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MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

Greetings!

The Hyderabad Runners Flagship event, The Hyderabad Marathon, is back to its Last Sunday of August Slot after a gap of 2 Years. We all look forward to the event and should start preparing for the Run. After the Pandemic and the curtailed event of last year, we can expect the Marathon to come back in strength with its earlier energy. This year's Edition of the Hyderabad Marathon is scheduled for the 27th and 28th August 2022. This will be the 11th Edition of Hyderabad's premier running event.

HR's Train and Shine is also back with a new subscription for the entire Running year. This will definitely help everyone prepare for the upcoming events. I hope the running community will utilise the program by registering in large numbers.

As you are aware we have been celebrating the 15th anniversary of the founding of Hyderabad Runners this entire year. We will be entering our 16th year on 24th May 2022. I congratulate all Hyderabad Runners on this landmark and wish everyone the best of running. May we all continue to motivate and inspire one another in our running activities and to make Running as a preferred form of fitness for Hyderabad.

I congratulate the **Rundezvous** (NewsLetter) team for their 12th edition. I am thankful to the entire team who are working behind the scenes to give us useful information every month. Indeed, **Rundezvous** covers many running related topics like Yoga, Physio, Nutrition, Exercises, etc. I am also thankful to all writers who continuously focus on different topics.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

Hyderabad Runners are very sociable group. As they enjoy the company of fellow runners during and after the runs, they also learn from one another. HR has been fortunate to have had the company of runners from distant shores who have also enriched the running culture of Hyderabad. The cover story features three Expat Runners of Hyderabad and their stories. HR has also been fortunate to have runners from different parts of the country who have made their home in Hyderabad. The second story features one such runner: Avik Pal. He has had a meteoric running career over the last 8 years, starting as a newbie and progressing to become an elite runner who has won the Half Marathon in the Open Category in the AHM2021.

We have had two Signature events over the Summer: The Club Run and The Chudailathon. This issue features reports of both those events. We also have a Running book reviewed in this issue. Plus, of course, we have all our regular features too. Unfortunately, we don't have a Crossword in this issue.,

This will be the Twelfth uninterrupted issue of the Rundezvous and the Editorial Team is extremely gratified to be part of the adventure. We thank all contributors and all readers for participating and making the Rundezvous a success.

Enjoy the Issue. Enjoy Summer



Vadali Prasad

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Feedback and Contributions welcome.

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COVER STORY

THEY CAME, THEY HIRAN: HR's EXPAT RUNNERS

By Sagarika Melkote

They came, they saw and while they may not have conquered, they certainly cast a lasting impression and took back with them countless, beautiful memories.

We are talking about the many expatriate runners who made Hyderabad their home for a short while, became a part of the Hyderabad Runners and in doing so, ensured their names were part of Hyderabad's running community.

Hyderabad Runners is and has always been about inclusiveness and diversity – whether it be gender, religion, nationality - running is a great unifier. We have welcomed and cherished the presence of the expat runners within HR, learnt a little or a lot from each of them and we bid them farewell with a heavy heart when the time came for them to return home.

If each of these expat runners made their own special place within HR, they also took back a little piece of HR with them. Looking back, they all have fond memories of HR. We speak to three such runners, who have left Hyderabad a while ago but cherish and share reminiscences of their time spent with Hyderabad Runners.

Richard McDowell

Richard spent a total of five years in India, four of them being in Hyderabad. Working in the steel industry, he moved to Hyderabad to start a design office.

While he had some running experience, having participated in cross-country running at school and university, he never took it particularly seriously or achieved any notable results. He transitioned more to mountain bike racing during university and running was largely forgotten as cycling came to the forefront. When he moved to India, according to Richard "adjusting to the somewhat different mentality of Indian road rules wasn't too difficult, but I got to know the city very quickly and made a lot of friends through cycling with a local club." Through the club, he struck up a firm friendship with Sunil Menon, who was planning on competing in his first Half Iron Man triathlon, wanted a training partner. Richard was happy to join him and from then on Sunil and he were training most mornings for swimming, cycling, running or a combination of them,



He recalls the first run they did together was with the Hyderabad Runners and it was a matter of time before every Sunday morning was almost always a long run with the Hyderabad Runners. In his own words – "breakfast after runs or training was certainly a great way to reinforce friendships."

Competing in his first ever marathon in Hyderabad was memorable, and he had the privilege of starting at the very front with the elites. Richard confesses he ran his own race with a time target in mind (sub 3 hours), and was most surprised to be called to stand on the 2nd step of the podium to collect a giant cheque afterwards!

He has traveled all over India for cycle races and triathlons, but the only race outside Hyderabad was a half-marathon in Coimbatore. He was registered to run the Mumbai Marathon but unfortunately woke up on the morning of the race with a bad fever so had to miss that race.

Richard was born and raised in Edinburgh, Scotland, and has since moved back to London in 2014. He has continued my running journey joining a local running club and increasing his training, concentrating exclusively on running.

He has improved his marathon time to 2h 23m and has moved up to ultra-distance races, completing his first 100 mile race last year, winning in a time of 13h 43m.

Richard credits Hyderabad Runners for the foundations built in India and says he wouldn't be achieving the same results without them.

To him, Hyderabad Runners always felt like an extended family. Whenever he gets a chance to visit Hyderabad, he ensures he meets up with old friends for a run.

Brian Rasmussen

Brian is of Irish nationality and has been running regularly since 2007 when I decided to do a little bit of running to help me shed some pounds. He started with a 2K run and remembers that it took him twice as long to get ready and three times as long to shower after the run! At that time he thought 2K was an enormous run but once he started running regularly, the distances became longer.

About the time spent in India, he says "Fragrances in India are everywhere and magical. The friendliness of people is amazing."

Brian worked with TCS in Hyderabad for 14 months. It was an amazing experience as he had never worked outside of Ireland before that. The very first impression of Hyderabad was of course, the heat. But being from Ireland, it was also the lack of wind, Ireland is a very windy place.

Looking for a group to run with, his Facebook search led him to Hyderabad Runners. Having noted the time and place, he simply came along to a Sunday morning run. At first, Brian thought it was crazy getting up at 5:30am in the morning to do a 10K or 20K run, but he completely enjoyed it once he started. He recalls how everyone was friendly and welcoming.



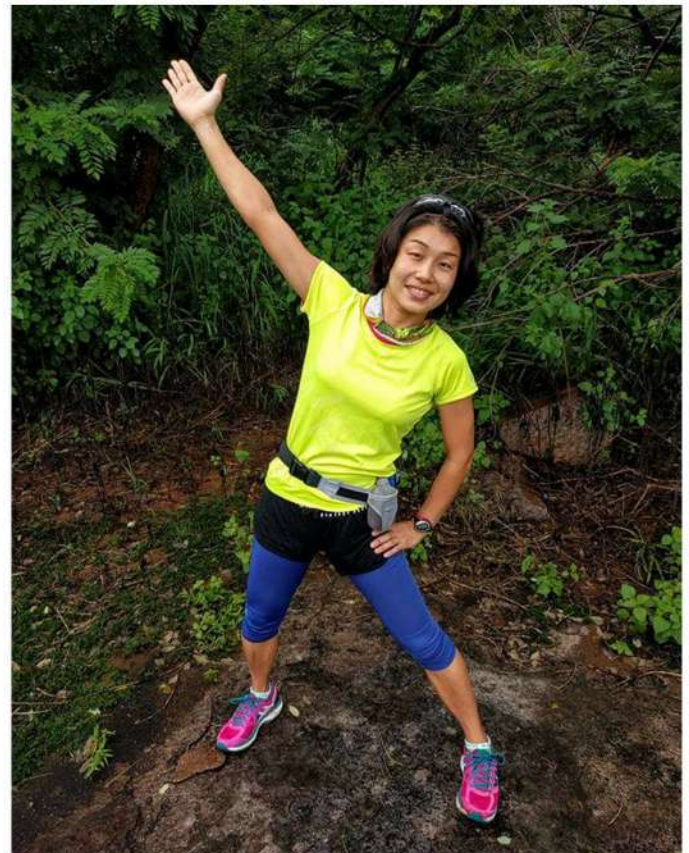
Amongst his fond memories of the time spent in India, Brian remembers traveling with HR to Auroville for the marathon. He calls it "incredible and unforgettable". He also traveled to Mumbai and took part in the marathon there. In his words – "The memory of running along the SeaLink and watching the sunrise was incredible, not to forget seeing the CST Train Station all light up at the starting line."

His favourite run in Hyderabad was the Two Lakes from Gandipet.

Brian has relocated back to Ireland. He still clocks an average mileage of about 30-40 km per week. He proudly states – "Once a HR Runner, Always a HR Runner"

Kanako Morita

Kanako comes from a family of sportspersons, her parents play golf and her two younger brothers play soccer and baseball respectively. She has participated in field and track events since she was a junior high school student, and her major was middle distance (800m, 1500m, 3000m) . In college, Kanako studied about motion mechanics and was member of triathlon club.



Kanako was born and raised in Tokyo. When she was 22 years old, she moved to northern Japan for her job, it was then that she got into Marathon running. After marriage, her husband's job assignment took her to Hyderabad, where she lived from 2014 to 2016. Her first impression was that people were kind and sincere, she also appreciates the fact that Hyderabad Runners motivated people to run.

A chance search on the internet led Kanako to the Hyderabad Runners website, and on contacting them, she found to her surprise, the founder of HR, Rajesh was her neighbour! Rajesh took her to KBR park for a run and during that time, explained about the history of HR and his passion for HR. Kanako confesses that she was amazed by his dedication and commitment to leading HR .

While she lived in Hyderabad, because of her residence being situated in the proximity of KBR Park, she usually went there for a run in the morning, also weekends run at any other places.

In 2014, Kanako decided to participate in the Mumbai Marathon. This was after she had just moved to Hyderabad. Even though she didn't know how to get there, the HR members helped me a lot so that she could run in good condition. She terms that particular event as her "best memory with HR".

What stood out for Kanako was that even though every running event came with its own set of challenges, the Hyderabad Runners never backed down and that kept her always impressed and motivated. Kanako calls HR a "very consistent running club" and appreciates them for creating a better city and trying to improve people's lives. Furthermore, she is sure that HR will be a more incredible running club in the future.

Kanako now lives in Virginia USA. She was into Yoga for more than 10 years and during the time she spent in Hyderabad, she got a yoga teaching certificate as well. She counts that among her memorable moments and she signs off with - Enjoy and build your running experience with your own running thoughts!

LENS ON HRUNNER

AVIK PAL, HRUNNER FROM BENGAL INTERVIEWED BY VADALI PRASAD

By his looks, you wouldn't think Avik Pal is a serious athlete. With his glasses and his polite smile, he is the prototype of a Software Engineer. But Avik has become one of the elite runners of Hyderabad Runners in a very short time. With a Best Debut in the HM at AHM 2016 to Boston Qualifying times of 2H:45M in the FM, Avik has been a revelation. His first place in the HM in AHM2021 with a time of 1H:19M has been stunning. Just 32 years of age, Avik has a long running adventure ahead. Here we talk to Avik and learn more about the man and his methods.

Tell us about your background and how did you come to be in Hyderabad

I am from a small town called Bongaon in the North 24 Parganas District of West Bengal. I come from a middle class family. I did my schooling in Dum Dum and my Engineering with an Academic Scholarship from Haldia Institute of Technology. I have been in Hyderabad since 2015 when I joined Wipro. Since last year I have been with Oracle. I have been married to Sudipta for 5 years.

Were you into Sports or Athletics in school or College? Is there a tradition of Sports in your family?

I was a sprinter in the 100/200 Metres. West Bengal has a club culture where sports and cultural activities are organised. I used to win the prizes for 100 and 200 Metres. I used to get Geometry boxes and Tiffin boxes as prizes.

I was selected for training at the Sports Authority of India campus in Kolkata as a sprinter. But I incurred an ankle Injury and was persuaded by my mother to drop sports in favour of studies. My mother was a State Level athlete in the Long Jump and 100 Metres and she is a constant source of encouragement in all my sports activities.

How did you take up Endurance Running?

My introduction to endurance Running was via the Spirit of Wipro Run in 2014. I did the 5K. Like most newbies, I thought of it as a Marathon Run. I bought the cheapest shoes online and ran in jeans. The shoes were oversized and slipping from my feet. I sprinted from the start line and was breathless and tired within the first 5 minutes. But I continued with a walk and ran every time another runner came close! I made sure nobody overtook me. That is when I saw stalwarts like Jagan participating in the run. I finished first, but by some misunderstanding I was given the Second Prize. I was so proud of it, that I slept with it under my pillow.

How did you get introduced to Hyderabad Runners?

Hyderabad Runners were part of the Spirit of Wipro Run. Subsequently, I joined the Google Group and took part in the first SLR for a 21K where I sighted the fast running Sunil Menon. Srinivas Reddy Yeruva and Raghu Peethanmabram guided me in the initial days.

Where do you run and who are your running buddies?

I do most of my runs in BHEL because of the nice shaded roads. I run sometimes with Surendra and Ash Acharya.

In these 8 years what has your Running Journey been like?

I did the HM in AHM 2015 with a time of 1H:42M and was awarded the Best Debut HM prize in the Runners' Evening. I also got the 3rd prize in the Club Run 2015 in the 10K, my first timed 10K. I was also in the 5th Place in the Chennai Marathon 2019 in the FM Open Category with a time of 3H:06M. My most memorable event was the Delhi Marathon where I did my first sub 3Hour with a time of 2:59:51. My watch showed 3 Hours, and I was in a state of suspense until I got the official SMS. Winning the second position in the Bengaluru Marathon in 2021 with a time of 2H:52M was special. In the FM I progressed from 3H:52M to 2H:45M, while in the HM I progressed from 1H:42M to 1H:16M. I was awarded the Best Runner Male in the Runners' Evening 2019-20.



What are your Running Goals & what training methods do you follow?

I have no special goals. I aim to improve by a few seconds in every Training Run. I am confident that with these steady improvements, I will do well on Race Day. I have designed my own strength training and follow that diligently. I minimise time spent on distractions like TV and Social Media. I run 5 or 6 days a week with at least 3 days of Strength training. A normal week has 60-70 KMs of running, going up to 80-90KMs pre-race.

I am a vegetarian and enjoy basic home food. But I discovered I used to feel tired after my runs. I was advised to supplement my protein intake with Plant Based Supplements.

I take Electrolytes, with Magnesium particularly, after each run and depend on Gels during Races.

What have been your learning's for Race Day Preparations?

I learnt to be more disciplined with my pre-race preparation such as punctuality, hydration and a good sleep the night before. I also learnt to pace myself better.

Who have been your mentors and supporters?

My Mother has been my mentor from the beginning. She inculcated discipline and good values. Being an Athlete herself, she has encouraged me in my running.



Mr. Vijayaraghavan of FastandUp has been a good supporter, mentor and run partner. He helped me with my diet and with my pre-race discipline. I have also been trained by and mentored by Mr. Kodandapani of Bengaluru.

I have been particularly lucky to also receive lots of support from my Manager in Wipro from the earliest days. In fact, he would get my Protein Supplements from the US because he understood my requirements. My wife Sudipta supports me a lot. In fact she does all the registrations and bookings and helps me in my diet.

What is your running style?

I believe a runner's style should be natural with a good swing of the arms. A runner should not lean forward or

back, should not land on the heel. A runner should enjoy running.



Have you had injuries?

I had a Hamstring Tear that kept me away for a Month and a Partial ACL Tear that needed 2.5 Months to heal. Injuries are due to ignoring strength training in the initial days and also due to trying something new with over excitement.

What advice do you give other runners?



Set your own goals. Don't compare yourself with others. Trust yourself. Don't rush. Respect distances and train well

What do you think of HR.? What has been your involvement with HR activities?

Hyderabad Runners is like family to me. I discovered myself through HR and HR has given me credibility. In

Finally, what do you think of Hyderabad?

Hyderabad is a city of opportunity with soft spoken people. I enjoy Hyderabad a lot.

HR EVENT

CLUB RUN - 2022

By Sunder Nagesh

Date: 20th March, 2022.

Venue: The University of Hyderabad campus

Categories: 10K and Half Marathon

Start times: 05:30 AM (Half Marathon) and 06:00 AM (10K)



The annual Club run returned to its original venue, the University of Hyderabad (UoH) campus. The 13th edition of the Club Run was held on 20th March.. Last year's Club Run in 2021 was held at Gaudium School near Kollur.

As the COVID-19 situation eased after the 3rd wave, events started making a comeback and Hyderabad Runners also thought that it was an opportune time to bring back the much famed Club Run. The participants were required to submit their vaccination proofs while registering for the event and in case of any deviations, a medical certificate was required.

The running community in general has been robbed of all the running events in the last couple of years, all thanks to the COVID-19 outbreak. The Club run is usually the season ending run (that starts with our Airtel Hyderabad Marathon) but this time it was different. It kind of heralded a 'mini' running season where different running events followed the Club run.

The Club Run Expo was held at the Premia Mall in Irrum Manzil on the 19th March (a day before the event) from 10:00 AM to 05:00 PM. The Expo also had a drop-off point by Goonj (NGO) where runners could donate used clothes, especially Tee shirts, Jackets, Woolen, Footwear, Toys, Books & Stationery.

The event day saw enthusiastic participation from the Hyderabad Runners community; over 1200 runners participated across the 10K and the Half Marathon segments. The 10K category had nearly 700 runners while the Half Marathon had nearly 500 runners.

Owing to rising temperatures, the run was advanced by 30 minutes. The Half Marathon which was supposed to start at 06:00 AM, actually started at 05:30 AM while the 10K run started at 06:00 AM instead of the initially planned 06:30 AM start.

Runners started to arrive at the venue from 04:15 AM onwards. They were required to park their vehicles near the UoH campus entrance and walk nearly a Kilometre to the start point.

The starting point of the race was the Sukoon ground inside the UoH campus. The stage was all decked up and the Zumba instructor helped the runners warm-up before the run. The atmosphere was just electric.



The Half Marathon was flagged off by the race director Srinivas Munipalle, a senior runner and a Comrades finisher. He also served as the race director for the 5K event of the recent Airtel Hyderabad Marathon. The 10K run was flagged off by Sri. B J Rao, the Vice Chancellor of the University of Hyderabad (UoH).

The UoH campus is a favourite place to run for a lot of us and this time it was no different. It's a near flat route. The runners enjoyed the lovely weather and the pleasant environs. The overall route is 10 KMs long and people doing the Half Marathon had to do two rounds of the same (plus a little extra).



The SAG stations were placed around 2.5-3 KMs apart and were adequately equipped with the necessary items and the volunteers ensured that the runners got the best experience of the course. Each SAG station had items like bananas, oranges, dates, salt, water, electrolytes etc.

The doctors from the Care hospital were ready in case of any emergency. Two ambulances were also stationed at strategic places so as to act swiftly in case of any eventuality. However, the event passed off without any untoward incident, giving a breather to everyone involved.

As the COVID-19 situation eased, the organizers decided to treat the runners with hot breakfast instead of packed food. The runners were offered Chakkara Pongal, lip smacking Upma, Idly and bananas. The runners relished the breakfast. The volunteers cleaned up the race route and the start venue immediately after the event.

It was a joy to watch the runners take to the field in such numbers. It always is a risk to come back and take to the field after coming back from such a pandemic. One thing was very evident - the runners were more than eager to participate in the event and meet and greet other runner friends. They were all missing the opportunity in these last 2 years.

Like always, the field threw up some interesting numbers and below is the list of 'open' winners.



Half Marathon Women:

- 1, Vadde Navya - 01:41:22
- 2, Vishwa Sanghavi - 01:49:25
- 3, Sunima Dila - 01:55:43

Half Marathon Men:

- 1, Avik Pal: 01:18:06
- 2, Surendra Paravada 01:24:08
- 3, Ash Acharya: 01:25:31

10K Women:

- 1, Gandeti Rajamani - 00:58:02
- 2, Swarna Latha - 00:58:51
- 3, Kamala Kunal - 01:00:06

10K Men:

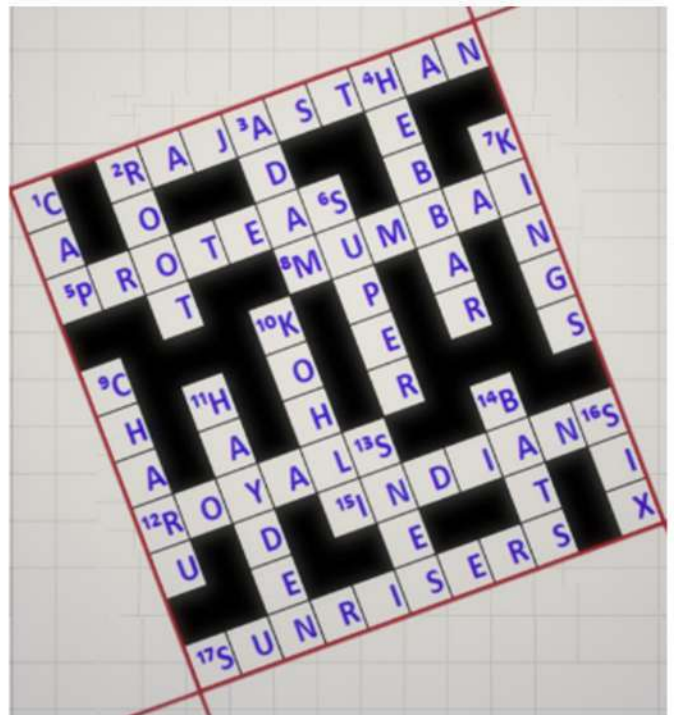
- 1, Chaudhary Balmiki Sharma: 00:40:01
- 2, Nithin Chandra: 00:43:48
- 3, Ade Vinith Kumar: 00:46:46

Winners were also recognised in Veteran, Super Veteran and Senior Veteran categories across men and women in both the Half Marathon and 10K categories. All the winners were given specially made plaques.

The Hyderabad Runners society would like to thank everyone who supported us in conducting the event - the UoH campus authorities, the student community, the campus watchmen, and our volunteers for always being there.

Many thanks to our hosts, the University of Hyderabad (UoH), our Electrolytes Partner FastandU, and our Caterers, Godavari Caterers et al.

Solution CROSSWORD #10



HR 3SIXTY5 FEATURED GROUPS

1. Hitec City Runners

What sets Hitec City Runners apart?

Passionate enthusiastic group where the motto of all is to enjoy every step of the runs be it Easy runs or Speed runs or weekend long runs. It's all about trust, team spirit and friendship which keep us going. Our passion and love towards running got us to give back to running by conducting THE HITEC RUNNERS ANNIVERSARY RUNS for two years successfully. We call it "Celebration of Run"

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



We have given nicknames to most of our runners such as:

Senior Trimurtis (Nithin, Suresh & Kaladhar)
Junior Trimurtis (Tarun, Saikanth & Baleshwar)
Lady Trimurtis (Santoshi, Sirisha & Suneela)
And the senior of the pack, Ram who motivates everyone to be regular.

Other than these, we have Mr & Mrs Gupta, Mr & Mrs Dibon, Ramprasad, Veda, Satya, Wajid, Aashish, Ratan and Shravan as our regular runners.

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

Forget about the woods here, we only have concrete jungle around us. Despite that, on a positive note, we love this area's infrastructure that has many uphill and downhill which makes it a little different from the regular routes.

The weekend-long run tradition of Hitec City Runners is to run on the cable bridge route which no one misses. Otherwise the regular route is fixed starting from Hitex crossing through all major company roads like Oracle, HSBC etc, until Hotel Lemon Tree and back to Hitex.

Selfie is a mandatory with the group once we touch the cable bridge



Whom to Contact?

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HR EVENT

CHUDAILATHON - 2022

By Ravi Setlem

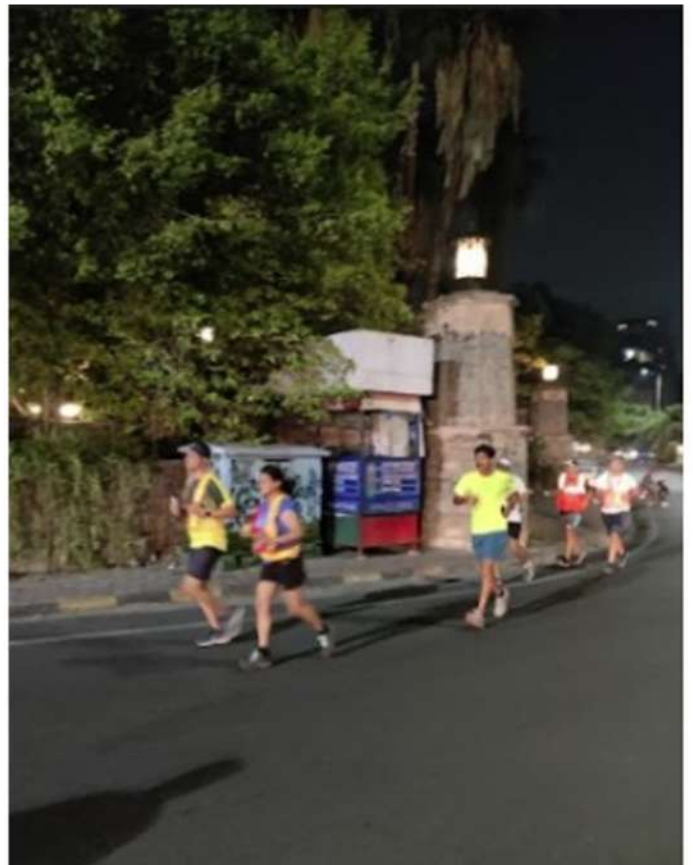
Each one of us has a dark side that reveals itself in different ways. Runners are no exception. Probably on Friday the 13th, they hatched a plan to transform the normal SLR into a creepy one. The Sunday long run held on the 15th May had runners throng to KBR park in the afterhours. What business do a bunch of runners (nearly a hundred, actually) have at the ungodly hour of 3 AM? Well, the Indira Park Runners and Sanjeevaiah Park Runners invited the Hyderabad Runners for this unusual SLR. And boy, how the skeletons tumbled out of their closets and vroomed on their brooms to make it to the start point!!! With their soles at the restless best, they spooked the neighbourhoods around Banjara hills, Khairatabad, Tank Bund before completing the spiritual journey at the Mornington Cemetery at Trimulgherry. The Indira Park and Sanjeevaiah Park runners ensured that the runners were fed to look their wicked best!!



The soon to be departed soles



A chilling welcome to the runners



Off they go
On course nutrition



The final destination:



RUN FACTOID

THE BOSTON MARATHON WEDDING

Sam Sudhakar

Susie Eisenberg-Argo and Dave Comstock were a loving couple who met each other at a running club in their hometown in Texas.

During the 2013 Boston Marathon, Susie was just 30 seconds away from the finish line when the first bomb went-off while Dave was waiting at the finish line for her. The same year Susie was diagnosed with breast cancer. She recovered well and was back to running.

Both had a strange connection with the Boston Marathon, while Dave ran it 8 times, Susie ran every edition since 2004.

They both qualified for the 2018 Boston Marathon and decided to run it together and do something more.

At mile 20 both of them stopped at a particular spot. Soon, their friends and families (about 30 of them) gathered. It was raining. Both of them covered themselves with the garbage bags to stay dry. The Police on route made a small opening in the barricades besides the route. Susie and Dave stopped running for about 20 minutes during which they exchanged vows, got married, greeted their family members and friends and then completed the Boston Marathon.



How it started!

Ten years ago – Kushwanth Koya, A Hyderabad Runner found out that he was actually a bad Mr. Hyde and couldn't rest around midnight like most of us normal people do. Most runners either overpronate or under-pronate but Kushwanth discovered that he actually reverse-pronated. As he was stepping out to run – his mother wondered what he was up to. He replied that he is going out for a run. He was reminded that this is the hour when witches or "Chudails" roam. The name stuck and the run was satanized to Chudailathon ever since.



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 second 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.

Salamba Bhujangasana (Sphinx Pose)



Benefits:

- **Deep backstretch:** This therapeutic asana can help counteract a sitting or hunched posture, opens up the lower back, and stretches the psoas muscle in the hips.
- **Tones the glutes:** Sphinx pose encourages yogis to tighten their gluteus muscles, which help support the pelvis, hips, and spine.
- **Strengthens back muscles:** This pose can help relieve back pain by opening up tight areas around the spine and strengthening them at the same time.
- **Good preparation for deeper backbends:** Since your forearms support you in sphinx pose, it's a great preparation to begin gently practicing deeper backbends like cobra pose or upward-facing dog

How to Do It:

1. **Lie on your stomach.** Lie on your stomach on your yoga mat and push your pubic bone towards the earth. Place your elbows directly underneath your shoulder blades.
2. **Press firmly into the legs.** Press the tops of your feet onto the mat and engage your kneecaps and quadriceps.
3. **Lift the upper body.** On an inhalation, press firmly into the palms of your hands and forearms and lift your upper body. Create space between your neck and shoulders and reach forward through the heart. Keep your gaze neutral and press yourself up to your comfort level.
4. **Breathe and hold.** Breathe deeply and consistently, sending your breath to any part of your body that feels tight. Let your forearms support you and hold the pose for up to one minute. Focus on your alignment and breath quality rather than the depth of your backbend.

TRIUMPHANT RUNNING THE PHYSIO WAY

BAREFOOT RUNNING – A SCIENCE AND AN ART

By Dr. Shruti Desai



Founder of The Panacea Centre with over 11 years of experience. A certified yoga & Pilates instructor, and Hyderabad's first NKT certified practitioner.

Yaawn.... 4am alarm off... Stretch body... Freshen up... Wear running shorts... Put on a comfy t-shirt.... Music on... Warm up... Set Garmin to start... Tie shoelaces...

Wait!!! Whaaat!!! NOOOOOOOO! No Shoelaces... in fact, no shoes at all!!!

No shoes??? How then would we run on the roads and the trails??? The answer? Barefoot! ...with the sun on our face and our feet kissing the earth!

What is Barefoot Running?



Barefoot or minimalist running promotes an idea that totally goes against the grain of how we've been told to run for decades and what we should be wearing (or not wearing) on our feet when we're eating up those miles.

So, what is barefoot running? How does it differ from putting miles in a pair of running shoes, and how can you make the transition?

Barefoot Running in its purest form, is exactly what it sounds like it is, the act of running without any footwear with your feet firmly against the ground

Minimalist running shoes are shoes that, compared to "traditional" running shoes, more closely mimic the way we naturally run when barefoot while still providing some protection from hazards on the ground and have minimal amounts of cushioning.

The idea of running barefoot or in a pair of barefoot running shoes is to promote a way of landing on your midfoot of the sole or the forefoot as opposed to the heel. This way, it helps develop a more 'natural' gait humans were designed with.

Benefits

1. Gets Small Stabilizer Muscles to Work

One of the most relevant stabilizer muscles is the hip stabilizer, Gluteus Medius. It enhances one's running performance by maintaining proper biomechanical function of the lower body during running thus preventing injuries at the hip, knee, and ankle

2. Improves Balance and Proprioception

As your stabilizer muscles strengthen during running, it will better activate the mind-body connection, deepening your awareness of the muscle groups that must be activated to support the twists and inversions, improving your balance in time.

Remember,

- Running surfaces play a major role while going barefoot. Transition gradually from running with shoes to running with minimalist shoes to running on sand to running on a track.
- Barefoot running on sand will keep your strides smoother and allow you to land on the forefoot or midfoot which allows your arches to act as natural shock absorbers.
- Combining barefoot sand running with your normal running regime can mix up your foot strike which can strengthen all foot muscles, joints, and ligaments.
- If you are recovering from or currently living with an injury, the uneven surfaces and unknown variables during barefoot running can set the table to aggravate or reaggravate a condition. So, get a thorough gait analysis and address any faulty foot mechanics before venturing into barefoot running.

Many runners today are thus, preferring to run by getting closer to the ground.

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

SWIMMING 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.

"Et tu, Brute?" exclaimed my running buddy one morning as she saw me walking towards the community pool with my swimming gear.

As I smiled and entered the pool, I couldn't help pondering how switching to an alternate cardio workout a few times a week can be compared to the huge deception Caesar felt from his supposedly most trustworthy loyalists before his death! More so because **the fitness trainer, marathoner, and passionate runner in me knew that taking to a swim once in a while definitely increases my running capabilities!**

So, it's time for runners to embrace swimming. This practice of engaging in different types of exercises to improve fitness or performance in our core passion of running is called cross-training. It takes advantage of the particular effectiveness of one training method to negate the shortcomings of another.

As runners, we prefer sports like badminton, soccer, biking, climbing, and strength workouts as forms of cross training. Even when they do not fear water, many still don't choose swimming as they feel it slows them down or that it is relaxation and not training.

WHY SWIMMING?



During high intensity training, swimming is one of the best cross-training and low impact exercises that:

1. reduces stress on muscles, ligaments, tendons, bones, and joints due to buoyancy
2. helps the musculoskeletal and cardiovascular systems, metabolism and the brain
3. supports both strengthening and rehabilitation
4. decreases muscle imbalances caused by regular runs
5. improves muscular balance and mobility
6. supplements runners' training plans

Swimming is as intense an exercise as running, yet done with lower heart rate, thus relaxing our cardiovascular system.

SWIMMING WORKOUT FOR RUNNERS

- + Warm up before you enter the pool
 - Arm circles, forward (15) , backward (15)
 - Jumping jacks (15)
 - Spot sprint (1 min)
- + Warm up inside the pool
 - Breaststroke (to and fro) OR Walk in the water with your arms flowing back and forth like you do during a march past
- + Main Workout
 - Breaststroke (one way) and butterfly (return) (25m each)
 - Repeat the same for 4 times
- + Cool down
 - Backstroke 2 times to cool the body and mind. Try not to stress your hands. Slow movements on legs only

I recommend swimming twice weekly, in the evenings, as our body is already warmed up.

BENEFITS OF SWIMMING FOR RUNNERS

Swimming is a great way for us runners to cross train. It

- helps to remove our fatigue
- aids us to recover from injury faster
- improves cardiovascular performance so helps us to run faster
- controls our breathing in both inhalation and exhalation
- strengthens our leg muscles with constant kicking in the water
- gives a strong calf, toned hamstring and quadriceps muscles

Aqua jogging and spot jogging in the pool improve running form and posture!

** Ensure a coach / lifeguard is around when you enter the pool. Do not practice this on an empty or full stomach. If you feel high pain/discomfort, stop and consult your physical therapist or doctor*

RUNNERS' NUTRITION

EATING HEALTHY

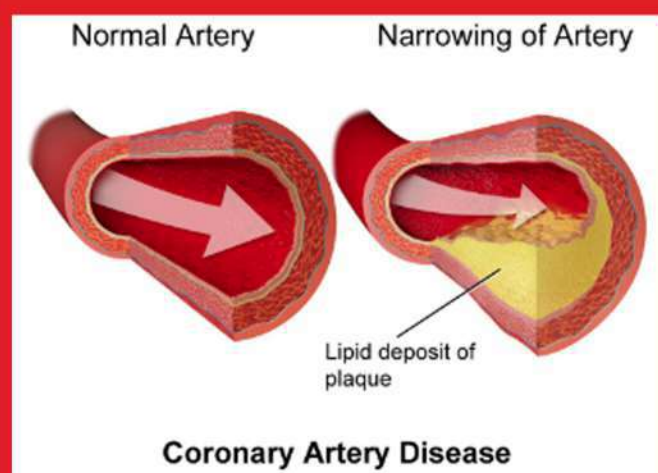
Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

"We are training for a marathon; we can eat all we want and as much as we want!". This was a casual statement made by a fellow runner during one of our training sessions. It is true that as the training effort and volume increases, more calories are needed to maintain the energy levels as well as weight. However, a good diet does more than just provide calories to maintain weight or provide energy to run. Diet has a profound impact on performance. Not only your race day diet and training diet but also your regular diet can make or break your race results.

Eating healthy doesn't mean obsessing over everything you eat and counting calories in every morsel/spoon. It means including generous amounts of healthy foods in daily diet and having a little restraint when eating foods laden with unhealthy fats and sugars. Yes, someone who just ran 20 km as their Sunday long run needs to eat an extra 800-1000 calories during that day to maintain their weight and recover well. However, the food choices they make to obtain these calories will determine whether those extra calories will be beneficial or detrimental to the person.



Foods high in refined fats, saturated fats, trans-fats or natural fats, all provide high calories. But, only foods that are high in natural fats provide the essential nutrients and contribute to improved heart health. Most purchased snack items, bakery foods, those biscuits

that go along with post-run chai, cookies, ice creams etc. are loaded with unhealthy fats- when consumed on a regular basis, cause plaque (blockages) in blood vessels. This hinders the blood circulation, negatively impacts oxygen supply to the cells and thus compromises the performance during training as well as on race day. On the other hand, foods such as nuts, seeds, avocados, olives, coconut etc. that have high amounts of natural fats help prevent plaque building. These foods also provide natural antioxidants that help in fighting oxidative stress created during high volume and intensity exercise. When training volume increases and there is a demand for extra calories, choosing naturally calorie dense foods can protect long-term health.

Sugar is another popular item in most runners' favourite food list- whether it is in the form of sweetened beverages, fruit juices or in the form of a dessert post meal. The taste of intense sweetness usually offered by foods with added sugars activates brain centres connected with addiction. That is why it is so hard to give up sugar once it is made a part of a regular diet. The worst part is, the more sugary foods one eats, the more one craves for such foods. It is also quite easy to go overboard with portion sizes when it comes to desserts, energy bars and such when compared to naturally sweet unrefined sources like fresh fruit and dried fruit. It is true that regular exercising helps in better regulation of blood glucose. However, having foods with added sugars on a regular basis does more damage to the already stressed systems of the body. Usage of energy bars, energy gels, drinks and such should only be limited to pre-workout, intra-workout and occasionally post-workout as per requirement. They should never be considered as healthy snacks that can be consumed on a regular basis.

It is important to get an estimate of what one's calorie needs are on a rest day, moderate activity day and intense activity day so that the intake can be adjusted accordingly. When excess calories are not regulated during rest days and tapering weeks, they will end up as that stubborn extra weight that hinders progress in performance. The food choices too must be made carefully to include a variety of healthy options of grain, pulses, vegetables, dairy, nuts, poultry, meat, fruit as applicable. This will not only help you stay healthy but also reap better benefits of your training on race day.



Remember- we cannot outrun a bad diet!

RUN-TITUDE: MINDSETS OF A MARATHONER

EMOTIONS IN RUNNING

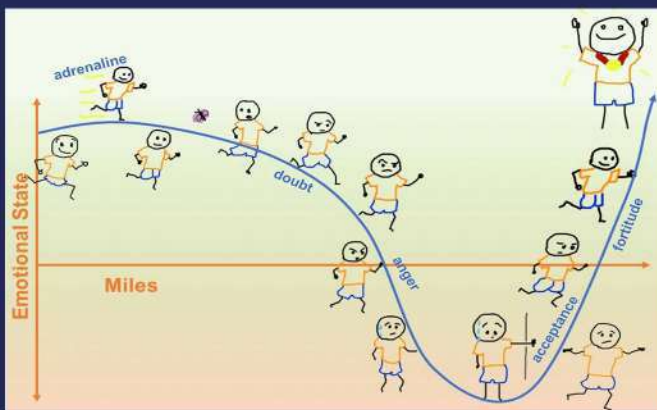
By Revathi Turaga



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.

"Why do you run?"

That feeling any runner feels at the peak of their run....
Exhilaration... satisfaction... in the moment... in control
yet with a let go....



So many of us go through the agonizing pain of workouts just to experience this feeling! But we did not get there easily... For most, it took time, effort, and a consistent drive to keep on in spite of obstacles.

Almost every marathoner I know has said that when they first started running, they could not run more than a few meters before they had to stop! There is a psychological reason as much as there is a physiological reason for this to happen.

Our mind and body go through a phase of emotions which we need to overcome to keep moving to the next stage:

1. **Adrenaline:** That initial surge of energy that makes us feel we can do anything. This gives us the boost needed but remember, it is temporary and will fade away soon. Find a longer motivation to keep continuing, one that will help you to stay focused. Know how to overcome the fading out of adrenaline.
2. **Doubt:** Once the initial energy fades, comes self-doubt. Effort increases and we start to wonder whether we can do this. Positive affirmations and motivational statements as well as peer support can help us overcome this phase.
3. **Anger:** We will not always be able to continue on just because of affirmations or motivation. There are times we will have setbacks and need to stop too. Anger is a common outcome of this scenario. Choosing to look at this as a red light that will turn green soon is the mindset with which we need to approach this stage.
4. **Acceptance:** When we accept our capabilities and our limitations, that is when we are able to make a strategic plan to leverage our capabilities to overcome our limitations and reach our goals. Acceptance is the right stage to propel ourselves from strategy to action.
5. **Fortitude:** The courage to keep moving on does not come just like that but rather with going through and being aware of all these phases.

Every time we take on a new challenge, the same happens too. It is a step-by-step process. So next time your mind pauses you in the midst of the next level challenge you take on, ask yourself which stage of emotions you are at and do what it takes to move yourself to the next stage.

Accept your emotions... Run stronger!

CURRENT HR ACTIVITIES

Train & Shine

Earn 10% discount on Hyderabad Marathon entry !!

Sign up now for a 6 months Train & Shine training program and get a 10% Discount for Hyderabad Marathon 2022 Club Run 2023.

Join the Hyderabad Runners Train & Shine Program to further learn proper runner drills 7 techniques, build strength, Improve flexibility & Endurance.

We are 12 weeks away from the Hyderabad Marathon 2022 & your start line is HERE !!

Train & Shine programme offers you

- Basic & Intermediate weekly training schedule for 10K to Marathon distance.
- Progressive Hip Mobility Routines < Poor hip mobility can inhibit your glutes. We'll fix that.
- Stability Exercises for all Levels < Develop hip stability and core control.
- Running Technique Drills & Cues < Learn how to run using your glutes more effectively.
- Develops strength to run strong from start to finish
- Proven training that prepares you to Pace yourself, Cross train, Tackle the hills, Train your gut & Work on your strength.
- Guidance to help you make more strategic decisions and avoid costly training errors.
- Runners on a similar journey are the final ingredient.

Training Centers:

1. *Aparna HillPark + Lake Breeze + Silver Oaks + Boulevard*
2. *KBR Park*
3. *Sanjeevaiah Park*
4. *Shilparamam Uppal*
5. *BHEL International Club*
6. *Botanical Garden*
7. *BVB School Grounds Sainikpuri*

Residents Only Locations:

8. *My Home Vihanga Inside Premises*
9. *My Home Jewel Inside Premises*
10. *Aditya Imperial Heights*
11. *PBEL City*
12. *L&T Serene County*

To learn more about the train & shine program & register please click here -

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

Outdoor Kids Summer Camp 2022

600 Kids across 15 training locations are enjoying the Outdoor Kids Summer Camp 2022. Under the CSR activity, Hyderabad Runners has also extended this program to 80 underprivileged kids training at Miyapur and Filmnagar Govt school..

Outdoor Kids is a Couch to Playground project that highlights and promotes physical activity and healthy lifestyles in children outside of school time. The project aims to bring health awareness for children between 6 and 14 years. It aims to make them more active, to eat smart and stay healthy.

Outdoor Kids is part of the REaCH - Recreation and Child Health initiative of Hyderabad Runners that emphasizes the importance of physical activity at an early age and promotes a healthy lifestyle in children and young adults.

We would like to thank each one of our mentors and volunteers who are helping us in driving this initiative at 15 locations.

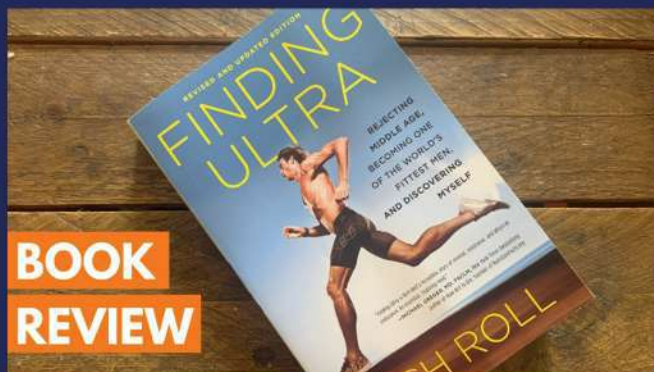
Outdoor Kids Summer Camp Locations:

1. Aditya Imperial Heights
2. Aparna Cyber Commune + Cyber Zone
3. Aparna Cyber Life + Sarovar + Zenith
4. Aparna Serene Park
5. Aparna Silver Oaks + Lake Breeze
6. L&T Serene County
7. Lanco Hills
8. My Home Jewel
9. My Home Vihanga
10. PBEL City
11. Rain Tree Park + Incor
12. Sanjeevaiah Park
13. SMR Vinay City
14. Filmnagar Govt School
15. Matrushri Park Miyapur

BOOK REVIEW

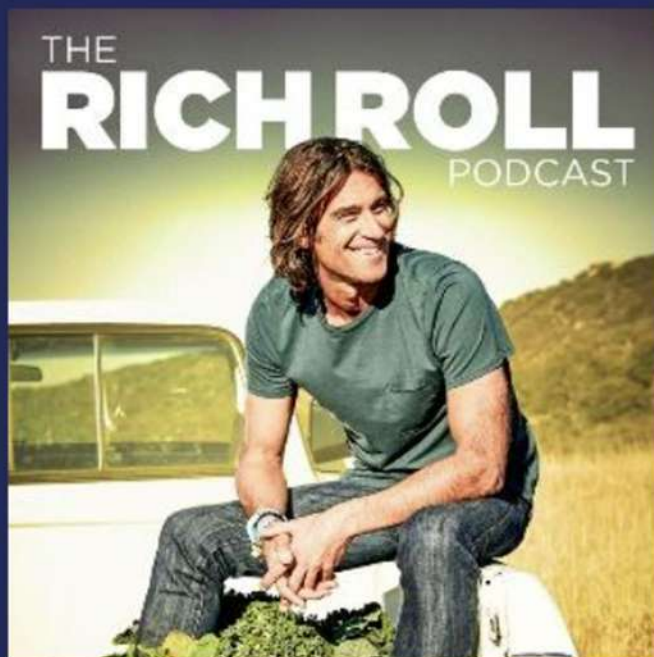
FINDING ULTRA: RICH ROLL

Review by Sujai SyrilRaj



It was the COVID lockdown that introduced me to Rich Roll. He is the host of 'The Rich Roll Podcast', a podcast on endurance, mental health, and general wellness. It was my company during the solo indoor runs during COVID lockdown.

I like his podcasts for its conversations around self-improvement, endurance, sustainability with an interesting ensemble of guests on the show. Listening



picked up Finding Ultra, his memoir/how-to guide to get more insights on the techniques he has used to bring significant lifestyle changes like staying sober, becoming an Ultra endurance athlete and choosing to go Vegan (or Plant Powered as he would like to call it).

Early Life: In the first few chapters, we learn about Rich Roll's early interest in swimming and his achievements. But he also finds himself indulging in alcohol and substance abuse. Eventually, he loses his interest in swimming and misses becoming a competitive swimmer. The addiction continues at his first job and becomes the reason for the breakup of his first marriage. Hitting rock bottom, he decides to get sober and joins Alcoholic Anonymous. Here he finds the "light" that turns around his life for good.

Endurance Athlete: Few years later, he finds himself with very poor health, a far cry from his earlier fitness during swimming days. He resolves to turn around his health and attempts a run. Within a few days he finds himself hooked to it. I loved the portions where he explains his initial days of training, his struggles and how he eventually matured as an endurance athlete. There is good information about running easy to run fast which new runners may learn from these chapters.

PlantPowered: As he gets more involved, he chooses a Vegan lifestyle. If you are an endurance athlete who wants to explore a Vegan diet, then there are very good tips to sustaining on ultra runs with just plants including answers for the oft-asked queries like 'How do I get my proteins if I am Vegan?'

EPIC5 Challenge: The final chapters are dedicated to his experiences at the EPIC5 Challenge. Where Rich and a friend attempt 5 iron distance triathlons in 5 consecutive days on 5 Hawaiian islands. As an endurance junkie I loved every part of his spiritual and physical journey, its highs and lows.

Verdict: ~~XXXX~~ With Finding Ultra, Rich Roll calls us to find our true calling and make efforts to change our lives for good. The sections where Rich hits the wall at his races, only to bounce back strongly were inspirational. The appendix also has practical tips and menu suggestions for someone who wants to move to a Vegan diet. I highly recommend this book to fitness enthusiasts, runners and anyone who would like to make changes to pursue a fulfilling life.

Hyderabad Runners Society

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