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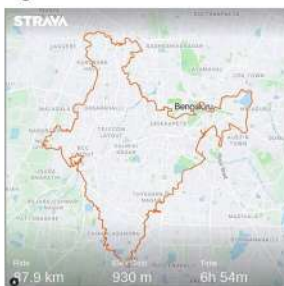
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THE INAUGURAL CLUB RUN 2010



MARCH 2022

www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

Greetings!

As we brace ourselves for the warm summer ahead, I sense a feeling of relief in people that the worst of the pandemic is behind us (hopefully). There is a renewed sense of enthusiasm to get on with life, maybe as the month suggests - March ahead. Our Sunday Long Runs are back and our annual gala Club Run is on. By the time you are reading this, many of our co-runners would be proudly displaying their Club Run PBs on FB.

Some of you must have followed the Tokyo Marathon. Superb performances by Kipchoge and Kosgei. Kipchoge recorded his third best marathon time with 2:02:40, while Brigid Kosgei posted the third fastest (women's) marathon time in history at 2:16:02. At an age of 37, Kipchoge shows no signs of slowing down! One wonders what record he can come up with at Berlin in Sept 2022.

It's great to see this positivity all around. On that note, let's all gear up for our flagship event - the Airtel Hyderabad Marathon to be conducted on the last Sunday of August 2022, as we usually do!

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

The Club Run, to be held in March, is one of the premier events in the HR Calendar. In fact it is the event which has been held without a break the past 12 years, starting in 2010. As the name implies, it is HRs in-house event, an intimate, familial event. The story behind the first Club Run is the Cover Story this month.

HR3Sixty5 features Running Groups: Mokila Runners, Atria Runners and Pragathi Panthers. Summer is upon us and Summer Diet is the story in Nutrition. FEAR is the topic in Runtitude and Core Strengthening is featured in the training article, while the humble feet are the subject in the Physio feature. Appropriately the new Yoga article is about the Ankle. Incidentally, Yoga starts afresh after the 9 Stretching Asanas.

Enjoy the Issue and we look forward to your inputs and feedback.



Vadali Prasad

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Feedback and Contributions welcome.

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COVER STORY

THE INAUGURAL CLUB RUN 2010

By Rajesh Vetcha

The 13th edition of the Club Run was held recently and despite the pandemic, we were lucky to be able to conduct it amidst a lot of challenges.

How was it to organise the 1st Edition of the Club Run? Let us travel back 12 years, to 2010. Then our fledgling group of Hyderabad Runners were wrestling with two questions:

Did the City of Hyderabad deserve a city Marathon like other major global cities? At that time in India, only Mumbai & Pune had their own marathons.

Did the runners of Hyderabad, and indeed the runners across the country deserve a Marathon which meets their high aspirations? Their experience with events abroad showed that much could be done to improve Marathons in India

If the answer is yes to both those questions, there arose a more crucial question:

Were we, the Hyderabad Runners, capable of organising such an event on their own? More importantly, was Hyderabad ready for such events? Would there be Public & Government support? Would there be enough participants?



The Hyderabad Runners, had started with just 5 members in 2007, but had grown by 2010 into a grouping of around 500 members with a core group of nearly 50 members. Many had become seasoned marathoners running in prestigious events in India and

Abroad. We had traveled together to participate in events both in India and abroad.

The Hyderabad Runners by then had become a cohesive running group, running together frequently in the city. In fact we along with the Hyderabad 10K Foundation organised Marathons in 2008 & 2009. But in 2010, unfortunately, the Hyderabad 10K Foundation backed out from organising the Marathon. We were very disappointed. That is when we decided that the runners of Hyderabad should have our own City Running Event: For Runners, By Runners, Of Runners.

Having made the decision to start a Marathon event of our own, Hyderabad Runners decided to tread carefully. We wanted to test our organisational skills. We also did not want to go through the full gauntlet of obtaining official permissions for a City Marathon. Thus, we decided to hold the event, not in the core city, but at some distance, where traffic would not be impacted and safety would be more assured. Thus the idea of the first Club Run was born. The date chosen was the 29th of August, 2010. Notably, it was the last Sunday of August.

This seedling, the first Club Run has grown into not one, but two big trees: the Airtel Hyderabad Marathon & the Hyderabad Runners Club Run. The Hyderabad Runners Club Run has since been conducted uninterrupted for 12 years. Of course, the Airtel Hyderabad Marathon has grown into one of the Nation's premier Marathons, and it is usually held on the last Sunday of August.



Having decided to conduct the event, Hyderabad runners excitedly got down to the nitty gritty of the organisation. We got a major boost when Sri. Rajeev Trivedi, IPS and Director of the AP Police Academy provided encouragement & mentorship. He helped tie up CBIT near Gandipet as the venue for the Start & Finish.

One of the best running routes then, CBIT-Shankerpalli Road was a lovely semi-rural road then, lined with a lot of trees and straight as an arrow with pleasant undulations. It was an enjoyable and challenging route for the Event. It was also a route familiar to many runners as it was used for many Sunday Long Runs of Hyderabad Runners.

Keeping the marathon in mind, the event was planned with 10K, 21K, 30K & the 42k distances. It was meant to provide a distance for every ability. All runs were out and back routes. Those were the day before GPS and distances were measured with the Car Odometer. Obviously, the distance between CBIT and Shankarpally had to be traversed by car multiple times. The names of the various farms along the route were soon memorized and they served as points for the aid-stations.

The naming of the Event as the "Club Run" was down to the Hyderabad Runners' Branding Guru, Siddharth Nambiar. The aim was to convey the message of a limited but serious event. The name has stuck and is quite unique in India.

The planning process took more than three months. Organising teams were drawn up. Tasks were divided amongst the core members. All activities were on a volunteer basis. All aspects from Toilets to Aid-stations to Prizes were planned. It was meant to be both enjoyable and glitch-free. Medical support was given much importance, considering the nature of the event and the distance from any major hospital. The budget was bare with registration fees being the main revenue. Publicity & registrations worked well with the numbers exceeding expectations with 175 registrations. Apollo Health Street even offered financial rewards for their employees completing the Marathon.

When compared to the Expo that Hyderabad Runners conducts these days, the bib distribution was bare minimum. Volunteers sat with a box of bibs & pins on the footpath outside KBR for a few hours. The fear of HMDA objecting to our presence was high. KBR Park was not a conducive place for such gatherings those days.

The Race Director was the young and dynamic Sachin Tyagi. Dr.Bakhtiar Choudhary agreed to be the Medical Director and Dr.Akhil Deep Pusukuri was the Doctor on-duty. More than 30 volunteers were recruited to man the Aid-Stations.

The location was distant from the city and organisers



were worried about reaching the venue in time on the event-day. So a couple of volunteers slept in the CBIT Hostel. But when they reached the CBIT entrance before dawn, to their shock, they found the Gates were still shut and locked. The watchman was apparently not told about the early event & it needed a few frantic calls to get the gates opened. It caused a few jittery moments as, by then, participants had begun to arrive. But this episode showed the desire for punctuality of the Hyderabad Runners. It is a tradition that we are proud to wear on our sleeves and is followed for all HR events which always start on the dot.



Function	Volunteers
Organising Team	Vishy Chebrolu, Satish Mandalika, Ajay Reddy, Vasu Nugala, Ram Katikineni, Siddharth Nambiar, Rajesh Vetcha, VV Prasad
Race Director	Sachin Tyagi
Medical Director & Team	Dr. Bakhtiar Choudhary & Dr. Akhil Deep
Registrations	Ajay Reddy, VV Prasad, D. Srihari
Branding, Bibs, Mile-Markers & Publicity	Sidharth Nambiar
Volunteers	Divya Sahgal, Nagraj Adiga, Sunita Thummalapalli, Ram Medury
Shamiana & Furniture	Raghu Molugu
Aid Station Supplies	D. Amarnath & Coach Suresh
Breakfast	VV Prasad
Prizes & Timekeeping	Vishy Chebrolu, Ram Katikineni

The Volunteers from the Police Academy were there with a couple of trucks helping in setting up the Aid-Stations and logistics. One of their innovations were the makeshift runners toilets made with Bamboo! How many used those toilets is unknown.

CBIT, the start venue looked festive with a colourful Shamiana. A team of volunteers coordinated the parking. Emergency lamps were used to issue last minute bibs. The aid station volunteers were ferried to their stations in cars along with the battery of volunteer photographers. Some of the aid stations were basic: car boots loaded with water & other supplies.

The Run was flagged off by Sri. Chenna Keshava, the Principal of CBIT. He graciously gave away the prizes later in the morning. CBIT proved to be a very convenient location and their management were good hosts. They were kind enough to host the 2011 event also, before the Club Run moved to the University of Hyderabad for subsequent events. The run started with a festive note with children taking part in smaller runs.

Family members took part enthusiastically in all volunteering aspects.

Event	Participants
42.2K Full Marathon	10
30K	25
21.1K Half Marathon	45
10K	60

There were light showers the night before and the organisers were worried about showers during the race.

But the day was pleasant and sunny and the route was shady. Water puddles and a carpet of Yellow Gulmohars flowers made for good visuals.



The Gandipet-Shankerpalli road, as stated earlier, is a straight road with slow undulations. Runners could be spotted in bunches at the far distance. As they ran past the fields lining the road, farmers looked on with some bemusement at these runners. It was a sight to gladden a Runner's heart and it was a photographer's dream.

Finishers were welcomed with applause and roses handed-out by children. This being the days before timing technology, finish times were noted with stop-watches.



Alas, there were no medals; but there were printed certificates. There were lines to get the names added to the Certificates. Most runners finished strong, but the Apollo Health Street Runners marathoners insisted on finishing even if they had to walk more than half the distance. After all, they had enough incentive! And they just beat the rain which poured in even as the winding-up was in process. A hot breakfast at the CBIT canteen awaited all the runners and volunteers. All volunteers pitched in for the clean-up and winding-up session: another HR tradition.

The showers on the eve of the run and the rain after the event proved to be good omens for the future of the Club Run. The first Club Run exceeded expectations and built a solid platform for all future Hyderabad



Runners events. It also exceeded the budget by a small amount, which was made-up by some generous runners. There were many things learned in the process, which were implemented in all future events. The importance of punctuality, medical care, the welcome given to each finisher, the wait for the last runner however late the finish; these are all now part of the Hyderabad Runners traditions. Most importantly it was an all-volunteer effort. All the volunteers who were part of the event continue to contribute or be part of the Hyderabad Runners. After all, Hyderabad Runners is built on the spirits of volunteering and camaraderie.

Sachin Tyagi

Race Director Club Run 2010

We had our first club run in August of 2010. I had just recently joined the Hyderabad Runners and fell instantly in love with both the running and the nascent community that was then forming around. So when the idea of a club run was first finalised, I jumped right into it with a zeal of a new convert.



We formed a core group to coordinate all the planning and execution. And even though none of us had any professional event organisation experience, I think we had one crucial advantage that would help us in organisation of the event – we were all runners ourselves and it gave us great perspective on what makes an event a good experience for the runners.

We then tapped into the community and our personal networks to enlist volunteers and formed different groups to look after specific aspects like registration, transportation, aid stations, food, logistics and route planning, bib and certificate distribution, photography, and finance etc. We even got lucky that Hyderabad police was kind enough to help us with some transportation and logistic difficulties!

On the day of the run the weather was great and the whole event went ahead smoothly. Naturally, there were a few behind the scene mistakes – but the team managed them promptly and well enough that they did not become a concern.

It has been more than a decade now and the details are a little hazy in my mind but what still remains vivid about that time is the camaraderie and fellowship within the community.

RUN FACTOID

Sam Sudhakar

BARKLEY MARATHONS

This was the biggest manhunt in East Tennessee history. Ray Tucker, the Recreation Director of the Prison heard whistles at night. He knew what it meant. James Earl Ray, the convicted killer of civil rights icon Martin Luther King Jr. had escaped. Ray shot and killed Dr. Martin Luther King Jr. at a Memphis Hotel On April 4, 1968

After a manhunt of over two months and spanning five countries, Ray was detained at London's Heathrow Airport. He was sentenced to 99 years in prison and sent to Brushy Mountain maximum security prison.

Ray and his other fellow inmates made a makeshift ladder using some pipes and escaped to freedom. Soon over 100 correctional officers with bloodhounds were on their trail. It seemed like a miracle for Ray to escape.

Hours passed and then days. Everyone speculated that Ray was miles and miles away, or probably in South America. Acting on a tip-off, the Brushy Mountain officers with the help of the hounds found Ray hiding under a pile of leaves less than 10 miles away from the prison. Ray was sent back to Brushy Mountain prison.

Years later Gary Cantrell a.k.a Lazarus Lake while backpacking the trails at Frozen Head Mountains followed coverage of the 1977 failed prison escape of James Earl Ray from nearby Brushy Mountain State Penitentiary. Unimpressed by his "low mileage" over two days, Lake believed that he could make at least 100 miles over the length of time in the mountains around the prison.

That sparked the idea for the Barkley Marathons to be 100 miles in 60 hours. The infamously brutal – and eccentrically pluralised – Barkley Marathons, aka The Race That Eats Its Young. The name is said to come from Cantrell's neighbor, Barry Barkley. The reason for this is unclear. The first official running of the Barkley was in 1986.

A Race with 99% failure rate and just 15 finishers in its 35 year history.

HRUNIMATIONS

RECOLLECTIONS OF THE 1ST CLUB RUN- 2010

By Vadali Prasad

The first Club Run was held in August 2010. I was part of the Organising Committee and I also ran the 21K or maybe the 30K. My recollections are hazy. It was a long time ago, almost 12 years ago. The event resides in my memory bank as something from another world, a simpler older world.

Yes they were the old days; before Run Gizmos, Aggregators and Social Media. Publicizing the event meant emails, word-of-mouth and posters at select spots. Reaching the event meant that you drove your own vehicles asking for directions along the way. And after the event you took your printed Certificate and asked someone to take a photo. No Selfies. No Facebook posts.



CBIT, one of the oldest Engineering Colleges Hyderabad, had kindly agreed to host the event. CBIT is set in a lovely campus near Gandipet lake. Visiting the campus and looking at the different Engineering Departments triggered the memory circuits of my own student days on an Engineering Campus. I was helping in organizing the post run breakfast and amenities, which meant interacting with the Principal, the Physical Director and visiting the Campus Cafeteria. Everyone was very eager and cooperative.

Registrations were by filling a Google form and payments made by cash or depositing the entry fee in the Bank. The entry fee was Rs.150, post run breakfast included but no T-Shirt and no medal. Bibs were handed out on the footpath in front of the KBR Park entrance. We weren't allowed to put any posters on the fence.



The day of the run itself was very pleasant. Being August, the monsoon was still around. There were showers the previous evening. An old-style shamiana was erected in the parking lot of CBIT and late entries were given Bibs using the light from Emergency Lamps.

The trainees and staff of the Andhra Pradesh Police Academy came in a truck and erected toilets made of bamboo at key spots. Yes, traditional Port-a-Potties. Mile markers were Cardboards with Paper glued on. Aid stations were set up with a combination of Tables and Car Boots. This was the only Club Run where we had the 30K & 42K Events and the participants were flagged off in the dark before dawn. As I recall, a few cars accompanied them, lighting their way until dawn.

The route was the Gandipet to Shankarpally Road. In 2010, it was a semi-urban road, of only 2 lanes. The road is straight as an arrow for the entire length, going up gradually from Gandipet to Shankarpally with undulations all along. A runner on the crest of a raise can see runners in the far distance. It used to be lined with farms and just a few farm houses. Farmers would lay their crop on the road to be threshed by passing vehicles. They would also watch bemusedly as runners went past their farms.

The route was very very appropriate for the first Club Run. Combined with the showers of the previous day, it was a pleasant morning. The yellow Gulmohar flowers on the road, the water puddles, runners doing their best, it all was a pleasant experience. Most runners did well, though some had underestimated the challenge of the 42KM. While there were no medals, all finishers were greeted with children handing out red roses. It was topped by the hot post run breakfast at the cafeteria.

For Hyderabad Runes it was both a learning and a gratifying experience. All volunteers contributed eagerly in all aspects of the event, from registrations to the post-run clean-up. Many of the traditions that were started that day are still being followed. And that is probably why the Club Run has an uninterrupted run for 13 editions and probably why the numbers have grown from around a hundred to a few thousands; all the while maintaining the feel of a familial, in-house event.

HR 3SIXTY5 FEATURED GROUPS

1. Mokila Runners

What sets Mokila Runners apart?

Mokila is a prime suburb in Hyderabad situated in the lap of nature, that has recently become a preferred choice of many.

The majority of people who are buying premium houses in Mokila are IT employees as it is well connected to many commercial hubs of Kokapet, Hitech City and Gachibowli. It is surrounded with beautiful lush green farm lands.

We are from different gated Villa Communities with the common interest of running and love for Nature walks.

We have performers from 5k to Ultra finishers. We run together once a week on Sunday.



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

Ours is a small group, some of the active runners are Sanjana, Prathima, Ananya, Saikat, Laxmi Murthy, Radhika Saritha Narmeta, Prasad, Aditya Devi, Ravi Ranjan, Anjali, Rumi, Indrani, Ramesh and Aamir

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

Yes, we do have beautiful small running trails to do 10 km distance and even for running Full Marathon we can take a single loop from Gandipet to Shankarpally.



Whom to Contact?

Saritha @ +91 9550125007

2. Atria Runners

What sets Atria Runners apart?

To us, running is all about experience. We have recreational runners who run 5 kms daily to endurance athletes who have run many marathons. We are always there to encourage each other.

Second, We have runners from the age of 10 yrs to 60+ years. There are newbies in the group and we have podium finishers amongst ourselves. ATRIATHON is our yearly running event which has participation from around 300-400 runners from all age groups. Lastly, we understand the importance of strength training. So when we are not running, we are



working on making ourselves strong for running. Irrespective of our work schedules or lockdowns, we believe that consistency is the key to healthy running

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

Ours is a big group. Ruwaan, Aditya, Ira, Pratibha, Ritesh, Amit, Karunesh, Meena, Jyoti, Rohit, Vivek, Tulja, Sravanthi, Kaval, Rajesh, Manican, Nimish, Rajesh, Rajat, Snehit, Srinivas, Rakesh, Saurabh,



Shiju, Sunil, Harikirat, Divya, Vikram are active runners.

Whom to Contact?

Jyoti @ +91 73311 27195

3. Pragathi Nagar

What sets Pragathi Panthers apart?

Pragathi Nagar is a small gram panchayat on the outskirts of Hyderabad city surrounded by hills and



greenery. Runners often see beautiful peacocks on their morning runs. We are blessed with beautiful roads that are flanked by trees (called Green tunnel) all along the Bachupally highway and very close to the Outer Ring Road. Started in 2017, we are a relatively new group that was started by 3 members Raja Rao (Mentor), Karthik and Purandaran. Within the year we grew to be 50 plus. Come Sundays - you can see the panthers prowling around in our territory.

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

The batch of 2017 C25K set the ball rolling. By 2021 we had more than 50 newbies training regularly. We have some great performers in running, cycling like Satish Jayanthi (Full marathon -Sub4 & very fast Runner), Bibudhi (Super Randonneur) and Gandhi who at 70+ is young and a regular runner and topped his age category in the 100 days of running challenge.

Purandaran has cycled 1000km from Hyderabad to Rameswaram and is a seasoned Full Marathoner. Add to the list, we have some serious half and full marathoners in Rajarao, Ramaraj, Srinivas, Sandeep, Raghu, Santosh, Uday, Anil, Damodhar, Goniah, Krishna Prasad (present mentor for SMR Vinay, Kondapur), Rajesh Reddy, Riteesh, Sudhakar, Mahija, Jhansi, Vani, Raghavendra, Dr Pavan & Dr Indira and others. Most of these are star performers from easy 5k to 10K, Half & Full Marathon finishers. Some of them completed 200 & 300km cycling also

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

Main preferred route for long run is ORR service road. Running in Pragathi nagar hills/quarries is a memorable experience. Only drawback for pragathinagar is lack of big Ground/park for regular activities like yoga, strength training. Our runners managing gathering at hilltop location.

Whom to Contact?

Rajarao @ 7799809789, Rama Raj @ 9963128626
Srinivas @ 9885522806



YOGA FOR RUNNERS

Ankle Joint and Ankle Dorsiflexion 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.

How many of us are aware of the importance of the ankle joint in maintaining good health in our knee, hip and lower back?

The ankle joint (or talocrural joint) is formed by three bones. These bones are the tibia, fibula and the talus. If you point your toes like a ballerina, that is called ankle plantarflexion. If you pull your toes and foot towards your knee, that is ankle dorsiflexion.

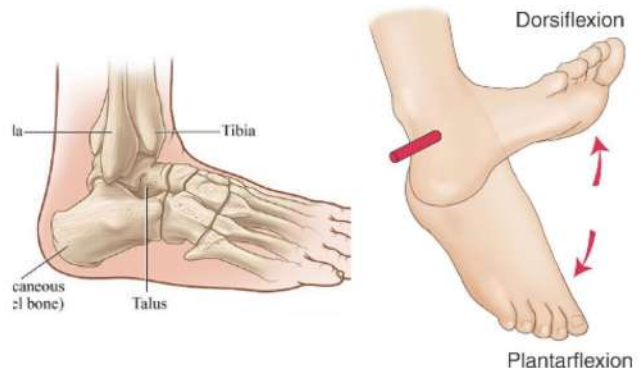
We need a good amount of ankle dorsiflexion in many asanas like down dog, malasan etc.

Malasan



In the absence of dorsiflexion, if we do malasan for example, not only does it feel unstable but also exerts a lot of pressure on our knees, hips and lower back.

Ankle dorsiflexion is vital for many activities. Here is the amount needed for various activities:



Walking: 10 degrees
Biking: 22 degrees
Running: 30 degrees
Squatting: 35-43 degrees

So let's pretend you don't have the proper range of motion in the ankle. What happens then? Well, that means other joints and tissues have to take unnecessary stress. Let's take two examples: running and squatting.



If you don't have enough ankle mobility for running, that means the Achilles tendon and plantar fascia are going to be under constant stress. Or, you can "cheat" dorsiflexion by running with your foot rotated outwards. While this gives you a bit more dorsiflexion, it creates overpronation. This overpronation can then lead to several issues including knee pain, hip pain and increased risk of ankle sprains.



Chair Pose



Squatting requires even more dorsiflexion. And if it's lacking, it creates more problems. If ankle dorsiflexion isn't there during a squat, the body only has two ways to deal with it. One option is to lift the heels off the ground. This strategy places a large amount of stress on the knees and hips. The other option is to keep the heel on the ground and stay balanced by rounding the

back and bringing the chest down. As you can imagine, this places a lot of stress on the low back.

Hopefully, you realize how important proper ankle dorsiflexion can be and how it can lead to problems not only in the ankle but in the knee, hips and low back as well.



Practicing certain asanas in yoga will help us to get a good ankle dorsiflexion. These asanas are Warrior 1, Chair Pose, Downdog with the heels up on the wall.



TRIUMPHANT RUNNING THE PHYSIO WAY

TALES OF THE WOEFUL FEET

By 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

Flat Feet! High Arches! Stress Fractures! Bunions!

There is no foot problem that we runners have not faced and no woeful tale our feet have not told!!! Feet problems are almost like a rite of passage for runners...

From childhood, we put shoes on in the morning and leave them on all day, every day. We forget to train our feet and don't realize that our feet too can lose condition and strength. When we recreational runners start running, most of us have deconditioned feet!

The 3 Arches: High vs. Flat vs. Normal

Runners HAVE to maintain the condition of our feet. The force of running can be 3 to 4 times that of our body weight and our feet being the first to contact the ground, absorb the impact force of each step. How they connect to the ground and communicate with our ankles, hips, core, and spine dictates how our body handles the impact of running.

If feet are faulty, we will have problems throughout the body:

- A high arch means a rigid and locked foot that needs more mobilization work
- A flat foot means a more unstable, unlocked foot that needs more stabilization work

To know how your foot is, just do a 'wet test': Dip the bottom of your foot in water, then step with your full weight on a dark surface.

- **Normal arches** have a definite curve along the inside of your midfoot
- **Flat feet** have very shallow or almost non-existent curve

- **High arches** have deeper curve towards the outer border of the feet



Preventive measures

The right running shoes can reduce injury risk by providing proper fit, cushioning, arch support, stability and motion control as needed. Professionals may recommend custom orthotic inserts for severe flat feet.

Remember:

- Always warm-up and cool down
- Stay away from uneven surfaces
- Stick to softer terrains like clear, flat dirt trails
- Choose asphalt over concrete
- Pace yourself by starting at lower intensity and increasing 10% weekly

Foot Strengthening Exercises

- **Tripod:** Getting into the foot tripod position helps flat feet. It has three points of contact that the bottom of the foot should make with the ground
 1. ball of the big toe
 2. base of the little toe
 3. center of the heel
- **Foot and Toe Connectivity:** In tripod position, lift up and put down gently in this sequence
 1. All 5 toes together
 2. Big toe only
 3. Other 4 toes together
 4. All 5 lift together and put down one after other starting little toe
- **Releasing Plantar Tissue:** Using a ball, work to release the connective tissue in the feet. Do not roll like in foam-rolling, rather, pin and hold specific points for about 20 seconds. If too sensitive, start more gently or use a bigger ball.

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

CORE STRENGTHENING FOR RUNNERS

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

*"Connect to your core and you'll find strength. Act from your core and you'll move mountains" – Gabriella Goddard
This quote talks as much about the importance of our spiritual core as it talks about the importance of "core strengthening" for runners*

Why core strengthening for runners?

In long distance running, a strong core helps us to improve posture and move with greater efficiency of stride resulting in less pain in our knees and feet thus aiding us to run faster.

Many running injuries can be traced back to weak core muscles. As our body fatigues, we suffer from lower back tightness, IT-band stiffness, hip pain, etc. A weak core can cause tightness in gluteal muscles around our hip, awkward leg rotation, knee torquing, and collapse of our arches, thus putting strain on every part of the chain of movement.

So, we may feel pretty good for the first 8 miles of our run, but soon the muscles start to work against our body, go into overload and can no longer keep up with the demand. Slowly, one by one, they start to erupt in a painful protest.

The greater our core strength, the longer the supporting muscles will do their job well. A strong core results in a better race.

What is "the core"?

Whether we are talking about the earth, or a nuclear reactor, or part of an apple, *the core is often referred to as the central or most important of something*. Same goes for the human body too... But we as runners need to understand and remember that *"core is not just the abs but also includes the hamstrings, glutes, hips, and lower back"*.

How to strengthen the core?

Here are some simple and powerful widely used core strengthening exercises for runners:

- Plank / side plank / plank with toe taps / plank with shoulder taps
- Single/double leg bridge
- Windshield Wiper
- Leg raises (single/double)
- Side leg raises
- Crunches
- V-Ups
- Bicycle crunches
- Pilates Hundreds
- Mountain Climber
- Superman
- Leg raises (single/double)
- Side leg raises
- Crunches
- V-Ups

A Sample core strengthening exercise set (repeat the set twice or thrice when you begin and increase your reps as you improve)

1. Plank (30 seconds)
2. Single leg deadlift (12 each side)
3. Windshield Wiper (12 each side)
4. Mountain climber (20 each leg)
5. Pilates Hundreds (100 counts, after a month, work on your breathe with the count)
6. Superman (8 times + hold for 10 seconds in the last rep)

* Alternatively, under the guidance of an expert trainer, you can pick any other six core exercises of your choice to avoid monotony, and give them a try. Go easy and check for excessive soreness.

Working on core muscles twice a week is a major part of any runner's training programme. Strengthening core makes running more efficient, improves balance and stability, thus preventing injuries down the road.

Train your core to run stronger and faster...

****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

SUMMER DIET TIPS

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Watch the weather: Hot humid weather of summer could make even an easy morning run feel like a tedious task. If we do not take appropriate care, we could end up with excessive tiredness, dehydration and even heat stroke. The high ambient temperatures combined with the body heat produced while running could drive the core temperatures up. Sweating is our body's mechanism to regulate the core temperature. In humid weather, when the sweat takes longer to evaporate, the heart rate is increased in an attempt to cool the body down. Account for all these changes when running in summer. Aim to complete your workouts either before sunrise or plan to keep the intense workouts for later in the night when the temperatures drop a bit. This is particularly important for people who are getting ready for events and schedule periodical long runs as part of training.



Hydrate well: Hydration should be prioritized when working out in hot and humid weather. Plan to carry a thermos rather than a regular water bottle to keep some cool water handy. If you use sports drinks or energy gels, you could end up taking more calories than

necessary if you turn to those to quench your thirst as well. And excessive consumption of gels or sports drinks also could cause stomach disturbances. To avoid these outcomes, alternating between water and sports drinks is a good idea instead of depending on just one. This is only if sports drinks are part of your training plan. Otherwise just stick to your cool water. Not only drinking but also pouring some cool water over skin and head helps bring the core temperature down and control the heart rate when it is excessively hot. Plan your run route in such a way that you have ample water along the way.



'Eat' your water: Post run meals should consist of foods that replenish the lost energy, water as well as essential electrolytes such as sodium and potassium. Water rich fruits such as water melon, muskmelon, orange, grapes, pomegranate and liquids like coconut water, thin buttermilk, beetroot juice can be good choices for this purpose. Including water-based items such as soups, rasam, sambar, stew etc. in other meals ensures adequate recovery throughout the day. Having fresh vegetable salads with cucumber, tomatoes, beetroot, carrot, onions etc. as accompaniments in most meals helps avoid dehydration.



Choose your treats: Replacing hot chai and coffee with unsweetened iced teas and black coffees can fight the summer heat while delivering the caffeine for those who need it.

However, stay away from the sweetened carbonated beverages, boxed fruit juices to avoid packing unnecessary calories and sugar. Adding a slice of lime, few mint leaves and some chia seeds to your water bottle helps you drink more water and keep your body cooler. Smoothies made at home with fresh fruit and unsweetened curd or milk along with some ice can make a good summer drink. The same blend can be poured into ice pop molds to get healthy summer treats as a replacement to fat heavy and calorie loaded ice cream.

Images from: HEAT-RELATED ILLNESS – Protect Yourself
> Goodfellow Air Force Base > Article Display (af.mil)
Mailz2kumar - Wikimedia Commons

REVIEW

STRAVA ART

By Sujai Antony and Sunder Nagesh

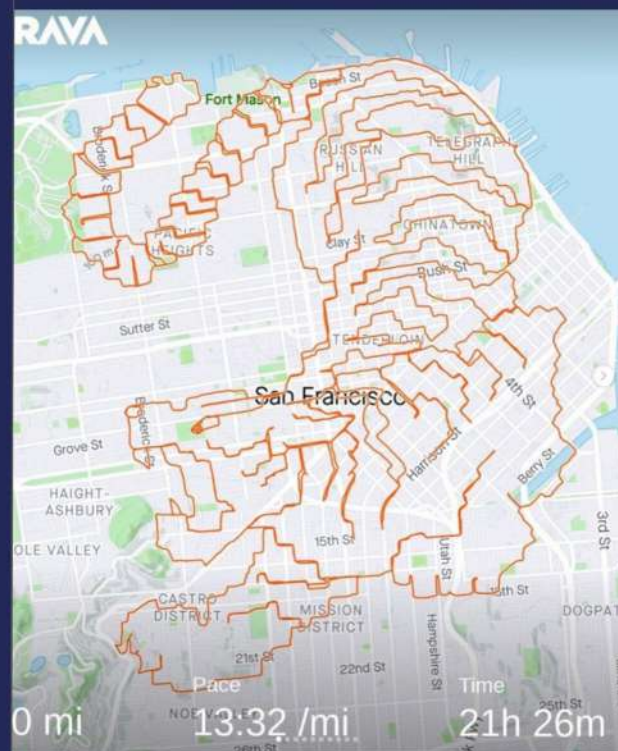
Tracking and uploading our runs and workouts to Strava has become an integral part of every athlete's running journey. So much so that for some of us - 'If it isn't on Strava, it never happened.'

Once uploaded, the activities are displayed with a map that traces that route one has taken during the run/ride. Over the years, many athletes have managed to express their creativity with their Strava activity to create 'Strava art'

Strava Art is made using your GPS to create a picture of your activity whether it's cycling, running, swimming, walking, hiking, skiing... anything really! The effort needed in terms of recce and then the final execution, not to mention GPS anomalies is high but the results are worth the toil!

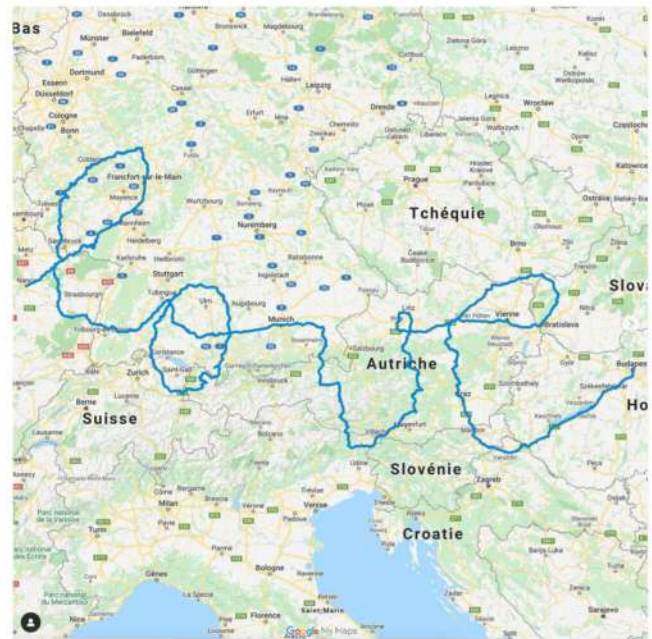
<https://www.strav.art/> is a repository of popular Strava art activities from across the world. Here, one can find some nice creations that could inspire you to give this a try.

Here are some of my favorites:

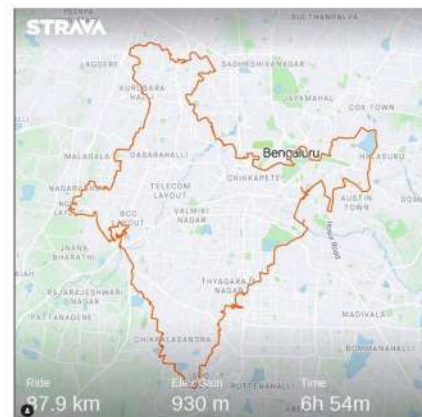


(@lennymaughan), has created this art over 4 days by running close to 95 miles! What is incredible is that it was made by running through the streets of San Francisco. A wrong turn would have changed the

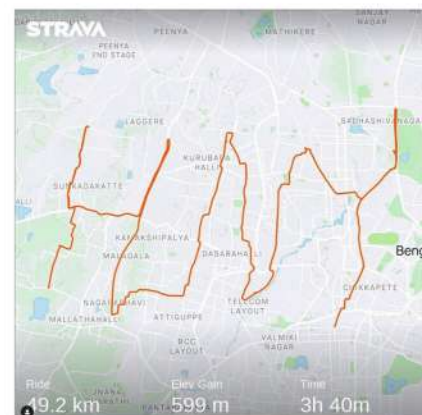
outcome. An amazing feat of endurance, concentration to create this activity.



Setting off on 1st September 2019 and finishing on 5th October the following month, @nicolassvegas and @pelliniugo rode a very scenic route from Nancy, France to Budapest, Hungary to create this world record for the biggest Strava art !!



Closer home, athletes have tried their hand with Strava art on Indian roads. Bangalore based cyclist Vikas Rupelia has been creating some great Strava art to commemorate various life and national events. Here are some memorable ones.



RUN-TITUDE: MINDSETS OF A MARATHONER ...IN THE FACE OF FEAR

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.

F.E.A.R.
has two meanings:
Forget Everything and Run
OR
Face Everything and Rise
The Choice is Yours

FEAR almost always feels real! Research shows that the human brain does not differentiate between what is real and what is imaginary. Even a thought is visualized just as though it really is happening. Studies show that when one is brought near burning hot coals, is asked to close one's eyes and told that their arm is gonna be touched by a hot coal and actually touched by an ice cube, the skin at that part burns!!! The human mind believes the hot coal bit and passes on that message to the body which responds in the same manner. That is the power of fear...

How does that connect to us runners??? As we set high reaching goals for ourselves, we need to stretch beyond what we believe we can do, to achieve those goals. Often fear can stop or derail us. For example, fear of failure, fear of being laughed at or being ridiculed. Thus, as runners we need to use FEAR to overcome our FEAR!

- **Family & Friends:** Most successful people have always said that they couldn't have made it on their own without the help and support from their loved ones. It is common knowledge that fear lessens when surrounded by people who love us. Strong relationships often form the foundation of the confidence levels with which one strides forward in life. Find running buddies through family, friends, or social support groups!
- **Emotions-in-check:** Human beings are said to be more emotional than they are logical. When one starts to fear any obstacles and hurdles, one needs to learn to manage emotions and set them aside for some time so that they can think of ideas and ways to overcome the obstacles in their path to success. Constantly be aware of your feelings which might be holding you back from going to the next level of pace and goals!
- **Attitude of Positivity:** Fear often tends to activate the many other negative emotions such as frustration, anger, irritation, anxiety, etc in us. It is thus important, in the face of fear, for one to have and sustain an attitude of positive thinking. It is often said that when one feels/believes positive, thinks positive, and does positive things, then positive things tend to happen to them. So, as you run, think "I CAN!" Think "IT IS POSSIBLE!" Think "HOW TO?"
- **Rapid action:** Many times, our mind and body are stagnated by fear. It is not just a metaphor that people say 'rooted in fear'. Often, a person's body is frozen and the mind cannot give it commands to function normally. In fact, one of the simplest ways to start breaking the impact of fear is to start taking immediate action. Just keep moving forward, one step at a time!

FEAR, it is said, is nothing but "False Evidence Appearing Real" and many times people are told instead to remember it as "Face Everything And Respond".

However, for us runners, it is good to remember another expansion of fear as "**Forget Everything And Run!**"



CURRENT HR ACTIVITIES

Train & Shine

HR Train & Shine 2022 - 2023 Registrations are now OPEN !!

Objective - Offer a guided comprehensive long distance training runners of beginners to intermediate level. To help runners train in a holistic way and prepare from base to race.

Hyderabad Runners Train & Shine training program will help your overall endurance levels.

Program Features

Weekly structured training plan
Strength & Yoga sessions
led by coach
Training Tips
Nutrition
Race Preparation
Motivation & Much More !

Duration & Fee

1 year - Rs 8500 + GST
6 months - Rs 6000 + GST
3 months - Rs 3000 + GST

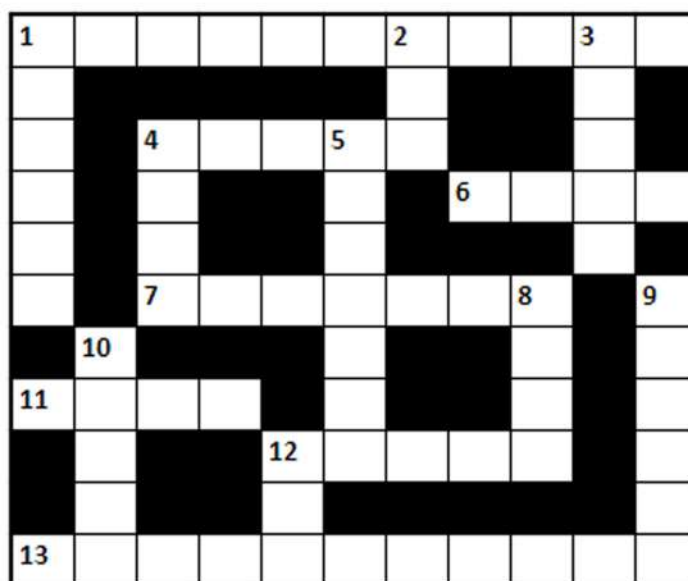
Training Locations -

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

Solution RUNDEZVOUS CROSSWORD # 8 General Sports



CROSSWORD #9



ACROSS

1. The risk of running in very cold places.
Wear extra layers to prevent this. (11)
4. Where you would ideally wear your
GPS device while running. (5)
6. This is what Pers Jepchirchir got at the
2020/2021 Tokyo Olympics. (4)
7. Edible seeds from the legume family.
High in protein. (7)
11. The Marathon Du Mont Blanc will
have you running in these mountains. (4)
12. The intersection of the Tibia, Fibula
and the Talus. Important joint for
the runner. (5)
13. The risk of running in extremely hot places.
Have enough fluids to prevent this. (11)

DOWN

- 1&4. When your body runs out of
glycogen stores to fuel you.
The Americans call it bonking. (3,3,4)
- 2&9. Scott Jurek's running mantra or
autobiography? (3,3,3)
3. The Florence Marathon country. (5)
4. See 1 Dn
5. See 12 Dn
8. The runners ground contact part. (4)
9. See 2 Dn
10. The crème de la crème of the
running community. (5)
- 12&5. Periodic assistance taken here
while running a race helps immensely.
(3,7)

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

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