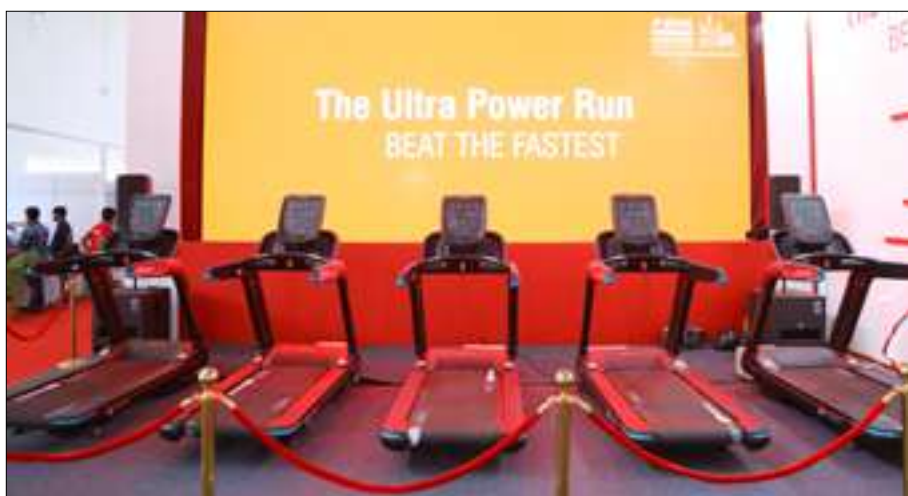
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THE AHM EXPO



December 2021

— www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

DEAR RUNNERS, GREETINGS!

I am all excited about the upcoming Airtel Hyderabad Marathon 2021, which is scheduled for the 19th December. We have planned a curtain-raiser 5K run on the 12th December which will also include a Fun Costume Run and the Graduation run for our Kouch to 5K participants. The response for the runs as well as the training programs has been overwhelming and the community support for these runs has been a big energy-booster for us. The Kouch to 5K mentors, who have worked with the running groups need a special mention for leading this effort.

Coming back to the Airtel Hyderabad Marathon 2021, this being the 10th edition, is very special for us. We have a beautifully crafted colorful medal to commemorate this special year and this has been designed by our own Ashish Bhojania. Like the previous years, Ashish has designed this medal to showcase important landmarks of Hyderabad and this year's focus is on the Durgam Cheruvu cable bridge, which incidentally is a part of our new route for the full and Half Marathon Runs. Our Race Director—Prashant Morparia and his team with Asst Race Directors - Avinash Palvancha and Chaitanya Burgupalli, are keeping no stone unturned in ensuring a great race! Of course, the entire Race team and our Hyderabad Runners staff are giving their best to ensure a grand event.

This year, the main focus of the Airtel Hyderabad Marathon is on runner safety. We have compiled a set of Covid safety protocols to be implemented, in order to offer a safe experience for the runners. The safety protocols also ensure minimum risk to our volunteers and the organizing team. On this note, let me wish you a safe and healthy race. I look forward to you all being a part of the race, so do come and RUN / SUPPORT / CHEER the Airtel Hyderabad Marathon 2021.

Regards,
Abhijeet Madnurkar
President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

By the time this issue reaches the readers, the preparations for the Airtel Hyderabad Marathon of 2021 would have reached their finale. Here's wishing the participants, the organisers and the volunteers a good AHM 2021.

Also, the Kouch to 5K training would have been completed and the trainees would have done their Graduation Run. Congratulations to the Graduates. The Kouch to 5K is one of the prime training programs of the Hyderabad Runners and it is always gratifying to see the runners completing their first 5K.

This month's issue continues the AHM theme with a write-up on the AHM Expo. The Expo is truly an Event within the AHM Event and contributes to the Marathon Festival. We have an article on the high-achieving Srikanths of Secunderabad Runners and their Running stories. The Month's Review features a popular running book by Haruki Murakami. Unfortunately, there is no Crossword in this issue, but the solution for the November Crossword is presented. Enjoy the issue!



Vadali Prasad

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Chaitanya Burgupalli, Ravi Setlem, Revathi Turaga, Sagarika Melkote, Sam Sudhakar, Sujai Antony, Sunder Nagesh

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

COVER STORY

The AHM Expo. Promoting the Science and Joy of Running

By Vadali Prasad

What does a runner do the day before the big race? Take some transport, spend an hour in traffic, struggle with parking or the last mile on foot, stand in a long queue, show some ID to a harried volunteer, collect the bib and the T-Shirt and retrace the journey again in traffic. Half-a-day lost, possibly of a working day, which could have been spent more usefully, or at least in rest or contemplation for the big day on the morrow.



Collecting the Bib, the race-kit and the goody-bag is a necessary errand or chore for a Marathon. There is some inconvenience and expense involved, particularly for out-station runners who lack the support system to keep the inconvenience and the cost to a minimum. All Marathons insist on handing over the bib & race-kit to the runner in person, mainly due to the security concerns involved. AHM has made an opportunity of this necessity by making the event into an Expo which is both rewarding and experiential to the runner. AHM can pride itself as being a pioneer for the Marathon Expo in India.

The AHM Expo is not just an event to collect the Race-Kit; it is a festival for runners, a rewarding event by itself before the race.. The Expo offers a unique means of educating the runner further about the AHM Event, the Science and Joy of Running while also building the Runners Community.

Here is what a Runner can do at the AHM Expo:

- **Learn about the Race**

A huge picture of the Route-map greets runners at the entry. The map details the start and finish areas along with the Aid-Stations and Facilities available along the route. Inside the Expo Hall, a large screen has the Route-video playing every hour. Out-station runners and first-timers can get a visual experience of the route conditions. Runners can prepare and plan for the race better. Details on report times, transport and parking facilities can be learnt from the Help-desks and other visual help.



- **Educate Yourself**

AHM Expo holds discussions and lectures on stage featuring Running Gurus and Running Celebrities. Runners can watch, participate and learn from the best. Catch the wisdom on Training, Nutrition, Yoga from the Experts. Past AHM Expos featured Gurus such as Phil Maffetone and Hugo van den Broek as well as the Running filmmaker Jon Dunham. UltraMarathoner Arun Bharadwaj undertook a 36-hour ultramarathon in the 2015 AM Expo.

- **Meet the Pacers**

Runners can meet the Pacers who would be helping them meet or exceed the targets they have worked hard and trained to achieve at the Event. They can understand the Pacers strategy and build a friendship with experienced runners who could be offering them useful training advice.



- **Elite Runner Facilitation**

If you are an Elite Runner or wish to be classified as an Elite Runner, there is a Facilitation Booth for registration and to understand the conveniences provided to the Elite Runners.

- **Test Your Fitness**



The Expo gives Runners a chance to test their fitness with impromptu contests. How many push-ups can you do? How long can you hold a plank? A Timed Team Race on a Treadmill? It is a fun way to interact with peers and show off your strengths.

- **Meet and Greet**



Runners have a unique opportunity to meet their friends and fellow runners from other cities and share notes on their running careers. Photo booths help them capture what could be a very landmark event. Plus, the food court lets runners socialize over a snack and a beverage.

- **Support the Sponsors**



Events such as the AHM rely on the Sponsors who make these events possible. Learn about the Sponsors and their Products.

- **Learn about Charity Partners**

The Expo features many of the Charity Partners associated with the AHM. You can learn about these very creditable activities and learn how you can contribute to them.

- **Catch the Buzz**

Get an adrenaline rush as you watch a Warm-up dance by the AHM Warm-up crew. It is a preview for the warm-ups on race-day. Or chill while listening to an upcoming Pop Band.

- **Learn about Hyderabad Runners**

The AHM is an event conducted by the Hyderabad Runners to promote running as a preferred means of achieving fitness. Catch them at their booth and learn how to join their future activities.

- **Get Useful Merchandise**

The Expo features curated Merchandise showcasing everything from Running Gear to Ayurvedic Health Supplements. Time spent browsing and shopping is time well spent, particularly with the special discounts on offer.

- **All Volunteer Expo**

The AHM Expo takes pride in performing its core function of distributing the Race-Kit with efficiency and accuracy. As thousands of runners converge at the Expo to collect their bib and T-Shirts, it is important that their precious time is not wasted standing in lines. At the same time their IDs have to be verified and the correct Bib should be handed over. And equally importantly, the precious AHM Race T-Shirt of the correct size and type should be handed over. This requires plenty of pre-event organization and planning. This is done beforehand by the Volunteers of Hyderabad Runner and their aim is to make the whole experience as quick and seamless as possible.

- **Student Volunteers of NITHM**



For the past many events, around a hundred volunteers from Colleges, particularly from the National Institute of Tourism And Hospitality Management have performed the yeomen task of manning the many booths which are used to verify the entries and hand over the Bibs. This requires patience and stamina. The student Volunteers perform this task with a smile and the whole Expo experience is enriching for them and for all the participants. It provides these volunteers a sense of managing such events later on in their careers.

Overall, the AHM Expo is a notable event within the AHM Weekend event. It spans one or two days and has been a trendsetter in India for other Marathon Events. Importantly it performs the core task of the Hyderabad Runners in promoting the Science and Joy of Running. It provides the Runner a preview of the Race on the next day and gives that Adrenaline rush to be taken into the next morning. The 2021 AHM Expo is an abbreviated affair due to the COVID times, but surely runners can look forward to catching that Buzz.

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RUN FACTOID

By Sam Sudhakar
Man versus Horse



Llanwrtyd Wells is a small town in Wales with a population of just under 1000 where oddity is a virtue. In the 1700s it became a spa town as the waters there supposedly had healing properties. Llanwrtyd hosts Alternative Games in the month of August. The bizarre games include worm charming (attracting earthworms), finger jousting, gravy wrestling, wife-carrying and other sporting silliness. Sometime in June 1980 some guys got drunk in a pub and asked the age old question, “Who runs faster, man or horse”? Since then this small town has been hosting a marathon of a different kind. Man Vs Horse. A marathon where runners and riders compete for 24 miles while climbing 4600 feet cutting through the town, tarmac, moorland and vast trails. Only twice have horses with their riders been defeated by humans since its inception. In 2004 and 2007.

The prize money rolls over every year a human



doesn't win. The prize money for the winning runner has remained unclaimed until now. Every year, the prize grows by £1,000.

WHEN SRIKANTH MET SRIKANTH

By Ravi Setlem

Back in November 2011, Srikanth Thaduri weighed 80 kgs that prevented him from running even one kilometer. He decided to shed the extra pounds by walking, jogging and gradually running and by March of 2012 was a proud finisher of both 5k and 10k runs. The running bug had truly infested his body and he was hooked to train for his debut half marathon.

He chanced upon the Hyderabad Runners' Google group through which he came to train along with Abhijeet, Prashant, Deval, Teja and Sam from Secunderabad. These aforementioned gentlemen are the usual suspects that warm up to the newbies and share their running gyan. Not only did he finish his debut half marathon in 2012, he followed it up with the full marathon in the next edition of the AHM. Many races – timed and untimed followed that saw him finish races ranging from half marathons to even ultramarathon distances. When 2021 came knocking – Thaduri wanted to celebrate the decade of running by doing something special.

In the same neck of woods, another Srikanth – Srikanth Pilli, harboured similar hopes and willingly became a partner in crime. Growing up, Srikanth Pilli was not known for his sporting ability. Perhaps being excluded from sporting activities stayed with him until his mid-30s when he found the fire in his belly truly raging. Being a doctor – he chose to become someone who practiced what he taught. He took it on himself to become physically fit and lead by example.

In 2017, he found motivation in the form of Prem – another Secunderabad Runner and joined them for runs in the scenic Osmania university. Within 10 months – he went full hog. A 5k in June, followed by a 10k in July and an HM by Aug enabled him to quickly graduate to a full marathoner in January. However, in hindsight – Pilli feels that he was lucky to have not picked an injury and advises other runners to refrain from scaling up mileage so quickly.



Buoyed by the success of running – he was drawn to swimming and under guidance of Sai Harsha, Pilli soon became an accomplished swimmer by 2018. In the following year, the missing piece of the triathlon – cycling lured Pilli to become a triathlete. Rajeev and Niharika were instrumental in guiding him to finish the grueling Super Randonneurs series in 2020.



Having accomplished big things in Running, Cycling and Swimming separately, Pilli decided to partake in the Goa Half Ironman in 2020 and in the awesome company of Super Cop Ravinder and Dr. Sridhar crossed the finish line in a formidable timing of 6 hr 45 minutes.

Thanks to the pandemic, the cancellation of the full ironman that was supposed to be held in Kazakhstan forced Pilli to consider doing it in Hyderabad itself. Since he had trained for the event, he decided to



take the plunge on the same date and after a grinding 14 hour and 40 minutes – Pilli crossed the finish line. He jokingly calls himself the only Indian Homeopathic doctor to finish the Full Ironman distance. When asked what next, he said that he wants to finish an official Full Ironman, run a sub-4 full marathon and hopes that on his 50th birthday – finish the Full Ironman along with his son. Good luck, Pilli – Senior AND junior!

When Srikanth met Srikanth!

When Thaduri met Pilli – they both wanted to create something out of the successes they had achieved in the recent years. They hatched a plan to execute what they called the Monthly Marathon Madness.

While Thaduri decided to finish 12 marathons in 11 months that included three ultra-distances (two 50s and one 60k run) Pilli took up 10 FMs in 10 months that included the formidable Full Ironman!

In the months from January to November – the two toiled together and were supported by Raghu, Bhanu, Nira, Pavan Veer, Venkatesh V, Subhasish, T Srinivas, Venkatesh Naidu, Vipin and Rakesh. Every marathon was completed within 5 hours – a truly amazing feat!

While they attribute their success to the Secunderabad Runners – they also acknowledge that their families were extremely supportive of their madness.



HRUNIMATIONS

RUNNERS ARE A DIFFERENT BREED

By Samuel Sudhakar

Once reserved for desperate circumstances like escaping an enemy or an animal, these days people indulge in running (not all though) as if exertion were a cake and sweat were frosting.

Running is a healthy pastime. It's good for us. It's addictive. It's engaging. How does one start running? Step one, you start running. There is no step two. Keep it simple, stupid.

There is nothing more primal, more visceral, than running and conquering a distance. In many ways running is a solo adventure until the point where you decide to post a photo of yours on social media. We marvel at our pictures as if we just stepped out of the salon. Runners are like Tyrannosaurus Rex (T-Rex): Strong Legs. No Arms. Huge Appetite. Why do runners enjoy running so much? Nothing on earth could possibly be less enjoyable, yet people who run just love doing so.

In the movie *City Slickers*, three friends Mitch, Ed and Phil are going through a mid-life crisis. They are trying to figure out the purpose of their lives and sign-up for a cattle drive to clear their minds and learn something about themselves and the world around them. They meet Curly, a trail expert who confronts them and asks Mitch if he knows the secret of life? Curly holds up one finger and tells him the secret of life is just one thing, one has to stick to it and the rest doesn't matter. Mitch is curious to know that one thing and Curly replies that's what one has to find out. And that's the joy of life. For most runners it's that one thing and no one knows what it is.

Runners are a different breed. A very very different one. They spend more time on the foam roller than on the sofa. Wear black toenails as medals of distinction, use more Vaseline in a week than infants with diaper rash, and above all try to convince ourselves that a horrifically painful muscle pull that prevents us from even walking is really nothing more than a temporary cramp.

The running shoes! Have you seen these shoes that we wear all over the place? Fancy, colourful ones strapped all over our feet. Hey!! Since when do you need special shoes just to run? One for the road. One for the trail. And one for whatever. Why can't any shoes do?! Just go out and hit the roads.

And the shorts. Gosh!! Who likes short shorts? And those with slits around the thighs. Ugh!

And have you ever noticed how we runners are always talking about running, on Facebook and other social media stuff? What's the deal with that? Oye! No one cares!

And then the cars we drive are pasted with bumper stickers! "13.1" and "26.2." So you ran a half marathon? Wow! Half congratulations. And Ohhh!! You ran the full marathon! Hey, what's that on the back of that normal person's car? Oh, yeah – a bumper sticker that says "No One Cares"!

One of the differences between running and many other sports is its individualistic nature. How well you perform depends on you alone, and how hard you're willing to go outside of your comfort zone is more intrinsic. Our inner voice tells us when to push it harder, and sometimes the same voice arises and tells us to go back to sleep when the alarm clock goes off or to cut a run short. Years ago we used our watches to check the time. Now we use the sports watches to CHECK OUR TIME. We need our running watches to say 'Atta Boy' or 'Way to go.' Now if we need those words of appreciation from some instrument on our wrists, well we may be having some other issues.

My watch, my watch, on the wrist

Who is the fastest of them all?

Thou, O Runner, are the fastest in the land

Runners actually enjoy suffering, or at least, enjoy making other people watch you suffer but smiling heroically, showing people around them that they can overcome pain and even imminent death. Running is funny. We runners do a lot of masochistic things like hill training, intervals, FARTleks, tempo runs and miles and miles of LSD. When a normal human happens to see someone lying on the floor curled up in the fetal position in a pool of sweat, he would be surprised or shocked or concerned. But for a fellow runner it's the aftermath of HIIT or Tabatha. Hey, one runner's torment is another runner's thrill. Patience is a virtue. This is an advice ignored countless times by runners after every injury over the past several decades. We put the mute button on listen-to-my body volume control. As the adage goes, once bitten twice shy, the next time our iliotibial "band" starts playing a painful melody, we would be all ears and knees and glutes. But again for one thing, what's the deal with blisters? It's like, normal people are all, "Blisters? No thank you!" But we're all, "Yes please! We like blisters! We're runners! Yayy!"

Hey you runners, if you aren't having fun while devoting yourself to running, then you really shouldn't be doing it. We are all, ALL, runners in one way or the other. We all may have different reasons for running: the extremely competitive racer, the back of the packer, and that 100 km a week runner doing it solely for the joy of the physical act of running. The bottom line is if running doesn't float your boat, then you best discover what else will keep you afloat.

Now if you'll excuse me, I need to go for my run... away from all you disgusting runners!

But Thank you, you've been great!

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YOGA FOR RUNNERS

Passive Yoga Stretches For Post-run Recovery By 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

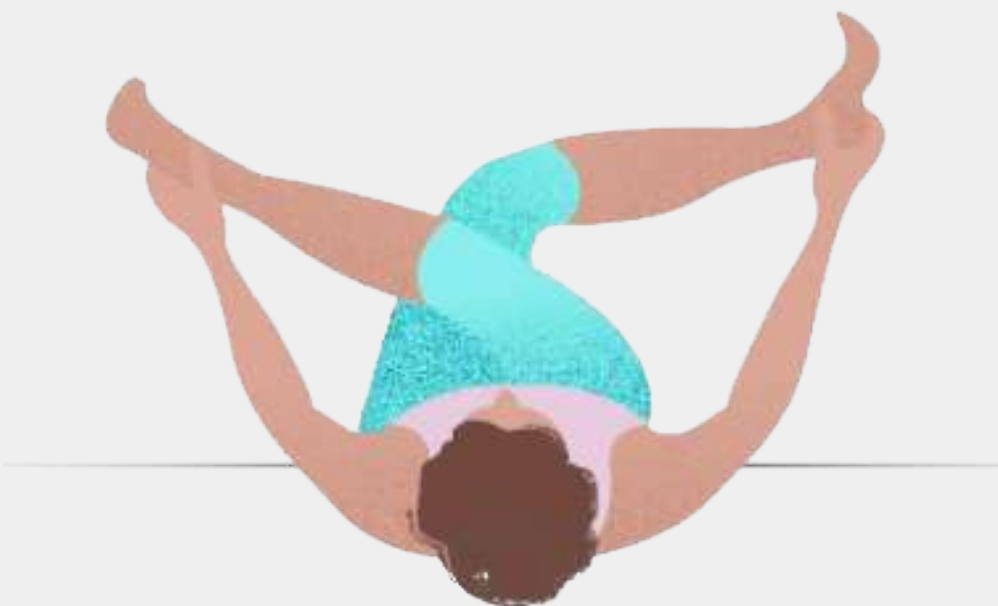
and open up areas which get shortened during running. As a result the different parts of the body regain balance and start working again in unison. This is the seventh in the series of nine Asanas for post-run recovery. Remember these stretches can be done at any time, but are particularly useful after running. They need a slow and passive approach incorporating a lot of deep breaths and mindfulness. Aim to hold these postures for at least 3 minutes. You will reach there with practice and patience. Where required, use necessary props.

Reclining Gomukasana Legs (Cow Face)

Benefits: Improves range of motion in the hips; loosens tight glutes and hamstrings.

How to Do It:

1. Lie on your back and cross your knees, sending your feet out to your sides.
2. Hold onto your right foot with your left hand and your left foot with your right hand. If this is not possible or just feels uncomfortable, hold onto the shins instead.
3. Gently, focus on holding the pose and simultaneously draw the heels towards the body and slightly out to the side and up.
4. Hold for 1-2 mins, then switch to the opposite side and repeat.



TRIUMPHANT RUNNING: THE PHYSIO WAY

"Foam Roll" Away Your Muscle Woes

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.

Imagine... You have that amazing high of finishing a marathon, wearing the medal around your neck and a big smile on your face when suddenly, "Ouch!" says your calf muscle.

An endurance sport like running often takes a major toll on the body which might land you into overuse injuries. Tightness and lack of blood circulation are very common post-run effects. Including foam rolling into your workout routine can help prevent injuries and imbalances.

What is Foam Rolling and what is a Foam Roller?

Foam rolling is a self-myofascial release (SMR) technique. What is fascia and why 'release' it? Fascia is the thin tissue that connects our muscles together. The healthier the fascia around your muscles, the better you will be able to move. If your muscles are overworked or injured, the fascia can contract

to protect the muscles from further injury. The tension can remain even after the muscles have healed, making you feel stiff and tight. Myofascial release technique /foam rolling carefully manipulates the tissues and relaxes them.



A Foam roller is a cylinder of dense foam used in various pre and post workout activities. It comes in different sizes, shapes, textures, and firmness levels to be chosen based on the need &/or the experience of the athlete.

Find some common foam rollers at

<https://www.rei.com/learn/expert-advice/foam-rollers>

Why Foam Rolling Helps

The friction and pressure created by a foam roller can keep collagen from binding between layers of muscle tissue, which can create adhesions or knots that restrict the ability of muscle sheaths to slide against one another. Its benefits include:

1. alleviating muscle tightness, helping in optimal joint ROM and enhancing overall movement performance
2. reducing soreness and tightness to ensure a proper balance of competing forces around a joint
3. increasing blood flow and elevating heat in the involved tissue prior to challenging workouts
4. promoting the recovery process as well as a psychologically relaxed feeling

Remember while using

- Never roll on a joint
- Relax
- If too painful to apply direct pressure, shift and apply pressure on the surrounding area to gradually loosen the entire area
- Slowly roll tender areas for 10 seconds to start, then work up to 30 to 60 seconds at a time
- After foam rolling, perform some gentle static stretches for further flexibility
- Drink plenty of water after foam rolling to help with recovery

WHEN

- During warm-up, use it only for a brief period to elevate tissue temperature and reduce tension, else extended time could desensitize the muscle and affect its ability to contract during the workout
- During cool-down, aim to move at a consistent tempo and focus on areas of tension for up to 90 seconds to allow the tissue to relax and lengthen

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

TRAIN LIKE A PRO

Runners and 6 Body-Weight Exercises

By Leena Roy



Leena Roy is a professionally certified fitness trainer, marathoner, and a motivator for women in fitness. A fitness enthusiast and seasoned long-distance runner herself, she enables individuals to workout challengingly and comfortably through her unique and personalized programs

As runners we focus on mileage, pace, and sometimes heart rate while planning to make Personal Bests (PBs). We practice long runs, tempo runs, interval runs, etc., yet may struggle to make PRs, and fail to meet our goals. This is because our focus is so much on runs, that we forget to concentrate on equally important body weight training.

Here are **six body-weight strength training exercises** that we runners can use to improve our performance

- 1. Squat:** king of exercises that works on legs, core, and strengthens our quadriceps
- 2. Lunges:** work best for legs, in a unilateral way by focusing on quadriceps and hamstrings
- 3. Plank:** is a brilliant, non-impactful core exercise that builds core strength. Remember to keep your body straight and tight without bending at the waist or raising your hips too high throughout plank
- 4. Push-ups:** works on our triceps and chest and though simple, takes some time to build up the strength to perform correctly
- 5. Single-legged deadlift:** perfect for building our glutes, lower back and balance, it works on hamstrings and core

- 6. Pull-up:** the toughest exercise but perfect for working out upper back, arms and core and can be safely practiced from anywhere like tree branches, sturdy pipes, etc.

Note: I personally recommend investing in a decent pull-up bar around 12 inches above our head height or at least high enough that we can lower ourselves to full arm extension without any other part of our body touching the ground.

A Sample body-weight exercise set

- **Squat:** 3 sets of 10-15 reps with 10 seconds rest in between
- **Lunges:** 3 sets of 10-15 reps either forward or reverse with 10 seconds rest in between
- **Plank:** hold for 30 seconds
- **Push-ups:** 3 sets of 5 reps with 10 seconds rest in between
- **Single leg deadlift:** 3 sets of 8 reps with 10 seconds rest in between
- **Pull-up:** 3 sets of 3-5 reps with 10 seconds of rest in between

Repeat twice or thrice when you begin and increase your reps as you improve

I recommend

- ★ Start with simple bodyweight exercises and once you master these, you can add more variations
- ★ Since the pull-up is difficult to master, use a resistance band to assist you and focus on controlling the descent until you can perform the pull-up fully
- ★ Keep your body straight through push-ups movements, just like a moving plank and start off by performing on your knees before moving on your toes

Take time to master these basic bodyweight exercises, and you can make a serious improvement to your running game, and can see an impactful difference in your runs.

Dedicate that little time to these six exercises and see excellent results quickly!

** Remember, if at any time during strength workouts, you feel high pain/discomfort, do not experiment and get help by consulting your physical therapist or doctor/physician*

RUNNERS' NUTRITION

ANTIOXIDANTS FOR RUNNERS

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Intense prolonged exercise such as long-distance endurance runs and piling up the mileage getting ready for those runs causes oxidative stress in the body. Chronic high levels of oxidative stress results in damage to various cells and tissues in the body and can even impair performance. Our body has some defense mechanisms in place to counterbalance the damage. These defense systems work in a highly efficient and coordinated manner and are closely related to nutrition. Hence good nutrition plays an important role in regulating the exercise induced oxidative stress.

Diet rich in antioxidant nutrients like vitamin C, vitamin E, various forms of vitamin A and polyphenols can offer the benefits of not only enhanced performance but also hastened repair of damaged tissues. Some of the antioxidant enzymes produced in the body require minerals such as selenium, zinc, copper, manganese, iron for their optimal functioning. Obtaining all or most of these nutrients through diet has more benefits than using supplements. Supplements, particularly the ones containing antioxidants should be used sparingly and only with guidance from a qualified professional to avoid the counterproductive effect on exercise performance.

Vitamin C is one of the more abundantly available nutrients as long as one eats their daily recommended serving of fruits and vegetables. All seasonal fruits are rich sources of vitamin C. Although vegetables like capsicum, broccoli,

spinach have abundance of vitamin C, when eaten in cooked forms most of the vitamin C is lost due to its heat sensitivity. Hence, it is advisable to include a side salad of these fresh vegetables along with one or two meals a day. Apart from being a potent antioxidant, vitamin C also enhances absorption of iron. Squeezing some lemon juice on all iron rich foods we consume is a good idea.

Vitamin A is available abundantly in its precursor form of beta-carotene in most leafy vegetables, orange vegetables like pumpkin, carrots and fruits such as mango, muskmelon, papaya. Vitamin A is stored in the liver. So the liver of lamb, goat, chicken are also good sources of vitamin A. Due to its fat soluble nature, vitamin A can also be obtained from butter, egg yolk and some fortified cooking oils.

Vitamin E is also a fat soluble vitamin because of which most cooking oils these days are being fortified with vitamin E. Other natural sources include nuts and seeds.

All the vibrant colors of fruits and vegetables are due to the abundance of polyphenols present in them. Eating a diverse variety of seasonally and locally available fresh fruits and vegetables ensures that we get enough antioxidants on a daily basis. Eating 200-300 grams of dark colored vegetables (including leafy vegetables) and 100-150 grams of fruits daily will provide a plethora of nutrients that act as antioxidants.

Some special foods like tart cherries, beetroot, tomatoes, and berries hold special place for endurance runners because of their higher antioxidant concentrations. Including these in the form of juices, soups or even regular salads along with a nutritionally balanced diet will help reduce the impact of oxidative stress generated by strenuous exercise and enhance the health benefits of an active lifestyle. It also ensures less dependence on bottled supplements.

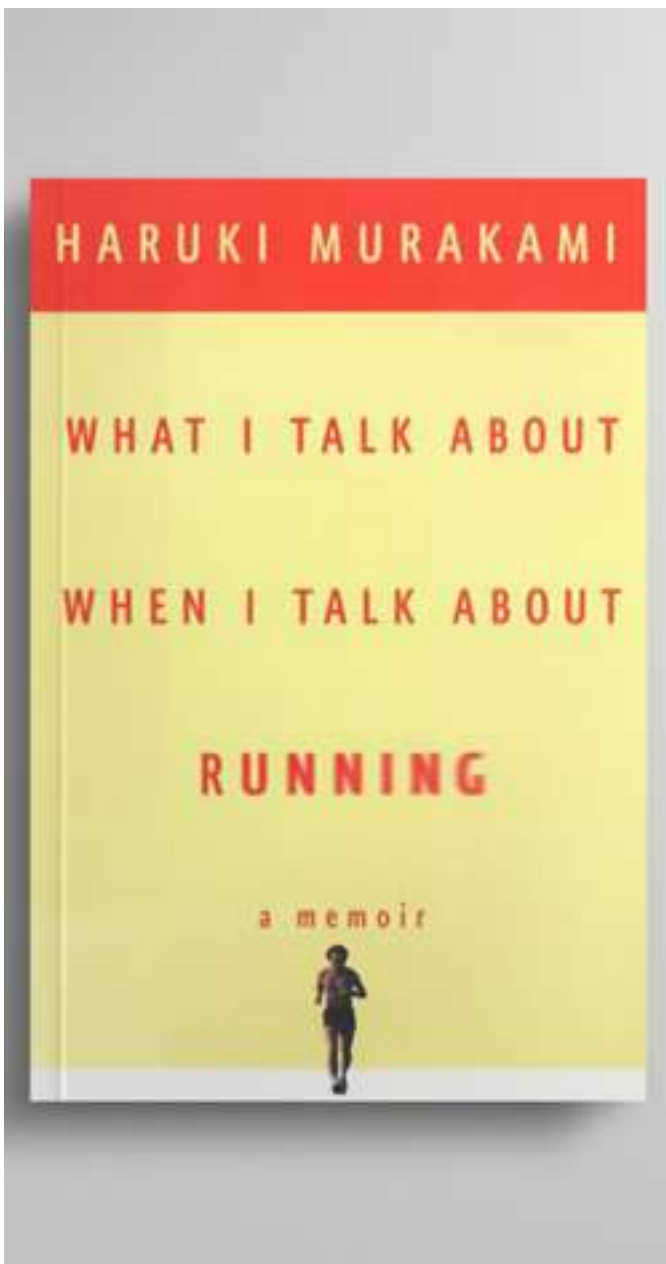


BOOK REVIEW

WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING

AUTHOR: HARUKI MURAKAMI

Review By Rajesh Ramachandran



Haruki Murakami is a Japanese author who has written several essays, short stories and novels. His work has been translated to more than 50 languages. Besides, he is an experienced marathon runner and triathlon enthusiast. He started

running only at 33 years of age. He discusses his relationship with running in his 2008 memoir *What I Talk About When I Talk About Running*.

Chapter One talks about why he started liking running, especially the long-distance. He adds that most ordinary runners are motivated by an individual goal, more than anything. Murakami beautifully puts across the message that aging and running can coexist peacefully.

Chapter Two – “Tips on becoming a running novelist” This is the defining chapter of this book. Murakami has reinvented himself as a businessman who can write novels. He also identifies himself as a runner.

Murakami’s advice about enhancing our talents: “...focus - the ability to concentrate all your limited talent at whatever is critical at that moment.”

Chapter Three is a beautiful account of running a solo marathon at ‘Marathon’ in Greece for the *Runner’s World* magazine.

Chapter Four is about the basics of running and running terminology for a layman.

Chapter Five explores how running can be used to think and organize systematically.

Chapter Six talks about Murakami’s experience with a 62mile ultramarathon at Lake Saroma. It would motivate every runner to attempt an ultra-marathon.

Chapter Seven talks about something that is in every runner’s mind, the fear of injury. I also loved reading about the authors preparations for his upcoming Boston marathon

Chapter Eight All runners feel like trying road bikes occasionally and Murakami takes you through the nuances of cycling in a few paragraphs.

Chapter Nine is a great lesson to read. The author’s failed attempt at Murakami Triathlon will take you to the importance of mental preparation, scientific training suiting your own personal requirement and fear of failure. It’s part of every runner’s life and needs its own strategy to overcome that.

If you are a runner, I highly recommend reading Haruki Murakami’s – “What I talk about When I talk about running”, it’s worth it because you may discover yourself there on some page!

RUN-TITUDE: MINDSETS OF A MARATHONER

RUN LIKE A LEADER

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.

Being a leader means helping steer through tough times, having a plan in place already to react quickly to change, and constantly course correcting to avoid dangers in the path. We runners, essentially embody these qualities and from our running, can learn to be the leaders we are meant to be!

- **Listen:** Constantly listen to your body and how it is responding to your running and/or training. Whether we run and train in groups or as individuals, it is very important to be acutely aware of how much we can stretch ourselves and where we need to pause.

- **Empathize:** “If you want to see the good in the world, go watch a Marathon!” The one race where a runner lets go of his/her timing to help others. Running together helps us develop empathy, to relate and understand the others’ pain.
- **Appreciate:** When a leader shows appreciation to others, it builds influence! As runners we know the power of a positive word and that can help in becoming leaders at work and in life.
- **Do it now:** There is no time like now! As runners, we get up early and just start our runs – one step at a time – focusing on what we can do next! This makes us a powerful role model as a leader, to show that action matters. When others see us doing rather than just talking, it inspires them to do too.
- **Enthuse:** Getting others excited and motivated about what they are doing is a natural skill for runners. We constantly cheer one another and motivate each other to keep on going and achieve our goals. This is an essential skill a leader has to develop.
- **Rapport:** Getting along well with others needs to be an integral part of any leader! As runners, we look beyond age, gender, profession, class, etc. and bond just by looking at one’s intent to run – this level of connectedness with others helps a leader build strong relationships.

Listening, Empathy, Appreciation, Doing it now, Enthusing others, and maintaining Rapport are powerful skills we can develop both as a runner, and a leader!

Run, and choose to be a leader today...



CURRENT HR ACTIVITIES

Airtel Hyderabad Marathon 2021:

The 10th edition of Airtel Hyderabad Marathon is just around the corner, with registrations closed on 5th December.

Running cuts through all the barriers and brings the community together and city marathons are the largest platforms to showcase this togetherness to the world. We are wanting to activate local communities, create a culture of the city owning the event and come out to watch the only sporting event which goes through the streets of the city. For the first time, we are creating an environment for people to watch the race, **we have watch the race tab on the marathon website providing guidance for the spectators and options to buy cheer supplies.** We have multiple community cheer zones and a few local communities creating sweet Marathon Traditions on the special spots on the course. **HIGH MILE – energizing the runners as they run on the cable bridge, an all club initiative by NIFT Students. THE FINAL STRIDE** – Giving runners the much-needed support on the Final Km as they lead into the Finish line of India's toughest marathon, an initiative by Sreenidhians. These schools are sending forms, taking sign requests.

Those of you who are in the city should totally drop by, you all can watch the website for more updates, view the Marathon spectators guide for detailed guidance on Section-wise Best Viewing locations, Optimal viewing times, transport and Parking guidance. In case you are not in the city, you can tune in to the online viewing links on the website and send sign requests for your loved ones, friends, family, colleagues or runners in general. Both HIGH MILE at halfway point and THE FINAL STRIDE at the last km is taking requests. Other than these we have multiple other entertainment locations on the course, we encourage all the people to come to have fun and let your cheering fuel the runners as they take on India's Toughest city marathon course

5km Fun Run - 12th Dec, University of Hyderabad

Kouch25K is an HR initiative to encourage beginners to take up running and adopt a healthy lifestyle and we have helped more than 4000 newbies since its inception in 2015. The most

recent edition, a six week program, saw over 900 participants enroll and train. The newbies were mentored by over 75 mentors spanning 38 locations across the twin cities. The graduation day was held on 12th December 2021 at the University of Hyderabad along with the Airtel Hyderabad Marathon 5k promo run. The event witnessed over 1500 proud runners participating in an energetic event and taking their first medals! Kudos to all the mentors for taking their time out and volunteering for this effort - not an easy job to make beginners step out and train each day! We hope our freshly minted runners will keep up their spirits and continue their fitness journey with HRs Train & Shine sessions as well.

Train & Shine

Hyderabad Runners Train & Shine training program is about encouraging runners to follow a systematic training schedule and train to become strong & efficient runners. This training program broadly covers the scientific methods of training for any long distance runner from 10K to Full Marathon distance. Weekly training schedule has 3-4 runs (2 Easy Runs + 1 Tempo/Interval Run + 1 Long Run to build endurance) + 2 strength training sessions which is focused on Strength and conditioning , athletic drills + One yoga session to work on flexibility which is also considered as active rest. Week on Week training schedule for the runs is being emailed to all the registered participants for three distance categories 10K, Half Marathon & Full Marathon. It also makes the foundation of a runner very strong, so that a runner can plan to run a race and gauge his performance and check improvement in himself.

This training program is not just about training for long distance running about also continue to run while staying injury free and not overdoing it.

We have 150+ runners spanning across 7 locations

KBR Bark | Botanical Garden | Sancta Maria School Lingampally | Shilparamam Uppal | BVB School Sainikpuri | My Home Vihanga | My Home Jewel

We are launching a new training package for 3 months Jan 2022 to March 2022.

for more details please visit

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

Beyond the Track- Webinar 57

Date: 8th January, 2022 at 7.30 PM

Where: www.facebook.com/HyderabadRunners/live/

Sunday Long runs:

26th December @ Peoples plaza - 5.45 AM

2nd January @ KBR Park - 5.45 AM

9th January @ Rabbit Park, Secunderabad - 5.45 AM

16th January @ Golkonda Resorts, Gandipet - 5.45 AM

- 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



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