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TRASH RUNS OF HYDERABAD RUNNERS



City youth on clean-up drive

Paid up with the inaction by the authorities, citizens take it upon themselves and remove garbage

By S. Srinivas

While the city keeps turning a blind eye to the growing amount of waste, citizens are taking it upon themselves and removing it. In the last few days, a group of runners, led by Srinivas, have been seen cleaning up the city. They have collected a large amount of waste, including plastic bottles, paper, and other debris. The group is now working to dispose of the waste properly.

In the city, the authorities have been slow to respond to the growing problem of waste. Citizens are taking it upon themselves and removing it. In the last few days, a group of runners, led by Srinivas, have been seen cleaning up the city. They have collected a large amount of waste, including plastic bottles, paper, and other debris. The group is now working to dispose of the waste properly.

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Members of Hyderabad Runners Club are seen cleaning up garbage from Bandh 2016 in Begumpet. Photo: S. Srinivas

MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

Greetings!

As we welcome the April sun, our ACs, coolers and fans must be working over-time. While I am sure that most of you would be in training mode, it would be good to re-evaluate your hydration needs during the long runs and plan accordingly. Do make sure that you have adequate quantities of water and electrolyte - not only while running, but later too, to aid your recovery. And while running, don't worry too much about your pace - the heat and the humidity tends to affect your pace adversely- so listen to your body and let it decide a comfortable pace for you.

This year the Boston Marathon is back at its regular time - the third Monday of April. Kipchoge isn't running Boston this year, probably conforming to his strategy to run only 2/3 races a year. And with Kenenisa Bekele out too, the field is wide open. This year the men's pro numbers of the Boston Marathon are the largest in race history. By the time this issue of *Rundezvous* is circulated, the Boston Marathon results and post-event analysis would be out. It'll sure make an interesting read!

We have runners diligently training for the upcoming Buddha Trails, Sandakphu, on the 1st May. Sandakphu would be very scenic at this time of the year, with the Rhododendrons and Magnolias in full bloom. Have a great race guys and enjoy the Kanchenjunga view too.

Like Boston we are also hoping for our regular Hyderabad Marathon in the August month only as per previous years.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

Summer in Hyderabad comes with joys and tribulations. This summer is no different with temperatures touching 40 Degrees in April on many days. Runners need to take due care, avoiding the heat and conserving their energies. And of course drinking lots of liquids.

One of the joys of Summer is the Mango, the king of fruits. Our Nutrition article features some yummy looking menus based on the Mango, ripe and unripe. The Yoga feature starts a new series of Asanas for strengthening the lower back. We also have a new feature: DocSpeak where a Doctor explains some of the medical aspects related to running. This issue features a cardiologist who happens to be a runner and his replies to questions from our Editorial Team

Trash Run or Plogging as it is called, is one of the regular runs on the HR Calendar. The Cover Story features some of the runs and in particular the Very first one in 2010, coinciding with the World Environment Day. It also features a write-up on the Plogging activity done by HR Runners in Keesara Mandal in April of this year.

The Runtitude feature tells you to do some Unlearning in your Running, while the Physio Feature tells you about your Running Sixth Sense. And the Training Feature talks about Running Cadence.

All in all a very informative April Issue.
Enjoy the Issue. Enjoy Summer



Vadali Prasad

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COVER STORY

TRASH RUNS OF HYDERABAD RUNNERS

By Vadali PRasad

The mission of Hyderabad Runners has been to promote running for fitness. But along with its mission HR has participated in many Community Building activities. Often such activities involve Managing, or participating in Runs for various causes. Examples include Runs for promoting Cancer Awareness, the Whitathon Run with LV Prasad Eye Institute and the runs in association with the Save Rocks Society.

One of the activities HR has pioneered is the Annual Trash Run. The Trash Run is a Weekend Long Run combined with a Clean-up activity in a chosen place in Hyderabad. The first Trash Run happened in June 2010 and was one of the first activities of the Hyderabad



Runners. The run and clean-up was in the Osmania University Campus & scheduled to coincide with World Environment Day 2010.

Report on the Trash Run 2010

On World Environment Day. 5 June, 2010
(From the Archives)

It all started with an innocuous post from Ram Kalyan with a link about a "Trash Run". I am sure everyone was curious about this "Trash Run". We have heard about easy runs, hard runs, hill runs, marathon runs, ultra runs but what is a "Trash Run"? The post took us to a link where some happy runners collected half a ton of Trash from the roadside while running. Maybe before, maybe after: whatever. Seemed a harmless enough activity, but it got our HR folks buzzing: What a great idea! We should do this man! Heaven knows there is enough trash & more in our city to employ the entire Boston Marathon. Maybe several Boston Marathons.

Anyway there the matter stood for several posts until that man of action Vasu put a plan, date, time & venue to the words. He said let us do it. Let us do a Trash Run in Hyderabad. The date chosen was the Environment day. The location was the OU campus: that Temple of Higher Learning. The Muhurat & the Location could not be more apt. What better than to clean up the Campus on Earth Day! The enthru HRs piled on, led by the enterprising Gopi & the OU clique. Yours truly volunteered too. Gloves & sacks were arranged. Car logistics were firmed up. A total of 20? HRs were on the spot at OU at the appointed time in HR T-shirts and other sundry attire. Bemused regulars at the Campus watched the antics of the HRs with interest.

Everyone was brimming with energy & the desire to clean. Where is the trash? Is there enough for so many HRs or will it turn out to be a damp squib with OU showing up as a model for the cleanest University in India? Would we end up filling a few sacks after 5Kms & retiring for Breakfast.

Such worries were totally misplaced. The run started at the Arts college where there was trash. It soon took us through the Landscape Garden....plenty of trash; through the trail .. ultra quantities of Trash; Past the Quarters.. more trash. Past several colleges....no shortage of trash. It soon became apparent that this Temple of Higher Learning produced more Garbage than Graduates, more litter than literacy, more Trash than.....well plenty of trash. I have run out of alliterations. This Temple of Higher Learning certainly did not think Cleanliness is Next to Godliness.

The HRs gathered at the College of Life Sciences after the 5k. After the ritual stretching & the ritual Joking & ragging of the younger HRs & sundry Brand Managers, the HRs got down to work. Gloves were Donned; sacks opened, photos taken. Were there enough bags? What kind of Trash to collect? There was plenty of variety: Plastic, Paper, Thermocole, Banners, Bags, Cups, Bottles? Should we pick up the trashiest trash or the long-lasting variety. It was decided to pick only plastic & Thermocole. Soon, everyone went about it earnestly. Thermocole filled up the bags too fast. Digging in the gutters produced plenty of trash. Poking around the Garbage Bin produced even more. Should you leave the trash around the Garbage Bin or collect: it was a million trash question?

After a half hour of work, it was clear that picking trash was not easy.



Trash Runs need a lot of organising. The material and equipment needs to be well planned. Considering that some waste can be potentially hazardous it is important that proper Gloves and footwear are worn.

It is a tradition among Hyderabad Runners that family members also participate as volunteers for many activities. It is good to see children taking part in many activities of HR, even when they are tiring and hazardous activities. It is important that DOs&DONTs are given as instructions before events such as Trash Runs to keep volunteering children out of harm's way.



Waste needs to be collected in strong garbage bags. It wouldn't do to have the garbage bags tearing because of the load or because of the sharp objects in the collected waste.



Often the Trash Runs produced tons of waste. The trash collected needs to be transported and disposed of responsibly. Suitable Garbage Vans need to be organised. GHMC played a part in some of the Trash Runs to help in transporting the trash responsibly.



Hyderabad is blessed with lakes. But lakes also become areas where trash is dumped, polluting them and the surroundings. After the first Trash Run, the other Trash Runs were held in cleaning up Hussain Sagar at Necklace Road and at Durgam Cheruvu.



All the organizing requires effort and dedication. It requires a champion to take up the task year on year. Vasu Nugala has championed the Trash Run for many years.



HRs Trash Runs also received due publicity from the Media. It is obviously important that such events get noticed and serve as inspiration from other community minded citizens also.



RUN FACTOID

EVERY DOG HAS ITS DAY

Sam Sudhakar

For eight years Spencer has been cheering on runners along the Boston Marathon course and became a celebrity in the process. Spencer is a Therapy Dog who visits Schools, Hospitals & Senior Living Centers. In 2020 Spencer faced a series of health issues including a cancerous tumour. He went through chemo and recovered.



During the 2021 Marathon, a runner asked if Spencer had a Boston Meda. When he found that Spencer did not, he took out a prized Boston Marathon Medal from his pocket and put it around Spencer's neck. Keep up the good work was his message to Spencer.

Few days before the 2022 Boston Marathon, Spencer and his sister Penny rode to the Fairmont Copley hotel in a limousine to attend a ceremony. At the ceremony, the Boston Athletic Association recognised Spencer, the Golden Retriever as the Official Dog of the 126th Boston Marathon and even presented him with a Bib.

Photo courtesy Boston Athletic Association

HR EVENT

TRASH RUN - KEESARA YADGARPALLY LAKE

By Sam Sudhakar

Seeking a new way to clean up the local environment? Consider "plogging."

Picture this: you're walking/running beside a lake, sunlight coming down and there's a slight breeze. Everything is beautiful and green around you but then you see all the empty bottles, snack packets, tiny bits of Styrofoam littering the ground. This is not a rare sight these days.

Erik Ahlstrom, a Swedish national, was living in a tiny Swedish resort called Are. Every day while walking his son to the school, he would pick up litter. He was upset at the trash on the street and soon started group clean-ups.

In 2016, he moved to Stockholm where the litter problem was worse. He started organising group runs with friends and collecting litter while they ran. They started having fun and slowly many started joining them. Within no time this spread across Sweden and a new word was coined for picking litter while jogging or running - Plocka upp (pick up) or Plogging.

A new international workout trend had begun. With social media this spread to other parts of the world. Groups of people, either fitness enthusiasts or environmentalists around the world now pick up trash while out running. A half hour of plogging burns 288 calories. A low-intensity exercise format. Good for the body and mind, and of course good for the environment.



Going for a run and cleaning litter may not be everyone's idea of a Saturday morning. On 9 April, nearly 100 individuals' incl. runners from the Hyderabad Runners Society, students, nature enthusiasts, senior citizens, teenagers, local villagers hit the lake bed of the quaint and scenic Yadgarpally Lake. They were participating in the lake clean-up organised by a group of nature lovers who call themselves Wanderlust, the local gram panchayat, the local village residents, municipal workers and ably supported by a large group of Hyderabad Runners.

The Yadgarpally Lake located in the Keesara Mandal was not a popular destination a few years back. But over a period of time this hidden gem soon became a weekend spot for youngsters and tipplers. Snuggled away from the city it's a perfect picnic spot. The visitors tend to carry water bottles, alcohol, snack packets and throw them around the lake. The area around the lake has been treated like a dump yard.

While on a weekend visit to the lake, the Wanderlust Team were astonished to notice liquor bottles, torn clothes, plastic waste and disposable plates all around the lake bed. They decided to do a clean-up and also met the local gram panchayat who were more than willing to lend a helping hand in the activity. The clean-up was announced on social media. Having received a good response and then the support of Hyderabad Runners, the plogging activity was decided for the 9th April.

Close to hundreds of volunteers descended on the lake periphery and began cleaning the lake bed for over an hour. Hand picking garbage, walking around the lake bed enthusiastically, the cleaning led to a collection of two tractors full of waste that was collected by the municipal authorities for proper disposal. Suri Penubolu, a senior citizen and runner from Marredpally who initiated this activity said, "The larger objective of any plogging activity is to make people realise that it is our basic responsibility to keep our surroundings clean. We are slowly poisoning ourselves and the non-humans around us. Plogging as an activity can be cultivated in every locality. It can also be replicated as a daily activity that benefits both individuals and their neighbourhoods."

While trash pick-up days are not a new concept, plogging can encourage a healthy lifestyle while decreasing the amount of litter in our public spaces. We are all responsible in some way or the other for the deleterious effects on the environment

These day plogging is becoming downright trendy, too, with Instagrammers snapping selfies with garbage and uploading the pic.

How can we all get involved as individuals or a part of a community? Start by finding a group to go plogging with. There might already be ploggers in your area. You just need a bag, a pair of gloves, and you're ready to go.

Cleaning up the planet has suddenly become cool.

HR 3SIXTY5 FEATURED GROUPS

1. Indira Park Tribe Runners

What sets Indira Park Tribe Runners apart?

What sets Indira Park Tribe Runners apart is its group dynamics. We believe in "All for the Group & Group is for All". We are a gang of like minded people. We run because we enjoy running. We enjoy greeting good morning to the sun and fellow runners. Running with friends is so much fun. It all began with Kouch 2 5k 2020 training. Initially we all started training together in Indira Park and we got so used to training together that we became a close knit group even after our graduation run. There is so much that we learn and unlearn from each other. We are competitive and fun loving whilst keeping in mind all the best practices of training. Be it cycling, swimming, trekking, strength training or yoga. You name it and the group is ready to pursue it.

Our motto

We hope and wish that many more people understand the significance of keeping fit and adapt these practices of running, cycling, swimming and other activities in their otherwise busy schedules, so that we can together build a stronger & fitter India. Together we are a SOLE family.



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

There are a bunch of folks who are very regular and they don't miss even a single day of training. We even have a few seasonal runners. We also have ultra marathoners who are our star runners. To name a few of our mentors, regular and seasonal runners - Sonu, Sampath, Shailendra, Soujanya, Anand, Pavan, Srinivas, Sangeetha, Jalsooria, Pratik, Shirisha, Veena, Deepak, Vishal, Sai Krishna, Om, Prakash, Farooq, Raghu, Chandan, Jigar, Ananth, Rishita

and many more who have made significant contributions to the group. Running with our group includes precious discussions about nutrition, diets, various methods of strength training and reinforcement of best practices like hydration, run-nutrition and running form.

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

Our favorite routes are running in Indira Park (it's like our home ground), Necklace road loop, Hill Fort road and OU campus for its lustrous greenery. IP - NTR Marg stretch is where we do our interval training, hill training on hill fort road and OU for our occasional SLRs. We love the Necklace road loop and it's our absolute favorite - be it SLR or regular training.



Whom to Contact?

Prateek +91 99497 54073

2. Midhani/DRDL Runners

What sets Midhani/DRDL Runners apart?

Midhani / DRDL Runners started as a result of supersaturation of the LB Nagar group. There was an inaugural run at Midhani that happened just before the pandemic (2019-20) when there were about 20+ runners from that area and few more from LB Nagar runners. Since the pandemic started the group had become inactive forcing the runners to do their own workouts at their own places and convenience. It had become tough to have the runners come together. With the Kouch 2 5K planned and executed in early late 2021 we had 5 new joiners who got trained and completed their 5k run.



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

Vishnu and Shailesh have become active and we wanted them to take the group to active mode again. There are about 48+ runners in the group now and not so planned events, but as a smaller groups and individually runners are doing their own workouts and posting their runs in the groups to motivate others.

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

There are beautiful locations to have long runs here. Since the area is mostly occupied by defense and research institutions/companies, the areas are very well maintained with a lot of trees and greenery. Especially from the Apollo DRDO hospital to Midhani, the route and even from there to Badangpet road are good places to run. There are a lot of unexplored natural places as well. This area has got a lot of



potential for identifying new runners from this area.

Whom to Contact?

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Giri : +91 99494 74871

3.Lanco Runners

What sets Lanco Runners apart?

Lanco runners was started in 2015 by a novice runner - Smita, who had just taken to running like fish to water. Her endeavour was to meet with like minded people since she had just moved to the city. Thanks to the Couch to 5k program - Lanco witnessed a surge of participants who were the quintessential couch potatoes. Despite an unfortunate accident that had Smita bed ridden - the group ensured that they graduated in time as a fitting tribute to Smita who has since then fully recovered.

Since then Lanco runners have participated in many events and hosted runs to support social causes.



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

We are blessed to have people who chose to be in the background and lend their inspiring energy to the sport. One such inspiring stalwart Rajesh Bung rose to the challenge of running the Comrades 2017 and returned with splendid timing and experience. Another special mention is for Ravi Setlem who now holds prominence in the Hyderabad runners society, takes speed to a different level with his accolades in the Masters Athletics. Vishwa Sanghvi is seen running in the wee hours of the morning and holds many achievements as a podium runner. Unassuming, silent and self focused only drives her to achieve more and become a better version of herself. The grit and commitment exuded by these runners continues to inspire many within the group. A very special mention to our coaches Avik Pal (podium runner) and Ravi Miska without whom we would have had many more injured running souls.

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

Lanco Runners usually are seen running in groups, as couples, trios with one of the favourite routes being the new Khajaguda lake - breathtaking view in the morning. Do come and check it out!



Whom to Contact?

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YOGA FOR RUNNERS

BACK STRENGTHENING ASANAS

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.

This is the first in a series of 6 Yoga Asanas for strengthening the back Muscles.

Yoga and running go hand-in-hand. You may not think your back has a big role in running, but it plays a pivotal part in the kinetic chain that powers running mechanics.

Your core muscles—not just your abdominals, but the muscles that wrap around your midsection—support your spine and lower back. Your core, hips, glutes, and hamstrings together form one big stability machine. Weakness in any one of those muscles forces the others to take up the slack.

If you have weak hip and gluteal muscles, for example, as they become fatigued during a run, your lower back is forced to work harder to keep you upright and stable, and you become vulnerable to injury. That's why it's important to include lower back exercises in your routine.

Runners should never ignore the back muscles. Your back keeps you upright and good posture helps you remain injury-free. The good news is that yoga can help you get rid of the pain, prevent injuries and even improve your breathing during your running sessions.

Backbends in particular are strong energizing postures. They tap into the circulatory system by increasing blood flow throughout the body, from the head to the toes. Instant energy. Backbends can excite the nervous system leading to an increase in energy levels and boosting your feeling of vitality.

GENERAL RECOMMENDATIONS:

Practicing the following back strengthening asanas is beneficial for anyone who sits for long durations, suffers from chronic back pain, or loves activities that don't incorporate a lot of spinal rotation, such as running, cycling, and hiking. Breathe deeply as you wring out your spine, and enjoy the added mobility, strength, and pain relief you experience in your back as a result. Keep your breath long, smooth, and steady. The deeper you breathe, the more length you'll gain in your spine.

Bhujangasana (Cobra Pose)



Benefits: It is an excellent asana to stretch and strengthen the back. It increases the mobility of the spine, strengthens spinal support muscles, and can help relieve back pain. It opens the chest and the front of the body.

How to Do It:

1. Place your palms flat on the ground directly under your shoulders. Bend your elbows straight back and hug them into your sides.
2. Pause for a moment looking straight down at your mat with your neck in a neutral position. Anchor your pubic bone to the floor.
3. Inhale to lift your chest off the floor. Roll your shoulders back and keep your low ribs on the floor. Make sure your elbows continue hugging your sides. Don't let them wing out to either side.
4. Hold it for 3-5 breaths and slowly return to starting position.
5. Keep your neck neutral. Don't crank it up. Your gaze should stay on the floor. People having any issue with their neck, keep their face straight instead of looking up.

TRIUMPHANT RUNNING THE PHYSIO WAY

THE SILENT 'SIXTH' SENSE - PROPRIOCEPTION

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

Has this ever happened to you???

You are walking or running, head held high, mind caught up in thoughts or the surroundings. Suddenly, there is that hole in the road. You try to avoid it, but unfortunately, your foot goes straight in!

Thinking back, how many times have you managed **NOT** to fall into such holes? It is surprising how your body stabilizes itself even without the mind explicitly telling it to do so? Enter our Silent 'Sixth' sense: Proprioception

Understanding Proprioception



So, how does that happen ???

It's not only your brain that can make you smart, but your feet too. They are directly connected to the brain via the nervous and proprioceptors. When properly educated, it makes them... intelligent!

Proprioception is the body's ability to control its movements by perceiving its own position in space. This is the sense that helps touch your nose with your finger with eyes closed or the sense that saves you from falling into the hole.

Why Proprioception Exists?

Imagine having to look at your legs as you walk and actively concentrate on putting one foot in front of the other. Running would seem impossible. With proprioception, you're able to do this almost without thinking. In the human body, there are many receptors called proprioceptors found in the muscles, tendons, ligaments, joints, and even in the skin. They send information to the brain, which responds by contracting certain muscles of the body to respond to instability.

Role of Proprioception for Runners

In running, proprioception allows optimal control of the posture, by working beforehand. At the beginning of a race, you easily have good and optimal posture and don't waste energy to stay upright. As fatigue sets in at the end, getting organized becomes more difficult. You tend to sag, be less "tall"; the stride marks more time in contact with the ground. This is where the proprioception work done beforehand is useful. It allows you to keep good posture for a longer time and helps maintain performance.

Improving Your Proprioception

1. **One leg balance:** With feet hip-width apart, weight equally distributed on both sides, lift the left leg off the floor, bend it back at the knee, hold position with good form for 30 seconds. Start with eyes open, eventually with closed eyes as long as possible.
2. **Single leg squat:** Stand balanced on one leg and squat as low as you can without losing form or toppling over. Pause for a second and push back up through your heel while squeezing your glutes.
3. **Crossover walk:** Stand straight with core tight and chin tucked in. Walk placing one foot in front and to the opposite side of the other foot. Observe the body continues to go straight forward. Reach the end, stand normally, turn around. Repeat 5 times.
4. **BOSU balance exercises:** use the BOSU ball to do squats, lunges, and leg rotations.

Include the above into your regular workout regime and you'll be on your way to improving proprioception and reducing the risk of injury and re-injury!

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

THE WHY AND HOW OF RUNNING CADENCE

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

Ever had to push yourself to walking/running faster by putting your foot down a greater number of times per minute to keep up with the ridiculously tall person beside you??? Well, then, you have practiced increasing your **cadence**!

Runners want to run faster, farther, and without injury!!! We can increase our speed by either (a) increasing stride length or (b) increasing stride frequency, i.e., **running cadence**.

Running cadence is the number of steps per minute while running.

How is cadence determined?

The number of steps per minute depends on several important factors such as:



1. **Runner's height:** Taller runners moving at the same speed as shorter runners tend to have a longer stride and a slower cadence. Shorter runners have to take rapid steps to keep pace with taller runners.

2. **Runner's biomechanics:** Moving one's arms properly, landing closer beneath themselves, and pushing backward improves hip biomechanics, makes glutes stronger, thus optimizing a runner's stride for every pace.

3. **Running elevation:** Running on an incline or decline affects cadence. Uphill running makes us increase our cadence as our stride length shortens. Downhill running decreases cadence as our stride length increases to keep our body controlled.

4. **Runner's Speed:** When a runner sprints, the number of steps per minute increases as against a normal run thus increasing the running cadence.

One's cadence can be determined by using a countdown timer or any wearable tracker or mobile app.

How to improve our running cadence?

Here are some commonly used running drills for improving running cadence:

- **Butt Kicks:** help improve cadence and improve quadriceps and hip flexor flexibility.
- **A-Skip Drill:** reinforces midfoot landing and helps to improve cadence and coordination.
- **Fast Feet:** helps improve our cadence while emphasizing proper foot placement and short ground contact time.
- **High Knees:** help reinforce midfoot landing, improve cadence and hamstring flexibility.

A few points to note while performing running drills:

- Running drills are a skill. If you are new to running, pay careful attention to form and posture.
- Most drills complete under 20 to 30 minutes. Start with shorter distances and as you build strength and efficiency, increase to the outer range limits.
- Never rush for the movement and always perform with proper form.
- Walk back to where we started before beginning the next drill. The walk back is important to slow the process and ensure we are not rushing from one drill to the next.
- Perform 2 to 3 reps of each drill.
- Take your time with each drill and if you find yourself losing form, stop and rest before continuing on with good form.

Taking longer strides tends to create overstriding and overreaching the landing. Contrarily, a higher running cadence is associated with decreased contact time with the ground, thus leading to better shock absorption. Increasing our cadence decreases our energy cost as well as reduces our risk of injury.

RUNNERS' NUTRITION

MANGO - THE JEWEL OF INDIAN SUMMERS

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Mango, the unofficial king of fruits, can double as a dessert in hot Indian summers. This is a fruit that comes in many varieties offering a wide range of colors, textures, flavors and tastes. Although the nutritive values vary between varieties, mangoes in general are high in simple carbohydrates. Mangoes can be excellent fuelling sources as well as post-run glycogen replenishers. These are also excellent sources of vitamin A, a potent antioxidant. Apart from being touted as a vitamin important for healthy eyes, vitamin A plays a vital role in maintaining a strong immune system as well as reproductive system. Eating just one cup of mango takes care of three quarters of our daily vitamin C needs. The polyphenols of mango are also helpful in controlling free radicals, thus helping our recovery after strenuous exercise.

Here are a few easy recipes to try in this mango season for extracting all the benefits this precious jewel of summer has to offer -

Mango beetroot salad:



The best recipe to use when you accidentally cut that half ripe mango because you can't wait anymore! The tang of mango helps avoid the extra salad dressings that are usually used to mask flavors of raw veggies. This salad can be served as a side dish with a meal or even as a snack. This salad can even be made in

advance and refrigerated in an airtight container for 6-8 hours.

Ingredients:

1/2 cup Half ripe mango (firm flesh, slightly sour), cut into small cubes, 1/2 cup Cabbage (green/purple), shredded, 1/4 cup Beetroot, chopped into thin sticks, 1/2 cup Carrot, chopped into thin sticks, 3-4 Mint leaves, for garnishing, A pinch of Chat masala(Optional)

Method:

Clean the vegetables thoroughly before cutting. Place the chopped veggies and mango in a salad bowl and toss gently to mix. Add chat masala if you like the flavor. Serve in a salad plate and garnish with a mint leaf.

Raw mango pachi pulusu:



A name that can be loosely translated to cold stew, this is a quintessential summer dish for a lot of telugu families. The preparation takes very little effort and time considering there is minimal cooking involved.

Ingredients:

2 tbsp* raw mango, finely grated, 1 medium onion, finely chopped, 2 red chillies, 1/4 tsp cumin seeds, 1/4 tsp mustard seeds, 5-7 curry leaves, A pinch of asafoetida (heeng), 1/2 tsp oil, Salt to taste, 1 tbsp jaggery (Optional), 2 cups water, Coriander leaves for garnishing

Method:

Heat oil in a pan on low flame. Add red chillies, cumin seeds, and mustard seeds. Once the seeds splutter, add curry leaves and roast until they become crunchy. Add heeng and turn off heat. Let it cool for 5 minutes and gently crush this mixture using a spoon to make a coarse powder. Add grated mango, chopped onion, salt and jaggery to this mixture. Mix well and add water. Add chopped coriander leaves for garnishing. Serve as a starter soup or as a meal accompaniment like rasam.

*Adjust the mango quantity as per your taste.

Mango basil seed pudding:



This recipe is a blessing for people who want to avoid added sugar and crave some dessert. Along with mango's nutrients, basil seeds add the extra fiber to keep the digestive system healthy and cholesterol in control.

Ingredients:

2 tbsp basil seeds, 1/2 cup unflavored soy milk or regular low-fat milk (Use only pasteurized milk)
1 cup Ripe mango

Method:

Soak basil seeds in soy milk in a refrigerator for 3-4 hours and set aside. Grind half of the mango pieces into smooth paste. In a serving bowl, layer mango pulp and soaked basil seeds alternately and top with chopped mango pieces. Basil seeds can also be replaced with chia seeds as per availability and reference.

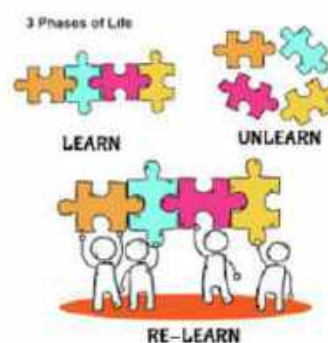
RUN-TITUDE: MINDSETS OF A MARATHONER UNLEARN TO RUN

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.

It is very important for runners to learn the right posture, training, techniques, and parameters to run at a good pace and injury free. In fact, over time, every runner has their kitty of what works for them and what doesn't, and it is a good set of guidelines to keep running long.



However, as time progresses, most of us get caught up in what we know and what we have learnt. With newer techniques and parameters coming out day by day and also as we age year by year, it is equally important for us to know what to unlearn from our kitty so that we can keep moving forward.

What are some of the aspects we should constantly question whether to unlearn?

- The running vs. walking polarity: should runners walk in between or should they run continuously?
- Pace vs. distance: is my speed per km more important or is my number of km more important?
- Strength training vs. running: should I run every chance I get or how should I balance my strength training and running?
- Intensity vs. consistency: is it about how much you do per day, or how consistently you do every day?
- The best shoes vs. barefoot: what works for whom, which is better, and how to train for them?
- Run injury-free or run to get free from injuries: many a time the mobility when one runs gives temporary relief to pain but on a long term is not the apt solution
- Psychological or physiological: as age progresses, one needs to be clear about what limitations are mental and what barriers are real

Often, the answer will be the right combination of both aspects mentioned in each point. Whilst we usually start off skewed towards one of them, we need to find a balanced approach that works for us and that needs conscious unlearning over time!

Unlearn to run...

DocSPEAK

RUNNER'S HEART

DR. MOVVA SRINIVAS, CARDIOLOGIST AND RUNNER

Answering questions from Sujai Antony and Sunder Nagesh

As runners, we all agree and have also seen the benefits that running can bring to the health of our heart. But, some of us panic when we hear about unfortunate instances of heart attacks and lives lost during long distance races. Recently, the death of a popular actor immediately after his workout was passionately discussed at various forums.

Seeing the varied opinions, the Newsletter team spoke to renowned city cardiologist Dr. Movva Srinivas, of Medicovert Hospitals. He has 15 years of experience treating heart disease. He is a fitness enthusiast and a student of Sanskrit and the Gita.

Excerpts from our conversation:

Q. What is the recommended duration of cardio exercise for a week:

There is a misconception, mostly with non-runners, that 'too much' running can damage one's knees. With proper form, muscle strength both the heart and the knees can take any amount of stress, provided the stress is introduced gradually. We have examples of runners traversing the Appalachian Trail in one stretch without break and the athletes get through these with minimal or no injury to their bodies.



Q. What are the changes that distance running can bring to the physiology of the heart? Are there any parameters that a passionate runner should worry about?

Consistent aerobic training for a long duration introduces some changes to the entire body and the heart. The heart gets more efficient in pumping the blood with smaller beats required to pump blood through the body. As a result, runners start to see a decline in their resting heart rate (RHR). Another common inference on the ECG for a runner is LVH (Left Ventricular Hypertrophy) and Sinus Bradycardia. While this can be a cause of concern for any non-runner, this is not a concern for runners.

Q. Although rare, due to the sheer number of new runners, we have seen some unfortunate instances of lives lost during races. What are some tests that a new runner should get to confirm he is 'race ready'? What are some warning signs that he/she must watch out for?

While running in general is not a risk factor, the problem in most if not all these cases is 'too much too soon'. I advise anyone attempting a run >5K for the first time to take an ECG and 2D ECHO test and get an assessment done with a good cardiologist. Besides tests for the heart, I also recommend testing their Hemoglobin, serum ferritin (iron levels) and TSH.

Q. Are there any other stats that runners should keep a tab by testing periodically? Should a runner consider taking an ECG before every hard run?

I do not recommend periodic ECGs. However, I suggest runners do regular blood tests to check for TSH, Vitamin D, B12, serum ferritin and fasting Lipid profile.

Q. What is your recommendation to runners recovering from COVID-19? When should they resume their training and what are the things to consider?

In my experience, people with lesser baseline fitness have suffered more with COVID. One can heal from the side effects of COVID-19 by gradually increasing their fitness levels with aerobic exercises. So, my guidance is - review the inflammation levels of the body (can be found by running the D-DIMER test). Once the levels get normal, you should start engaging in mild aerobic exercises and ramp up the efforts gradually.

Q. Any suggestions for veteran runners in terms of heart health?

There is nothing additional that runners need to take care of as they age. Just keep a tab on your lipid profile and vitals like Vitamin D, Iron levels and make sure they are adequate for your efforts.

Q. Does regular running influence/mitigate the risks of cardiac blocks in patients?

Although blocks themselves cannot be reversed with running, regular running will increase the endurance of the heart; it can endure the effects of blocks.

Q. What is your guidance to race directors in terms of personnel and medical equipment that are mandatory at races?

All races should have at least one DC Shock machine. Besides, the race should have a sufficient number of medical personnel who have undergone CPR training to assist the runners during any eventuality.

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

Outdoor Kids Summer Camp 2022

Outdoor activities are essential for children's development

A key part of outdoor play is physical exercise. Through physical outdoor activities, they can improve their speed, strength, stamina, and motor skills. This in return also supports the improvement of their self-image, self-esteem, and an awareness of their own body.

Recreation and Child Health (REaCH) is an initiative by Hyderabad Runners that aims to inculcate the importance of physical activity at an early age and promote a healthy lifestyle in children & young adults.

Outdoor Kids is a couch to playground project that promotes physical activity & healthy lifestyles in children outside of their school time. The camp aims to make kids more aware & empowered in making the right choices with regard to their bodies. Operational since 2017, this camp has been a great success.

2022 edition has gone live on 09th April at 13 locations in twin cities -

Aditya Imperial Heights | Aparna Cyberzone + Commune |
Aparna Hillpark Boulevard
Aparna Serene Park | Aparna Sarovar Zenith + Grande +
Sarovar + Cyberlife | L&T Serene County | Lanco Hills | My
Home Jewel | My Home Vihanga | PBEL City | Rain Tree
Park + Incor One City + Lodha Meridian | Sanjeevaiah Park
| SMR Vinay City | KBR Park

For more details about the program -

<https://www.hyderabadrunners.com>

Hyderabad Marathon

The Hyderabad Marathon 2022 is back to its original schedule in the month of August!

Yes, The Marathon Date for this year is 28-Aug-2022.

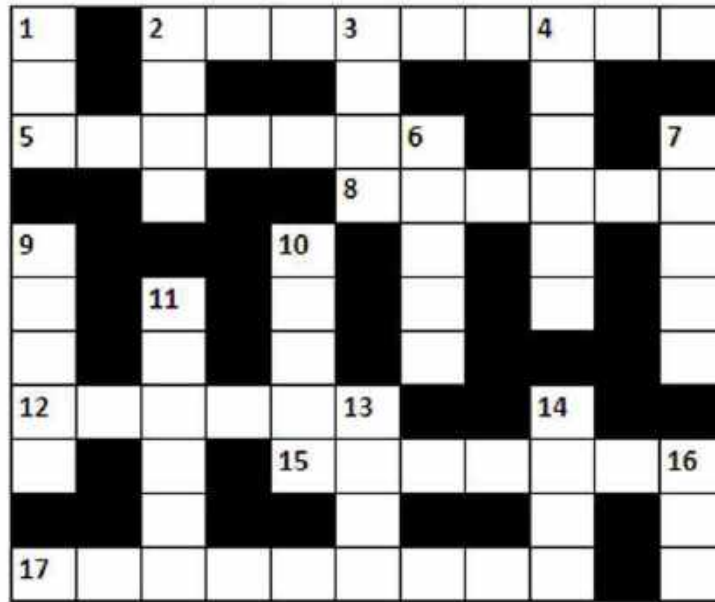
We will be having a 10K, Half Marathon and Marathon on Sunday, 28-Aug-2022 and the 5K Run will be on Saturday, 27-Aug-2022

Solution

CROSSWORD #9

1	H	Y	P	O	T	H	2	E	R	M	3	I	A
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T		4	W	R	I	5	S	T			A		
T		A				T			6	G	O	L	D
H		L				A					Y		
E		7	L	E	N	T	I	L	8	S		9	A
	10	E				I			O		N		
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	I				12	A	N	K	L	E		R	
	T				I						U		
13	D	E	H	Y	D	R	A	T	I	O	N		

CROSSWORD #10



ACROSS

- 1,2&12. The winners of the first IPL. (9,6)
 5. The nickname of the international team previously captained by the present captain of Royal challengers. (7)
 8&15. The maximum IPL title winning team. (6,7)
 12. See 2Ac.
 5. See 8Ac.
 17. Team previously known as Deccan Chargers. (9)

DOWN

1. Could be Purple or Orange. Matter of pride for one getting it. (3)
 2. The England skipper who is yet to debut in the IPL after going unsold in 2018. (4)
 3. First name of the explosive Australian wicket keeper who captained Kings XI Punjab. (4).
 4. The Andhra player who debuts for Delhi Capitals this year.
 (6) 6&7. The team winning 4 IPL titles till date.
 Xxxx__ (5,5)
 9. First name of the first CEO of Royal challengers.
 Director of Pro kabaddi League. (5)
 10. The ex-captain of the Royal Challengers. (5)
 11. The explosive CSL opener, winning the Orange cap in 2009. (6)
 13. Super International Cricket video game is played on this gaming system. Abbr (4)
 14. The Newbery Uzi, Mi3 Mongoose, the Black Cat Joker -are all types of ____ (4)
 16. The big hit! (3)

Created By: Prashant Morparia

Prizes to be given for the first three correct solutions.

Winners will get Hyderabad Runners Memorabilia

Email to: newsletter@hyderabadrunners.com

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