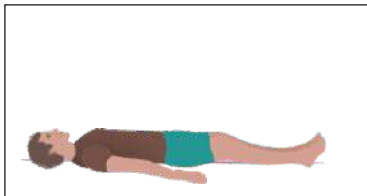


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FOR THE LOVE, OF RUNNING



MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

Greetings!

After an energetic Airtel Hyderabad Marathon 2021, there seems to be a sort of lull all around. Some running events in other cities had to be postponed/canceled due to the third wave and the one feels sorry for the organizers and the runners. But that's the unpredictability that we seem to have come to expect in recent times. Not that we have a choice..... As they say "One thing that's granted to all equally, is an unfair reality!". But we runners are die-hard optimists and know for sure that there is light at the end of the tunnel. With things improving in the last week or so, the light gets bigger and brighter. We hope to get back into full action sooner, rather than later.

Presently, our 'Train and Shine' program continues to operate at different locations in the city and I expect many of us are taking benefit of the strength training and Yoga sessions. The 'Beyond the Track' webinars also continue as a monthly event to engage you and of course, this Rundezvous newsletter. Our Sunday Long Runs are on hold at the moment, but I guess you may be running solo and spending some 'me-time' with yourself, or, running with a buddy and catching up on all the gossip. A perfect stop-gap thing until we restart the Sunday Long Runs, which I hope, is soon. In fact, if everything goes well, we may start personalized training programs also.

Meanwhile, enjoy the lull, for it may well be the lull before the storm (of running events)!

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

February is about Love and our Cover Story features the myriad stories of Love and Friendship among Runners. This issue also features a blog from a very young runner, Anju, about her first 5K.

The Yoga article features the Savasana, the last of the Asanas for Passive Post Run Stretches. The series of 9 Asanas has been very educational and all thanks to the Yoga Guru, Pratibha Agarwal. Shruti Desai, Sam Sudhakar, Lahari Surapaneni and Revathi Turaga have come with their ninth consecutive contributions. Hats Off to them.

As the Winter Olympics are under way in Beijing, the theme of the Crossword is Sports. And we have the HR 3Sixty5 on the Featured Running Groups from three corners of the City:: BHEL Runners, KBR Runners and LB Nagar Runners.



Vadali Prasad

Editorial Team:

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

Feedback and Contributions welcome.

Email: newsletter@hyderabadrunners.com

COVER STORY

For The Love of Running

By Sagarika Melkote

Come February, and love is in the air. Valentine's Day, originally the Day of the Feast of St. Valentine, on February 14th has become a day of celebration of love, universally. The day conjures up images of red hearts, balloons, mushy cards, flowers, chocolate. But hold on....why should the word love, especially in the context of Valentines Day, evoke the notion of just romantic love? After all, as the Bard himself put it – Love is a many-splendored thing. Love can manifest in so many different forms, such as, the unconditional love of a parent for the child, love between two lifelong friends, sibling love. While traditionally, Valentine's Day may be a celebration of romantic love, there is nothing in the book that says one cannot celebrate love in all its myriad forms and hues.

If love means spending time together, doing things together, then can there be anything better than going for a run with your partner? The crisp morning air, the sound of birds chirping, the sight of the sun rising to cast his mellow warmth and light....sounds perfect, right?

Again, partner does not mean a spouse or a boyfriend/ girlfriend – can be one's bestie, a sibling, a parent or the entire family, even.



Among HR's ranks are several examples of folks who love to run together. More often than not, one person has been bitten by the running bug and it is a matter of time before the partner, be it a spouse, friend, sibling, is "infected" too. The enjoyment provided by going for a run with a partner is unmatched, besides the quality "me-time" and bonding opportunity.

For Poonam, from UP and Chandrashekhar Metta, from AP, their cross-cultural marriage led them to live in Hyderabad.. She began running with HR in 2015, and Chandrashekhar would do SAG and click photographs. The joke was that he took more pictures of his wife than of the others! Soon enough, his interest in running was piqued and Chandrashekhar decided to join his wife's ranks in 2016. He debuted with a 10K at the AHM-16. Encouraged, he signed up for a HM in AHM-17.

Poonam was the HM pacer that year for the 2H:30M bus. As it happened, he finished in about 2H:20M, while Poonam had to stick with her pacer-time.



The couple were teased that Chandrashekhar overtook Poonam on his debut! By 2019, Poonam was the veteran of three FMs and seven Ultras. Possibly this prompted Chandrashekhar to train and attempt a FM and who better to train with than his wife! Poonam credits him for being a "very good student"! At the AHM-19, Poonam finished her FM under 5H and was waiting for Chandrashekhar at the finish line. She was a tad concerned as he had had viral fever a week earlier. She hadn't seen him on the route but had seen some ambulances. The sight of him finishing strong in about 5H:40M brought a huge smile to her face!

Rangoli Sinha joined HR's Kouchto5k program in 2017. Her brother Abhishek, would sometimes accompany her for a 5K or a 10K run. As a regular at the gym and badminton, the shorter distances were not a problem for him. However, in 2018, owing to "sibling rivalry", he became "more serious" about

running. The siblings started training together and have been doing so since. They finished their first FM – at the TCMM in 2020 and have about 10 HMs each under their belt. Abhishek fondly recalls the time when he was running a HM at the Hyderabad Half Marathon, where Rangoli was trying for a sub-60 10K. Abhishek was to meet her at the 10K halfway point and pace her. She was late, and Abhishek pushed her at every step of the way to achieve her target time. This also fetched her the fourth place in her age category. Another time, Abhishek was pacer for the 1H:00M bus in a corporate 10K event. Throughout the run, the duo were together but sighting the finish line, Rangoli surged to finish in 59 minutes! The siblings share “the spirit of healthy competition” and enjoy their runs together. In their own words, they “inspire and motivate” one another.

Women lead and men in the family follow? Here is another example of how the lady of the house was first to start running and the entire family took to it like ducks to water. Meet the Sardas – Jayasree first became an HR member through the Kouch25K



followed in 2017. They ran together in the Club Run 2017, which Dhiruj terms as a “fantastic experience”; it was also his first HM. Today, Dhiruj has 3 FMs and about 15 HMS under his belt, while Jayasree has finished around 8 HMs. The couple, with their two sons, have done more than 30 10Ks. The whole family enjoys training together, and in 2018, the four of them completed one hundred days of running – the four of them ran together as a family every single day for a hundred days. Jayasree and Dhiruj seem to have a worthy successor in the making. Their younger son Parum, 13, is an enthusiastic and keen runner. He ran a 10K, alongside his parents, who were both doing a HM, at the Club Run in 2019 and finished in 1H:07M. Their older son, Manann, 16 “enjoys his runs”. There are times when, in Dhiruj’s own words – “the kids hate us”, especially the early morning wake up calls! Sanjeevaiah Park is their venue of choice and the whole family enjoys training together.

If love is all about experiencing things together, then these folks exemplify it. Running together is a way of getting away from the humdrum of daily life, a time for bonding. Doing what you love and loving what you do – that’s what running together means. A running buddy motivates you, encourages you, cajoles you, tells you the finish line is 50 metres away when, in fact, the finish line may be more than a kilometre away! It’s not just a member of the family, the running buddy could be more often than not, be your best friend.

We have our very own Anuradha Raju and Sunitha Tumallapalli who’ve been running together for more than ten years now. One of the earliest members of HR, these two ladies have run marathons on all seven continents, including the ultra tough Antarctica Marathon. Fondly known as “The Sole Sisters”, Sunitha and Anuradha share a beautiful bond. Their friendship transcends the boundaries of competitiveness and one-upmanship. The Ambati brothers-Naveen and Janakiram, again long standing members of HR, are yet another example. Naveen, like the typical older brother, wakes Janakiram up for runs! These siblings hold the distinction of crossing the finish line together, after the FM at the Mumbai Marathon!

The best part about completing a marathon is that every finisher is a winner. Well, there are several fringe benefits which aren’t usually mentioned – the friendships you forge, bonds that are strengthened, sharing and overcoming one’s fears and apprehensions with a running buddy, the exhilaration that comes from crossing the finish line with your spouse or bestie – all these are priceless. Yes, as someone very succinctly put it – all you need is love and a nice long run.

A "RUN DATE" Nayanatara Vadali



When my partner told me that he wanted us to run the 10K at the "Run for Girl Child", my first thought was - he is 6'1" and I am 5'nothing, this is going to be BRUTAL. He was ahead of me the first 5K, but was always turning back to make sure I was doing fine and hydrated. The second half was when my endurance kicked in and I helped him keep going with a combination of cheers and taunts. We crossed the finish line together and rounded off the perfect date with breakfast at Chutneys!

The Chai Buddies Prashant Morparia

"Are you getting Chai tomorrow?" ...this was our daily post-run question. Was that a reminder to turn up the next day... or just a confirmation of the 'Chai pe Charcha' after the run? Well, whatever it was, we running buddies didn't care! We only knew that we had to turn up the next day for the scheduled run. The longer the run, the more diverse the range of topics discussed! Some light hearted banter, some tiffs, some leg pulling, some serious discussions on the economy and the world and what have you. The topics that remained unfinished, would be completed during Chai. I guess that's what running buddies are made of. My running buddies - Dada a.k.a.Don, Theja and Sid. One fixes the plan, one dictates the pace, one sets the mood and one has the final word. But something everyone agrees on is "Are you getting Chai tomorrow?"



RUN FACTOID

Sam Sudhakar

Polar Night Half Marathon

Imagine running a half marathon on a course that is full of glassy ice,



raining, freezing wind coming in off the Atlantic, sub-zero temperature, completely dark but held in the afternoon.

That's the Polar Night Half Marathon, the northernmost AIMS certified half marathon in the world. Held every year at Tromso, Norway in the first week of January during the Polar night period, when the sun does not rise above the horizon. During the run the participants also get to see the Northern lights (Aurora borealis). The route is marked with torchlights and burning candles, weather permitting. Because the route is slippery, participants are advised to wear shoes with spikes.

The fastest mens and womens finish times are 68 and 78 minutes, both records set in the 2021 edition.

If you are looking for a run that's wild and offers a unique challenge add this to your bucket list.



HRUNIMATIONS

A RUNNER INTERPRETS GULZAR

By Vadali Prasad

Poem by Gulzar

Ahista chal Zindagi,
Abhi kai Karz Chukana baaki hai.

Kuch Dard Mitana baaki hai,
Kuch Farz Nibhana baaki hai.

Raftaar mein Tere chalne se -
Kuchh Rooth gaye, Kuch Chhut gaye.

Roothon ko Manana baaki hai,
Roton ko Hasana baaki hai.

Kuch Hasraatein abhi Adhuri hain,
Kuch Kaam bhi aur Zaruri hai.

Khwahishen jo Ghut Gayi is Dil mein,
Unko Dafnana baaki hai.

Kuch Rishte Ban kar - Toot gaye,
Kuch Judte-Judte Chhut gaye.

Un Tootte-Chhutte Rishton ke
Zakhmon ko Mitana baki hai.

Tu Aage chal Main aata hoon,
Kya chhod Tujhe Ji paunga ?

In Saanson par Haqq hai Jinka,
Unko Samjhaana baaki hai.

Aahista chal Zindagi,
Abhi kai Karz Chukana baaki hai

As A Runner Would See It

Slow, slow down, Man
There's a few things left undone

There's aches needing balm
Some duties left to perform

If I run at your MPH
Those behind may struggle, may DNF

The strugglers need helping
The DNFs some cheering

PBs remain for me to achieve
But these runners I can't just leave

Running PBs left unfulfilled
Maybe it's better they be buried

Mates who left the running club
Mates who never caught up

Those struggling, those cramping
Need some pacing, some cheering

You go, go on, I'll catch up
Maybe I'll see you at breakfast

Long as my breathing's fine
I can pace some over the line

Slow, slow down, Man
There's a few things left undone

MY FIRST 5K RUN!!

- DECEMBER 12, 2021

By Anju

I started doing runs at the age of 6 years. I started at 2k, 3k, and 4k, and now I have finished 5k. The day before the run I went to an expo where we had to collect my bib and t-shirt.



My aunt (Mami) and I woke up at 5:00 am, got ready and left for HCU (University of Hyderabad). My mom and my aunt have studied there and my aunt used to work there so, I have visited the university many times



There were many people enthusiastic to run and I was one of them. There was a KLM fashion fun run where people had to dress up and run. I didn't participate in that fun run but enjoyed watching the people who did. First we had a warm-up and Zumba which was a blast. Next was the Flag off! I had this nervous feeling where I thought that I would give up quickly, but I put it aside and was ready to run. The first flag-off was for the fashion fun runners, next was for the 5k runners. Everyone was screaming in excitement including me. "Ready, Set, Go!!!" they said

and flagged off the Run. Everyone started to run. After 1 km I got a bit tired and wanted to stop running but didn't. After 2k I felt like running and reached 4km. I was dedicated to running and not walking to the finish line which I did. Everywhere you go volunteers were cheering and motivating everyone.

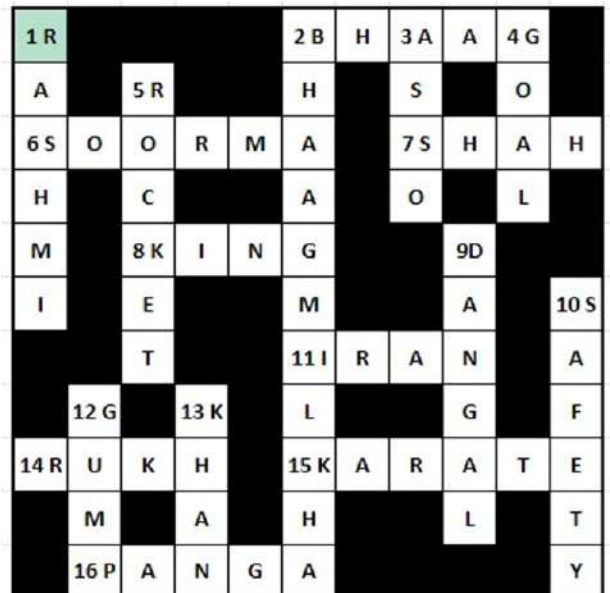
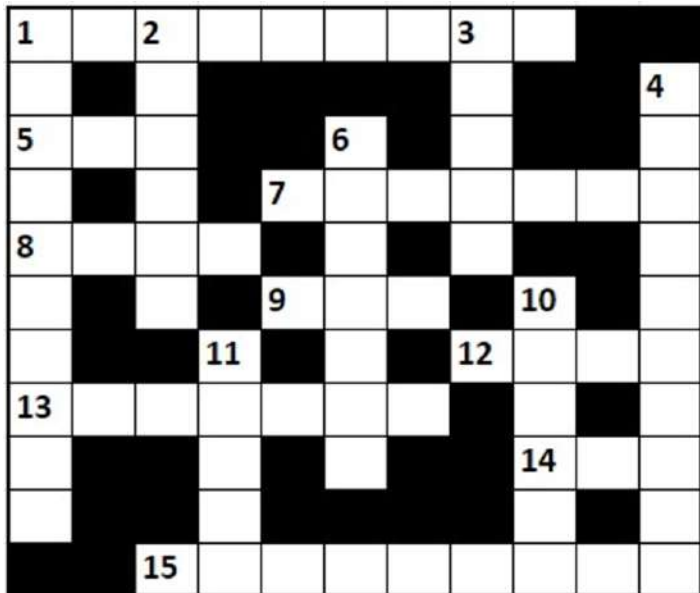


I finally reached the finish line, received my medal, and had breakfast: a muffin, veg puff, and a veg croissant yum. Then I came home, got congratulated by my mom, my dad, my grandmother, and my sister and took a bath, and had a great sleep. This was the best experience ever.



CROSSWORD#8

GENERAL SPORTS



SOLUTION CROSSWORD 7

ACROSS

1. Sindhu's favourite game! (9)
5. The car for sporty use. abbr (3)
7. The Japanese martial art, meaning "Yielding art". (7)
8. First name of the 2011 and 2013 IAAF World Marathon Champion. (4)
9. --- Jo. American Sprinter. (3)
12. The gentle golf push. (4).
13. Mete Gazoz excels at it. So did Arjun. (7)
14. The apex national sports body of India. Abbr (3)
15. The sports combo Ironmen do. (9)

DOWN

1. Chicago Bulls and Milwaukee Bucks lock horns for this sport. (10)
2. Wu Minxia's speciality. (6)
3. Use of this could get you a high...and maybe a ban too. (5)
4. Dressage, Eventing and Jumping disciplines are a part of this. (10)
6. The players of the game where rocks are slid towards the house.
They could be 'sweeping a rock' on ice! (7).
10. The football-based game. Part of Olympics. (6)
11. This is what you would do to your favourite sportsmen! (5)

YOGA FOR RUNNERS

Passive Yoga Stretches For Post-run Recovery By Pratibha Agarwal



Founder, Director and Instructor at Anahata Yoga Zone, Pratibha Agarwal has 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

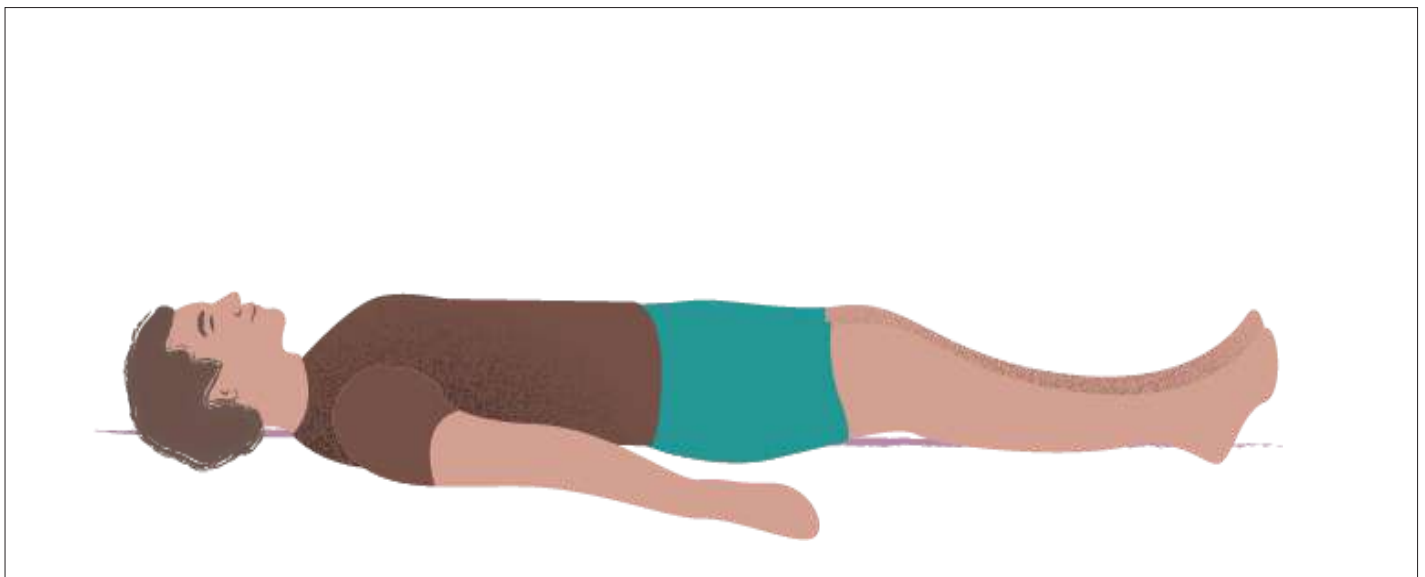
running. As a result the different parts of the body regain balance and start working again in unison. This is the last in the series of nine Asanas for post-run recovery. Remember these stretches can be done at any time, but are particularly useful after running. They need a slow and passive approach 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.

Savasana (Corpse Pose)

Always, end your stretches with the relaxing "Savasana".

How to Do It:

1. Lie on your back with your legs straight and arms at your sides. Rest your hands about six inches away from your body with your palms up. Let your feet drop open. Close your eyes. You may want to cover your body with a blanket.
2. Let your breath occur naturally
3. Allow your body to feel heavy on the ground.
4. Working from the soles of your feet up to the crown of your head, consciously release every body part, organ, and cell.
5. Relax your face. Let your eyes drop deep into their sockets. Invite peace and silence into your mind, body, and soul.
6. Stay in Savasana for five minutes for every 30 minutes of your practice.
7. Let your head be the last thing to come into place. Carry the peace and stillness of Savasana with you throughout the rest of your day.



TRIUMPHANT RUNNING THE PHYSIO WAY

LEGS UP THE WALL

Dr. Shruti Desai



Dr. Shruti Desai is the Founder of The Panacea Centre with over 11 years of experience. She is a certified yoga & Pilates instructor, and Hyderabad's first NKT certified practitioner

Do you find yourself dragging two days later of your long run and having to revise your training for the next week because of lingering fatigue??

Completing your long run is the first step of a two-step process. The second step is making choices for the rest of the day that encourage recovery. Nutrition, hydration, rest and active recovery are all important components of your training plan.

After you refuel and rehydrate, an easy way to speed up your recovery is to take 10 to 15 minutes and elevate your legs in 'Legs up the Wall pose.'

Legs up the wall is a sweet release after a long run, and the perfect ending to your stretch routine, it allows the circulatory system to get some rest as well! Think about how hard the circulatory system works to pump blood back up to the heart from the feet on any given day- then multiply that by at least 10 on a long run day! It allows the body to rely more on gravity for this process instead of working against it.

Drainage by putting legs up the wall has **benefits** including **improving circulation** as well as helps in **de-stressing**.

How to do legs-up-the-wall pose:

- **Ready your props:** Place a blanket or yoga mat on the floor, next to the wall, and use a thin pillow for
- **Get in position:** Lie down on the blanket or mat with your buttocks scooted up toward the wall. Your tailbone should remain on the floor, with your buttocks a few inches out from the wall.
- **Feel the stretch:** The backs of your legs should rest against the wall, with your knees relaxed and your feet parallel to the floor below. You should feel a light stretch in your legs, but it should not be painful.
- **Take it easy:** Relax and breathe deeply as you hold the pose.
- **Come out of the pose slowly:** When you're done, move carefully into a seated position and sit quietly for at least 30 seconds. "

The pose is safe to do as often as once or twice a day for 10-15 minutes.

Variations of this exercise include either putting **legs on a chair** / sofa / coffee table and **bending the knees** to alleviate strain on the back

Who shouldn't try legs up the wall?

Avoid the pose if one has the following conditions:

- Glaucoma
- Conditions that cause excessive fluid retention such as congestive heart failure, liver cirrhosis, kidney issues etc.,
- Uncontrolled high blood pressure
- Pregnancy
- Hernia

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

Squats- The King of 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.

Life has its ups and downs.... When it puts you down, just stand back up! Just do "Squats"!!!

Squats are the perfect analogy for life, about standing up after being taken down.



Why Squats?

Ideal strength training exercises that target many running-specific muscles, squats increase endurance of calves, quadriceps, hamstrings, hips, glutes and protect us against injuries like Iliotibial Band Syndrome (ITB), runner's knee, etc.

Basic Squat

Stand straight and tall, push glutes back, softly and slowly bend knees until thighs are parallel to the floor, keep knees aligned with toes on the ground the entire time without crossing the toes.

Practice this before moving on to challenging variations

Variations of Squat

Variation	Benefits	Process	Tip
Air Squat	Strengthens glutes; builds solid strength and balance in lower body	Stand tall with feet apart, toes turned out slightly, keep body upright, and lower yourself by pushing hips backward to slightly lower than knee and softly bend at knee outward. Drive body back upward by pushing off heels to engage glutes	Elongate back; Don't let knees travel past toes
Overhead Squat	Adds flexibility, forms core strength; helps discover tight or weak muscles that may prevent correct squatting	Use tools like dumbbells, bars, etc. or just hands overhead. Stand straight and tall with the bar directly overhead, use wide grip. Legs apart and toes pointed outward, slowly lower body. Keep arms locked out above the head with eyes and head facing forward and torso upright with bar centered over the head in line with ears, shoulders, hip and heels	If bar comes too forward, widen grip and shoulder mobility
Squat Jump	Hits the core hard, targets every muscle in lower body, and pushes cardio and endurance to breaking point	With athletic stance, squat half way down, then explosively jump up in the air as high as possible by pushing through the ankles, knees and hips. Land quietly on feet, move immediately to the next rep. Do 15-18 reps in one set	Each rep starts and finishes with body fully extended (legs) straight and body upright)
Single-leg / Pistol Squat	Ultimate test of leg strength, balance and mobility	In an athletic position, balance on the right foot, with the left foot held out front. Squat as low as possible with good form, pause a moment, press back to starting position by driving up through heels. Keep back straight and don't put your other foot down between reps. Do 8-10 reps each side in one set.	If unable to complete full range of motion, use a chair or bench
Sumo Squat	Engages quadriceps, glutes, hamstrings, and calves to increase muscular endurance and mobility	Stand in a traditional sumo stance with legs wider than shoulder width, toes pointing 45 degree, heels on ground. With back straight entire time, squat until thighs are in line with knees, pause a moment, press back to standing position	Keep chest up and knees out. Elongate back.

Squats are the simplest, yet the most complicated and challenging exercise. They work for the whole body even needing flexible shoulders and hips to maintain good posture. Incorrect postures can lead to injuries very easily so take time to learn how to do squats perfectly.

**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

MINDFUL EATING – HOW TO PRACTICE IT.

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Mindfulness is focusing intentionally on the present. It means observing the thoughts, emotions, physical sensations that one experiences in that moment. Mindful eating is applying this attitude towards the act of eating. It encourages one to experience the process of eating beyond just calories, carbohydrates, proteins, fats. The purpose of mindful eating is not about loss or gain of weight or on those lines. Mindful eating is about savoring the moment and forming a deeper connection with food.

Although mindful eating is not about losing weight, in the longer term, weight loss and weight maintenance can be some of the positive outcomes. When one is eating mindfully, attention is paid to the food chosen, internal and external stimuli, and one's responses to those stimuli. It focuses on one's eating experience; physical sensations of the food; one's thoughts and feelings about that food etc. It makes the process more personal. The goal is to promote a more enjoyable meal experience.

Mindful eating requires one to adapt certain behavioral characteristics for meal times. It requires patience to fully immerse oneself in the experience that particular meal offers. It begins with choosing the food, thinking about why that particular choice was made, exploring the sensations of appearance, smell, texture, flavor and taste that the food is offering. While chewing, every bite has to be intentional and deliberate, and the process ends with completing the meal while fully experiencing it without distractions.

Mindful eating requires a childlike approach to the food: examining it, taking one bite, observing the flavors and one's response to it without preconceived opinions about that food. This helps in experiencing each meal anew while forgetting past experiences with that particular food. This also helps in experiencing food by oneself rather than being influenced by others' description of their experience. Mindful eating also means letting go of past expectations, both negative and positive. The outcome includes regulated portion sizes rather than binge eating foods with positive past associations and eating very little of foods with negative past associations.

The following guidelines can help you embark on the journey of experiencing mindful eating:

Pause before reaching for some food. Take a moment to notice your state of mind, feelings. Assess why you are reaching for that food. Are you hungry, stressed, bored, happy, sad, lonely? Acknowledge your response and make a choice consciously.

If you reach out for food not because of physical hunger, identify the desire and choose an appropriate response. If you are stressed, follow relaxation techniques. If you are bored, choose an interesting activity. If you are lonely, reach out to a dear one. When food is not the answer, do not choose food.

Keep away from all distractions while eating. Reserve meal times for an immersive experience with food. Keep away from that phone, TV or work. Make yourself a priority and eat peacefully. If you can afford to do it only once a week, so be it. Reserve one meal a week for mindful eating. While you are experiencing the meal, give a thought to factors like how this meal came to be - what was its original form, who produced it, how was the meal prepared and by whom. Appreciate all that it took to bring that meal to your plate. Express gratitude for the meal. Savor each bite. After each bite, observe your feelings. Are you still hungry? Have you reached satiety? Is it time to stop? Move further depending on the answers..



REVIEW

BRITTANY RUNS MARATHON (2019)

Sam Sudhakar

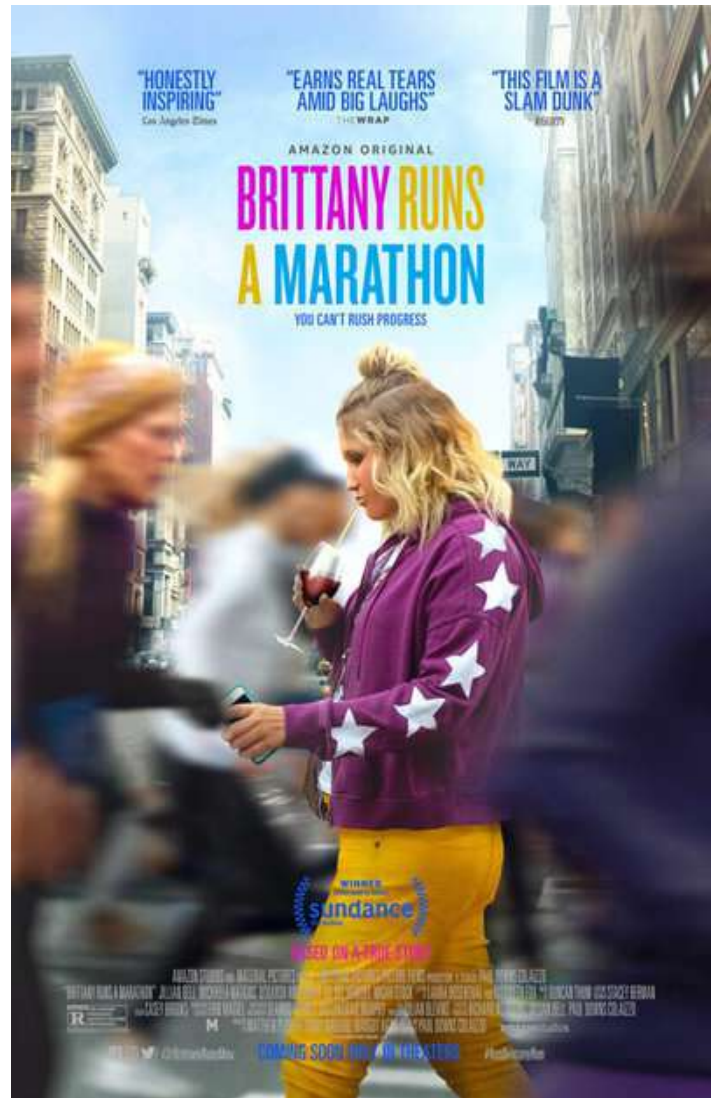
Movies mend our leisure time into moments worth spending. Certain events become an inspiration when it connects to your dots. We picture ourselves in the place of the protagonist and question ourselves - if he/she can, so can I. Watching an inspirational movie, be it about sports or some real life incident, is a great way to change our mental state. The road to the 'mountain' of success is always filled with roadblocks and setbacks. The question is how we pick ourselves up when we fall.

If you are a runner and a movie lover, running movies are the perfect combination. *Brittany Runs a Marathon* is an American comedy film released in 2019 which, as the title says, is about a character called Brittany who takes up running to lose weight, get fit and who eventually runs a marathon.

Brittany (Jillian Bell) is a 28-year-old employee at a theater. She's a wreck who is binge drinking, dating guys and living a haphazard life. A visit to a doctor hoping to get a drug that elevates the mood and increases focus, she is informed that her BMI is in the obese range. By sheer necessity, she decides to reshape her life. She joins a gym but she cannot afford the fees. So she takes up running to lose weight.

She meets a group that consists of her neighbor whom she used to hate and another out-of-shape-getting-into-shape beginner. The three bond together and plan to prepare for the New York Marathon. After coming closer to her weight loss goal and feeling happy about her achievement, she fails to get an entry in the marathon via the lottery. Weeks later she suffers an injury and the doctor tells her she will be unable to run for 6-8 weeks. Saddened by this development she leaves New York to visit her sister and brother-in-law.

After a small break she returns to New York and commences her training. She gets a new job and with a new sense of purpose she shapes up in a lot of other ways. A year later she gets an entry to the



New York Marathon and she finishes the marathon despite developing cramps at the 22nd mile.

Brittany Runs a Marathon is very funny in places. It's not just a comedy film, but one that unzips the emotional baggage of how society looks at you differently when your dress size is double XL. It also points to a direction that healing and forgiveness is all it takes to really achieve our goals, commit to something, and persevere in the face of difficulties.

Brittany Runs a Marathon makes long distance running seem achievable. Sports is a popular phenomenon in the society and it gets more elevated through films which speak a universal language. They appreciate the struggle of the participants by showcasing losing as the temporary pain to achieve higher rewards in the future.



HR 3SIXTY5 FEATURED GROUPS

BHEL ACE Runners

What sets BHEL ACE Runners apart?



First, the one and only BHEL campus. The BHEL Township is one of the few green pockets continuing to exist in Hyderabad. A green lung to the city, you will see beautiful roads flanked by tree cover, a visible lack of high-storied buildings and feel the clean air throughout your run.

Second, We are from different areas in and around BHEL who love Running & Nature and found a common tether at BHEL... and that makes us INCLUSIVE to anyone from anywhere. We have a wide range of performers from easy 5k to sub4 marathoners to Ultra finishers, run everyday for

Who are your regular runners and who are the live wires?

Ours is a large group. Some of the active runners are Vedavyas, Satish S, Satish P, Satish G, Saravanan, Ashwin, Dr. Sailaja & Kishore, Leena, Raju, Subhajt, Suren, Mahender & Swetha, Veera, Naren, Santosh, Sujai, Sudhakar, Manohar, Alok, Rama & Srinivas, Siva, Tulja, Nageswar amongst others.

Is there a running trail that one can't miss in your neck of the woods?

Though BHEL has many routes (one can do FM without going in loops), the service road from campus main entrance to Gandhi statue is preferred



by many. The SLR route is another one used by long distance runners. Running in BHEL in winter is a memorable experience. Our SLRs are cherished by every runner as it is a unique green environment within a township - not an opportunity that one gets easily in the busy city.

Whom to Contact?

sudhakar @ 9866269140

KBR Runners

What sets KBR Runners apart?

As many of us know, KBR is where it all started for HR! It is the place where Hyderabad Runners Group first came together and KBR runners take pride in that. In some ways KBR group forms a part of many other current HR groups as many of the our seasoned members



later moved to other parts of the city and built/volunteered for a local HR group. We have people from all walks of life at KBR group and if you run inside or around KBR you can feel the camaraderie among all the members. Be it old or new members, it feels that everyone just knows each other since ages.

Running in KBR park is fun with the well laid trail route and infectious energy of not just runners but also fitness enthusiasts practicing many other activities. One cannot miss the beautiful peacocks of KBR park, while they do not pay any heed to people running around them at different pace but you can still see runners every now and then slowing down or stopping to wonder at their beauty.



And it is not only about KBR park and only about the runs - KBR runners just need a reason to celebrate and party! Any running event is compulsorily followed by a big party to celebrate the run by dancing and... well.. you can guess by what else. Sometimes we even get more members in the party than in the actual running event!

Who are your regular runners and who are the live wires?

The regular runners list will be a long one and it's probably best to not list them all here. And Jokers? Well, there are a bunch of people who are extra fun to run with. Come join us to have fun :-). I have to mention that our mentor and inspiration, Mr Rajesh Vetcha, commonly goes by "The Chief", is also part of the KBR group (always). Also, I cannot not mention, as many of our seasoned runners wouldn't deny, you will have the best "Run'versations" experience with Rajesh.

Whom to Contact?

Prasanna @ 9866510347

LB Nagar Runners



What sets LB Nagar Runners apart?

Founded in 2011, LB Nagar runners is one of the oldest sub-groups of Hyderabad runners. It has grown organically from 3 runners to 300+ runners in the last 10 years.

Nagole Forest Run, which is our signature event, has drawn 800+ runners recently. Awarded as the best running group three times so far, it is home to seasoned athletes from all walks of life. Our runners are socially very well connected and help each other as a family. What sets us apart? We are the happiest running group!



Who are your regular runners and who are the live wires?

Our everyday morning runners are Sunder, Krishnam, Prabath, Priyanka, Suresh, Uday, Manoj, Surya, Giri, Chiranjeevi, Ankam, Dr Pratap, Dr Varadharaj, Anand Raman, Naveen P, Sunitha, Shyam, Kakoli, Swamy, Sudhakar, Yugandhar, Jagadeeswari, Sambasiva M, Venkat Reddy, Sravan Kumar, Vijay Bhaskar, Subhakar, Subhash, Ravinder, Kishore, Srinivas, Pradeep, and Suneel. Vijay Kumar Viswanadha and Murali Krishna are our chief entertainment officers.

Is there a running trail that one can't miss in your neck of the woods?

1. Mahavir Harina Vanasthali National park trails are a nature lover's paradise. Running in 3605 acres of dense forest along with blackbucks and peacocks is intoxicating.
2. Running at picturesque rocky landscapes and steep hills of Vanasthali hills trails is bliss and an escape from the hullabaloo of city life

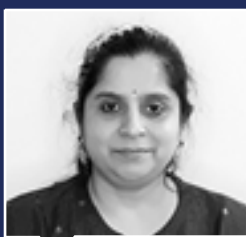
Who should the newcomer reach out to?

Sunder Nagesh (99494 89052) or Krishnam Madduri (9177898903). One call can change your life

RUN-TITUDE: MINDSETS OF A MARATHONER

RUNNERS AND THE GROW MODEL

By Revathi Turaga



Revathi Turaga is a psychologist, an author, and the Founder-Director of LearnSprint with 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. She uses practical and inspiring techniques to enable individuals, teams, institutions, and organizations to succeed in their personal, career, fitness, and business goals.



If anyone knows the ins and outs of setting and achieving goals, that will be a runner!

Having a stretch target, constantly training towards achieving it, keeping motivation levels up, encouraging one another as we go along, celebrating when we accomplish and get results – we runners know intuitively how to set and achieve goals!

Here is a simple framework that might help refine our strategies... GROW, an acronym for 'Goal – Current Reality – Options – Will' is a simple and powerful framework used in coaching and getting results, and can be replicated for our running strategies too.

Goal: Establish the goal

Goal is the end point, where the individual wants to be. The goal has to be defined in such a way that it is very clear to the individual when they have achieved it. Ask yourself:

- What do you want?
- What will that get you?
- What will you be saying to yourself?
- What will that enable you to do?
- What is exciting about this goal?
- What will success look like?

Reality: Examine current reality

Reality means how far the individual is away from the goal. Reality is the number of steps completed versus all the steps required to reach the goal. Ask yourself:

- What is happening now?
- What, who, when, how often?
- On a scale of 1–10, if an ideal situation is 10, what number are you at now?
- How do you feel about this?
- What impact is this having on you?
- What are you doing that is getting in the way of your goal?

Options: Explore the Options

Options are paths around each obstacle stopping the individual reaching the goal. Ask yourself:

- What else could you do?
- What if this or that constraint was removed?
- What are the benefits and downsides of each option?
- What factors will you use to weigh up the options?
- What has worked in the past?
- Who could help you with this?

Will: Establish the Will

The above Options then need to be converted into action steps by making the individual willing and committed to the goal and to take the Way Forward. Ask yourself:

- So, what will you do now, and when?
- What could stop you moving forward?
- And how will you overcome it?
- Will this address your goal?
- How likely is this option to succeed?
- What else will you do?

Use the GROW Model... *Empower yourself to run!*

CURRENT HR ACTIVITIES

Train & Shine

Hyderabad Runners Train & Shine training program can help you improve by 8-10% at your next race!

- We provide you with a weekly training schedule with exact workouts, mileage and training zones.
- We include tailored strength training and injury prevention.
- We include yoga for improving flexibility and helps in muscle recovery
- Strength training includes athletic drills, these drills help in improving the running form and efficiency.

In recent month we have had the 150+ newbies from Couch to joining the Train & Shine Program and we also have added 4 new training locations so in all we have 350+ runners enjoying the Train & Shine program across 12 locations.

KBR PARK | Botanical Garden | Sanjeevaiah Park | Shilparamam Uppal | SMR Vinay Iconia | My Home Jewel | My Home Vihanga | Aditya Imperial heights | BVB School Alwal | BHEL International Club | PBEL City | L&T Serene County

Stay tuned - We will be soon launching the training package



ADDRESS:

Apmas Building, 3rd Floor, Hig Huda Colony,
Next to Light & Light, Tanasha Nagar, Manikonda,
Hyderabad, Telangana, 500089.

Phone: +91 97010 55611

Email: newsletter@hyderabadrunners.com

