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BRING BACK THE BLING!



MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

We all are training hard for the upcoming Hyderabad Marathon which is scheduled on the 28th of August 2022, and trying our best to improve our PBs.

While we cherish the memories of our decade-long association, we look forward to our new Title Sponsor - our very own Hyderabad based PSU, NMDC. While the Airtel Hyderabad Marathon has passed the baton to the NMDC Hyderabad Marathon, the event shall still be powered by the Hyderabad Runners!

I hope every runner is following their training schedule in order to achieve their goals.

Hyderabad Runners shall announce the highly successful Kouch To 5k (K25K) program that will help the newbies greatly. I urge everyone to come forward and promote this program across the entire city.

Under the REACH program this month, we had about 600 kids across 15 locations who got into running during the summer vacation. It was nice that the internationally renowned shooter, Esha Singh flagged off the event which was held in Dullapally forest, and that motivated many of our kids to dream and aspire towards their future goals.

In the Kids Summer Camp mentors of HRS trained about 75 underprivileged kids in 2 locations and motivated them to have a healthy future.

We request that more and more runners come forward to promote such activities in their nearby locations. I am very much happy and grateful to all the mentors who helped us to conduct the REACH program successfully.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

DEAR RUNNERS

I am sure you all are enjoying running in cooler and greener conditions. After what seemed like a never ending summer, we finally are experiencing some much awaited showers.

Monsoons are best experienced with a piping hot bowl of mushroom soup and guess what - they are very nutritious too. Read more about it in our nutrition section.

This edition of *Rundezvous*, we journey down memory lane since Hyderabad Runners engaged with various schools and helped young children take to running in a structured manner.

This edition in Yoga for Runners, Prathibha brings to you back strengthening asanas that will immensely help you in your running.

In other good news, HR's Kouch to 5k (K25K) is back and with it the opportunity to shed those extra pounds off in a fun way. Do promote it amongst the lazybones of your neighborhood.

The Outdoor Kids run was a huge success and we have only good things being said by the proud parents of the participants.

Hope you enjoy this edition of *Rundezvous* too.



Vadali Prasad

Editorial Team:

Ravi Setlem, Sagarika Melkote, Sam Sudhakar, Revathi Turaga, Sujai Antony, V. Vijigeesha, Sunder Nagesh, Amritha Chandramouli

Feedback and Contributions welcome
Email: newsletter@hyderabadrunners.com

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11th EDITION OF
HYDERABAD MARATHON

COVER STORY

CATCH 'EM YOUNG

By Ravi Setlem

Hyderabad Runners with its objective of promoting running as the primary form of fitness introduced Mighty Milers in collaboration with the New York Road Runners or NRR in 2013 to school children belonging to Meridian, Sancta Maria, Oakridge, Prakasham Vidhya Niketan in Hyderabad and Rishi Valley School in Madanapalle.



Physical activity is a key ingredient in the overall development of a child in his/her formative and teenage years. The Mighty Milers was a 16-week program with two sessions every week within the premises of the schools. Led by Anirudh Pandya and Amit Samarth, a Hyderabad Runners' volunteer would ensure proper warm up, cool down and stretching exercises followed by a short run. Each session lasted 45 minutes and at the end of the 16 weeks program - the 'graduation ceremony' was held in NITHM college where all the kids finished a 2k run.



After Anirudh and Amit left Hyderabad, our engagement with children resumed albeit in the new avatar called - ReaCH (Recreation and Child Health), a social initiative by Hyderabad Runners to promote physical activity and healthy habits among children from

an early age. Kamal Kasturi drove this program in the first edition across various gated communities in Hyderabad and Secunderabad.

Launched in 2017, under this program - there were two initiatives namely, OK (Outdoor Kids) and ChildRUN

Outdoor Kids:

A couch to playground initiative, our volunteers would conduct weekly runs and physical activities for children that were held at 12 locations in the city.

The interventions were aimed at providing conducive environment to follow a healthy lifestyle, promote healthy food alternatives and bring awareness for the need of physical activities

ChildRUN:

Physical activity initiative at a school level aimed at ensuring that school children have the recommended 30 minutes or more of moderate to vigorous exercise on a daily basis during the school week.

Post pandemic, HRS resumed the Outdoor kids Summer Camp with much gusto

Outdoor Kids Summer Camp 2022

575 Kids experienced the joy of outdoor playing through our 8 weeks outdoor kids summer camp.

The summer camp culminated on Sunday 12th June at Telangana state forest training academy Dulapally.



- kids participate in ChildRun, a run conducted to conclude the 8weeks Outdoor Kids Summer Camp 2022 program.
- Outdoor Kids summer camp, a social initiative emphasizes the need to educate and sensitize young adults' importance of physical activity from an early age powered by Hyderabad Runners Society & supported by Telangana Forest Department



- Run was flagged off by Ms. Esha Singh (10m Air Pistol shooter), Gold medallist at ISSF Junior World Cup 2022 & National record holder for the youngest shooter in the 62nd National shooting championship 2018



- The program was extended to the 75 under privileged kids at two locations, Film Nagar & Matrusri Nagar Miyapur.
- All the kids who finished the 8 weeks program and ran at the graduation ceremony were rewarded with a Finisher Medal & School bag tag. (attach medal photo)
- Special Recognition this edition
 - My home Jewel Panthers for maximum number of participants (104) registrations
 - Aparna Serene Park (Serene Stryders) for awareness campaigns
 - No littering
 - No junk food
 - Less screen time



Parents' speak:

Mamatha (Aadhya's mom):

Really Fantastic job by Sathish sir and Pinky ma'am, you have showed incredible patience dealing with little kids. These unique sessions are truly beneficial for kids' healthy lifestyles.

Sessions are going smooth and kids are having fun in a healthy way 😊

We sincerely appreciate your dedication and efforts in conducting this healthy physical activity program.



Sowjanya (Jovika Krishna Zampani's mom)

Satish and Pinki, thanks much for making the kids have good and healthy fitness sessions.

The most needed activity for kids in today's life...

Once again thank you both and HR..

Sonika (Rishaan Mylapalli's mom)

Satish and Pinky, Just want to appreciate your efforts in conducting these sessions!

I can see that the kids are having a great time and learning a lot of skills too!

Big thanks to you & your team 👍



Vijay (Vihaan's Dad)

Thank you so much Satish garu and Pinki for organizing this event in our community, kids really had a wonderful time.

Girish (Saanvi's dad)

Thank you @Satish Sirimalla & @Pinky AIH for your superb training and mentoring

BRING BACK THE BLING!

By V. Vijageesha

With the Commonwealth Games in the offing this year and the Paris Olympics (does it remind you of all things classic already?) not far behind (2024), preparations have begun in full swing for all games at the National camps and sports centres. The 7 medals that India won at the Tokyo Olympics are fresh in our memory.

All major sporting events bring the familiar ring of names of the athletes who have left their indelible mark on the tracks for the next generations to be inspired by. The Payyoli Express and the Flying Sikh have given way to the Dhing Express and Nano. (Dutee Chand is nicknamed so)

FROM THEN TO NOW

The title of an article published by India Today on 15th August 1977 read, "After 30 years of Independence, the sporting scene in India is still one of unrelieved gloom." It was a time when Hockey was relied upon heavily to keep India on the sporting world map and the post 1983 cricket World Cup win by India made it a nation obsessed with cricket.

A decade after this article was written, there was a paradigm shift in the scenario. The drought-like condition in the sport camps, especially Athletics, started flooding. Names like PT Usha, MD Valsamma, Shiny Abraham Wilson, Mercy Mathew Kuttan, Vandana Rao, Ashwini and Pushpa Nachappa, Saraswati Dey Saha were amongst many others who set the track on fire with their performances through the years until the late 1990's.

PT Usha:

Today one might know PT Usha aka Payyoli Express as the most prominent track athlete from India because of her illustrious career and the photo finish at the 1984 Los Angeles Olympics where she stood 4th in the 400m final. She was beaten by Romanian Cristieana Cojocaru by 1/100th of a second who just dipped her head across the finish line.

But the list of women who not just matched strides with Usha but also won accolades for the country and for themselves is not well known to the general public. It would be a good attempt to know about and brush up the stories behind these names.



Today, India boasts of solid relay teams. Back then, it was the quartet of Shiny Wilson, MD Valsamma, PT Usha, and Vandana Rao who had set the milestone for Indian women athletes. This historic quartet, at the Los Angeles Olympics in 1984, entered the Women's 4x400 relay heats while finishing seventh overall setting an Asian record of 3.32.49 seconds.

Out of this group, **Shiny Wilson** represented India in four Olympic Games, three Asian Games, six Asian Championships and seven SAF Games and overall has represented India internationally more than 75 times.



She has been the National champion in 800 mts for 14 years! She returned from matrimony and motherhood to produce an 800m national record, breaking stereotypes around athletes fading away after a point. Streaks such as these speak volumes about the endurance of an athlete - both the mental and the physical. She has been bestowed with the Arjuna Award and the Padma Shri. In the words of the Athletics Federation of India, "one of the most endearing qualities is her readiness to assist the AFI in every possible way, sharing her thoughts and insights and opinion with candour."

MD Valsamma

Kerala has been producing numerous track and field athletes over the years. KM Beenamol, Tintu Luka, Anju Bobby George, Jisna Mathew, are a few to name. What cannot be brushed off as trivia is that the first woman to win an international competition on Indian soil was MD. Valsamma from Kerala. She won the individual gold medal in the 400m hurdles in a time of 58.47 seconds at the 1982 Asian Games in New Delhi.



She started her athletics career during school days although she only took it more seriously when she moved to college. She was conferred the Arjuna Award and later the Padma Shri.

Vandana Rao

Vandana Rao is a name revered by her sporting colleagues. They mention her name with a tone filled with respect and admiration. This athlete from Mangalore, ran her first 100m in school. Her performance made her teachers take note of her.



When her father didn't allow her to pursue athletics due to family-held traditions, her sports teacher persuaded him to "let her explore her talent which was waiting to explode". After multiple attempts her father gave in and Vandana went on to create history. She recalls her training days, "It was a hectic schedule. We would train for several hours every morning and evening, but at that time, we just enjoyed it." There was a time when she gave up and it was her father who backed her and pushed her into her biggest supporter. Her comeback gift that she gave the nation and herself was the Los Angeles 4x400 relay record in 1984.

Back to our beloved Payyoli express, her story in Indian athletics is like milk and sugar. It only sweetens the experience of tracing the history of athletics in India post-independence. Current day performances of athletes like Hima Das, Dutee Chand etc. unavoidably bring back the image of the 'Sprint Queen' from Kerala who went from being first noticed by O.M Nambiar in 1977 (he passed away in 2021), being coached by him for a long time, to currently being a coach herself at the "Usha School Of Athletics", she set up in 2002 in Balaserry, Kerala. Usha, in one of her interviews, laments that it was a lack of exposure that robbed her of her bronze medal in the photo finish event at Los Angeles. It is this vacuum that she hopes to fill, in coordination with the national and state athletic bodies, for India to finally produce a medal winner in the track events at the Olympics. Her continuous contribution to the field of athletics is testimony of her desire to bring home the well sought glitter.

As the stories of these women show, their talent alone didn't guarantee a ticket to the Olympics or other competitions or their success as such. But it was their never-say-die attitude for years clubbed with making the most of whatever facilities were provided to them that kept them going. Their journeys were fraught with highs and lows, resistance from families, resilience in dealing with gender biases and prejudices, controversies, injuries, pulling out of competitive arenas, and comebacks because they were reminded that they were precious athletes with immense potential remaining.



As we progress, it is important to look back, both as a nation and as individuals, athletes or otherwise, to see how far we have come and to know and understand how to go forward. We are the 2nd largest populated country in the world which also means that there is a reservoir of potential athletes whose talent can be tapped into and moulded to perform to the best of their abilities.

It is time again, to bring back the bling in the Indian athletics scene.

HR 3SIXTY5

FEATURED GROUPS

Aparna Hill Park Runners

What sets Aparna Hill Park Runners apart?

Aparna Hill Park is a relatively new runners group comprising 5 Aparna communities - Avenues, Boulevard, Gardenia, Lake Breeze and Silver Oaks. In today's world, when it is hard to know our neighbors, Aparna Hill Park runners are actively bringing runners and other fitness enthusiasts together through running and other fitness activities in the community. In the process, they are inspiring several others to take up healthy lifestyles, and actively spreading their knowledge.

While 3-5K runs are the norm during weekdays, regular and long-distance runners go on long runs on weekends and consistently strive to join HR's Sunday Long Runs. Regular runners also complement it with alternate training like Strength & Conditioning, Cycling, Swimming, Yoga to build strength, stamina and endurance.



From running independently, to running as a group, conducting Kouch to 5K (K25K) two consecutive years, to conducting Outdoor Kids Summer Camp (OK SC), and now currently going through the Train & Shine program - the Aparna Hill Park runners have made rapid strides in recent times. Runners are really coming together to help the community become healthier and stronger. More importantly, everyone is made to feel welcome to join the group and strive to become a better version of themselves.

Who are your regular runners and who are the jokers of the pack?

There are quite a few folks who run regularly – some who run daily too. While this is not a comprehensive list, Neeraj Tyagi, Honey Gupta, Ashok Tripathi, Radhe, Gurinder Kaur, Prashant Ivaturi, Naresh Boora, Anand Muley, Prabhjit Singh Samra, Krishna Mohan, Rathnakar Vinjamuri, Manoj Pandey are seen running regularly.



There are a few others who remain shy, unnamed and behind the scenes. In total, there are 80+ runners in the community. It is also heartening to note that some runners started the journey as part of the K25K, and now through consistent efforts, run 10Ks, half-marathons and more.

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

Chandanagar is an area bustling with activity. While there aren't specific trails, it has not stopped runners from carving out running routes to suit their needs. Road runs near the community allows runners to cover distances of 5-8K.

There are places and routes nearby that allow runners to explore and train on different terrains – e.g., PJR enclave road provides a good option for hill training, BHEL has good running routes and such.

However, the most popular route for long runs is the one around Ameenpur Lake. A loop starting from the Aparna Hill Park, going around Ameenpur Lake, and back via Bachupally road covers ~11K. A big part of the route is sparsely inhabited, and makes for a good running route. There are several other smaller routes too.

<https://www.plotaroute.com/mobile/routeplayer/1822891>

Whom to Contact?

Prashant - +91 96526 20004

RUN FACTOID

ALAN TURING

By Sam Sudhakar

The 2014 American historical drama film *The Imitation Game* is based on the life story of Alan Turing.

Alan Turing, born in the year 1912 is one of the most famous British figures. He was a mathematician who is considered the father of computer science and AI. He invented the Turing Machine, a mathematical model of the modern computers that are still used today. He also deciphered the Enigma Code used by Germany and its allies during the Second World War.


Turing was an extremely competent runner. He picked up running after his admission to the Fellow program at Cambridge. His favourite route was from

Cambridge to Ely, a distance of 50 kms which he would often run.


He ran his first full marathon in the year 1947, finishing in 2:46 hrs. He was in the contention for a spot in the British Athletics Team for 1948 Olympics but he came fifth because of an injury just before the trials. Turing used to occasionally run to London for official meetings, a distance of 40 miles from his place of stay.


Turing died at the age of 41, Cyanide poisoning was established as the cause of his death. In 1999, Time magazine named Turing as one of the 100 Most Important People of the 20th century





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YOGA FOR RUNNERS

BACK STRENGTHENING ASANAS

By Pratibha Agarwal



Founder, Director and Instructor at Anahata Yoga Zone, Pratibha Agarwal has over 11 years of experience in teaching and propagating the science of Yoga to individuals, corporates, and celebrities. Her teaching philosophy is that yoga can benefit all body types. In her classes, along with Asanas, she focuses on breathing techniques.

This is the third 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.

Salabhasana (Locust Pose)



Benefits:

It improves posture and counteracts the effects of prolonged sitting and computer work. It may help relieve lower back pain, counteract slouching and kyphosis (abnormal curvature of the spine), and strengthen your back muscles, especially the muscles supporting your spine.

How to Do It:

1. Begin on your belly with your feet together and your hands reaching back, palms down.
2. Extend your big toes straight back and press down with all ten toenails to activate your quadriceps.
3. Rotate your inner thighs to the ceiling to broaden your lower back.
4. Keeping your hands lightly on the mat, raise your head and chest and your legs, leading with your inner thighs.
5. Roll your shoulders back and up away from the floor. Keep the back of your neck long and emphasize lifting your sternum instead of lifting your chin. Don't grip your glutes.
6. To come out of the pose, slowly release.

People having any issues with their neck should keep their face straight instead of looking up.

TRIUMPHANT RUNNING THE PHYSIO WAY

RECOVERY BLUNDERS

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.

"A good recovery plan is more important than the tough strength workouts or even the right shoes!"

Yes, runners... recovery is not just one of the elements of a good training regime, it is in fact the most important!

Unfortunately, we runners unknowingly hamper our recovery by giving it less attention and falling into one of the "I am okay" traps. Here are some common mistakes to avoid:

1. Ignoring twinges

We need to know the difference between a twinge and the beginnings of a full-blown injury. If it wakes you up at night, is stiff first thing in the morning, is getting worse and more noticeable during the day or impacts even while walking, going downstairs, after sitting a while, then that's going the wrong way and you cannot just run the pain off!

2. Running through pain

There are certain injuries like Achilles tendinopathy, patellar tendinopathy (runner's knee) and high hamstring tendinopathy that warm up as you start running. These tend to follow a pattern that they're worse to start with then kind of get better.

When you have tendon issues and have followed that pattern for months, you will probably make that tendinopathy harder to rehab.

3. Heading straight for a sports massage

Sports massages are a powerful tool to have your running arsenal, but only when you're sure you understand the injury and know what to achieve.

Example, management of an acute muscular tear is different to the management of a long-standing tendon issue.

4. Focusing only on stretching and foam rolling

Stretching and foam rolling can treat tightness but it's important to find out why that tightness is there in the first place.

If a muscle is tight because it's not strong enough then foam rolling isn't getting to the root cause.

5. Ignoring/Stopping physio exercises

Physio exercises are the dental floss of the running world: dull, but necessary.

If you want to iron out the muscle imbalances that have led to your injury, stick to your prescribed physio exercises – and keep them up even after your symptoms go away.

6. Forgetting major muscle groups

As runners, we know the importance of strong glutes to control your hip rotation and prevent injuries but we tend to ignore workouts for two oft-neglected muscle groups:

- **Calves:** Runners need good calves, especially the soleus, the deeper muscle of the calf complex, which can be improved with bent-leg calf raises.
- **Adductors:** The inner thigh muscles are essential for providing balance around the hip. They can be strengthened by squeezing a Pilates ball or football between the legs or sumo squats, and high step ups.

Rest won't always fix your injury woes. Google won't always give you the right solutions.

'If you had two weeks of relative rest, unloading it and progressively trying to get back to activity and the injury hasn't come better then it's unlikely that it's suddenly going to get better without any sort of assistance.'

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

TRAIN LIKE A PRO

PILATES 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.

"Pilates??? Isn't that pretty similar to yoga? I do a lot of yoga and do it well, so I guess I don't need to include Pilates into my work out!"

This was my first response when someone tried to talk me into a Pilates class.... Oh, how wrong I was!!!

As I trained for my full marathon at Hyderabad in 2019, I realized that including Pilates into my training regime added on great strength and became an important cross-training preference.

What is Pilates

Pilates is a low impact work out focused on improving strength, flexibility and body alignment through controlled and repetitive movements. When we adopt a position in Pilates, we challenge our core by moving our arms and legs whereas in yoga, we hold the position or flow into a different position.

Why Pilates for Runners?

- improves stride and fluidity of movement
- corrects muscle imbalances, improves posture, balance and flexibility
- gets all the right muscles firing
- works on deep controlled breathing, helping to breathe steadier and stronger

How does Pilates work?

Pilates focuses on the whole-body muscle. For example, as a runner you always want to strengthen your glutes to enhance running performance. Pilates strengthens not only works on these glutes but also strengthens the hip adductors, abductors, and quadriceps with perfect alignment, keep them healthy,

and stretch them to keep range of motion. Pilates uses our strength to work on balanced muscle development.

So, how often should runners include Pilates in their training schedule? – Start with at least two sessions per week and gradually increase over time.

Sample Pilates workout

Runners mostly tend to have muscle imbalances, mainly pelvis and hip. These imbalances lead to pain in the hips, back, knees and feet. Pilates strengthens this chain.

Warm up

- Breathing exercise (inhale from nose and exhale from mouth for couple of times)
- Include little cardio on the mat

Main session

- Standing spinal Rotations (20 reps)
- Knee and Hip Mobility and Balance Drill (20 reps)
- Roll Down (20 reps)
- Swan Dives (20 reps)
- Plank Leg lifts (20 reps each leg)
- Four bows + one star (20 reps)
- Sidekicks (legs together) (20 reps each side)
- Clamshells (30 reps each side)
- The Hundred (the name says 100 reps)
- Glute Bridge (30 reps)
- The Saw (20 each side)

Cool down

- Stretching for few minutes
- Lay down on the mat for a few minutes till your heart rate becomes normal.

Note: While doing Pilates remember not to rush with the reps. One will get maximum benefit when doing it slowly and steadily with proper breathing. Breathing is very important, so remember to inhale from your nose and exhale from your mouth.

Us passionate runners focus on running more than any other workout and at most cross-train with cycling/swimming/yoga.

Start including Pilates into your training routine to get fitter and stronger, build endurance, and run injury free. Not only can it help focus on proper alignment and breathing, it can be tailored/customized to individual needs. All you need is a mat and comfortable clothing, and a certified instructor to start you off.

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

RUNNERS' NUTRITION

'SOUP'ER FOODS FOR THE RAINY SEASON

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Rains bring a respite to scorching summer days. They also bring along the lingering moisture in air which helps microbes thrive and potentially cause illnesses if proper care is not taken.

Rainy season is when most people get their seasonal fevers, colds and coughs. Eating healthy helps in avoiding the annual episodes of seasonal illnesses. Choosing the right kind of foods and hygienic preparation ensures a safe and nutritious diet. Soups can make your day when the weather is rainy, gloomy and you crave for something piping hot. Here are few easy to prepare recipes that are loaded with nutrients to keep the immune system strong and ready to fight the monsoon maladies.

1. Ripe mango, pumpkin, carrot soup

Who said fruits are meant only for salads or smoothies? At the tail end of Summer, if you end up with a half ripened sour mango, there is no better way to put that tang to good use than to use it in a soup. Bright orange in color, all thanks to the carotenoids that are abundant in all the three major ingredients, this soup is a powerhouse of antioxidants.



Ingredients

Red pumpkin cubes – 2 large cups
Carrot pieces – 1 large cup
Ripe mango (sour) pieces – 1 small cup
Garlic powder – to taste
Salt – to taste
Pepper – to taste
Dried oregano – to taste
Dried rosemary – to taste
Coriander leaves – for garnishing

Preparation

Wash the ingredients thoroughly before cutting. Peel the pumpkin and mango only if the skin is really hard. Otherwise, you can use those with skin. Peel carrots to avoid any residual dirt. Chop into large pieces and place in a pressure cooker. Add water to submerge the pieces and pressure cook for 5-6 whistles on medium heat. Once the pressure releases, grind into a smooth paste using the same water in which they are boiled. Add more water as needed for desired consistency. Transfer into a soup pot and season with salt, pepper, garlic powder, dried oregano and rosemary. Heat the soup on medium flame and bring it to a boil. Turn off heat, serve in soup bowls and garnish with chopped fresh coriander.

2. Cauliflower soybean soup



Contrary to common belief, not all white foods (Eg. White rice, white bread etc.) are bad for you! Soybean provides a complete amino acid profile that can compete with any animal-based protein. It is also a provider of various B vitamins and minerals such as iron, calcium, copper, manganese and phosphorus. Both cauliflower and soybean are good sources of vitamin K which is an often-overlooked vitamin necessary for a robust immune system. Creamy and smooth without added refined starches like corn flour and maida, this soup can be a hearty lunch accompaniment.

Ingredients

Dry soy beans (white/yellow) – 3 tbsp
Cauliflower – 2 cups
Onion – 1 small
Salt – to taste
Pepper – to taste
Garlic powder – to taste
Nutmeg – a pinch

Preparation

Wash and soak soybeans in water for 2-3 hours. Pressure cook them in fresh water and set aside. Add cleaned cauliflower, onion pieces to the cooked soybeans along with a glass of water and pressure cook together again for 3-4 whistles. Let the pressure release naturally and cool it. Transfer everything into a mixer and make a smooth paste. Transfer into a soup pot and add more water for desired consistency. Add salt, pepper, garlic powder, nutmeg and bring it to a boil. Turn off heat and serve hot in soup bowls.

3. Millet vegetable soup

Full of goodness of whole grains and colorful vegetables, this soup can be a one pot meal dinner for a rainy night. Millets provide the essential complex carbohydrates along with the bonus nutrients like vitamins, minerals and fiber too. The vegetables provide antioxidants as well as a nice crunchy texture to the soup. Adding your favourite protein on top is just the icing on the cake needed to make it a wholesome balanced meal in a bowl.



Ingredients

Little millet – 2 tbsp
Barnyard millet – 2 tbsp
Foxtail millet – 1 tbsp

Onion – 1 small, diced
Carrot – 1 medium, diced
Green beans – 10-12, diced
Green peas – 1/2 cup
Tomato – 1 large, diced
Ginger garlic paste – 1 tsp
Oil – 1 tsp
Turmeric – 1/2 tsp
Salt – to taste
Red chilli powder – to taste
Cinnamon powder – A pinch
Coriander leaves – for garnishing
Boiled egg – Optional

Preparation

Wash and soak millets for 3-4 hours. Drain water, fill with fresh water and cook until the millets are almost done. Keep aside. In a soup pot, heat oil and add all the diced vegetables, ginger garlic paste, turmeric and mix. Add one glass of water, cover with a lid and let it cook for 5-10 minutes. After the vegetables are half cooked, add the cooked millets and mix well. Add the oats and mix. Add more water for desired consistency. Let it come to a boil. Add salt, red chilli powder, cinnamon powder and mix well. Cook for 2-3 minutes more and turn off heat. Add chopped coriander leaves and mix. Serve in a soup bowl and top with boiled egg or any other protein of your choice.

RUN-TITIDE: MINDSETS OF A MARATHONER

KNOW WHY YOU 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.

Why???

How many times have you been asked why we travel such long distances, and pay money to run for miles and miles??? Our answer has always been "passion"! And others shake their head and walk away wondering what passion drives us towards something so torturous...

Though we may not know it, we too are motivated by one of the 8 emotional drivers (based on Directive Communication and various Motivation theories) that motivate most in all activities.

1. Love / Belonging

Runners run in groups. A quick tempo run at a conversational pace not only gives us the exercise we need but also helps us catch up and connect with those we have a rapport. Many runners also see a run as time with themselves, time to rejuvenate and replenish their thoughts.

2. Control / Security

When we are out there putting step after step, we are in control - of our pace, our distance, our health, our body... Everything else falls away and in that moment, there is a complete sense of self-control and peace.

3. Diversity / Change

Most of us who today run consistently did not start out that way. Many have stepped into running to get out of the routine our day job has got us into; as an outlet to something that is different by literally taking us away from our day-to-day problems. Running also helps us

explore the world and nature through various events and different trails.

4. Challenge / Growth

Every next run is a challenge. Every opportunity for a PB is a challenge. Every new path is a challenge. The more we learn about the concepts of fitness, our body, and the parameters of good running postures, etc. the more we are able to take on higher challenges and execute more personal bests.

5. Achievement / Success

42.125km of running with a weary drain on the body and yet, that moment when crossing the finish line, there is a swag in the body, a smile on the face, and a certain calm in the mind... The pride we feel in wearing those medals and taking pictures of being a finisher caters to our sense of achievement

6. Recognition / Significance

At some point in time, as a runner, you might have aspired for a podium finish, to get on that dais and be recognized for your speed. Or within your friends and family or colleagues, feel good to be known as a 'marathoner'. Many times, we wear race t-shirts to signify that we ran it, to be recognized and associated with it. Every compliment, even though taken humbly, still resonates in increasing our pride.



7. Contribution / Responsibility

"If you want to see humanity in action, go see a marathon!" I've seen runners quote this so many times... in helping each other cross the finish line, supporting selflessly by volunteering en-route, showing up to help others run – runners support each other. From frequent blood donation to environmental initiatives, we runners also take on charity drives to support the society at large.

8. Excellence

Personal Best Timings... High energy... Fulfilment... Runners' High... for us, getting better each time by learning how to overcome what we couldn't earlier is our way to excel. From what I've heard from some of you, if you've ever had a DNF, then you know what I am talking about...

When we run, one or more of these drivers are satisfied and this gratification keeps us motivated.

What are your top emotional drivers that motivate you to run?

REVIEW

'OUTDOOR KIDS' 2022

Review by Sujai Antony



Children had a tough time keeping themselves physically active for the past two years. Lockdowns and general fear of the virus kept them indoors and isolated. Constant contact with mobiles and laptops had a big impact on their fitness.

As active COVID cases receded the state government relaxed the lockdowns. Hyderabad Runners resumed their Outdoor Kids summer camp for 2022.

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 about their bodies.

The camp saw an overwhelming participation this year. We had close to 800 participants at 15 locations. The 8-week program culminated with a graduation run on Sunday (16-Jun-2022) at Telangana State Forest Department Training Academy, Dulapally.

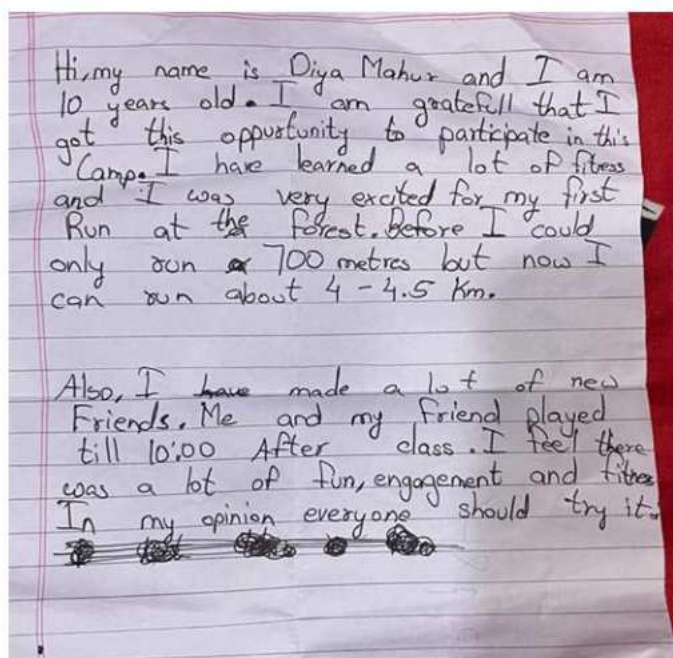


It was a fitting finale to the program where over 600 children and 300 parents participated in it. The kids and the mentors had a memorable time. Some testimonials from the participants:

Anant, a **grade VI** student said the following "We used to play games like football, Co-Co, throw ball, etc and we also used to do cycling with our ma'am. I enjoyed the summer camp a lot and it was amazing. We also used to do exercise on music. I loved this summer camp, and this was the best summer camp ever."

Asrith, from **Grade V**, said the following about the program "My favorite part of the entire summer camp is that I met a lot of new friends. After the class all of us used to gather and play a lot of games, like playing in the park, playing in the society, playing football, etc. My most favorite games in the class were throwball, running, tag, and many more."

This summer camp taught me a lot of things and best of all to have fun in the summer with your friends and family. So, I had a lot of fun and this was the best summer camp ever!!



"I felt very happy attending my activity classes. I learnt a lot of moves which will keep me healthy and fit in future. I am looking forward for my next summer vacation to re-join fitness classes." - **Aarna Raj (7)**



WHAT YOU GET:

- Weekly structured training plan
- Coach led strength training Wed & Fri (core, strength, mobility & drills)
- Coach led yoga session on Monday
- Group long runs on Sundays
- Consultation with experts

REGISTER NOW

www.hyderabadrunners.com

Training locations

BVB School Sainikpuri | Botanical Garden | KBR Park | Sanjeevaiha Park | L&T Serene County | Shilparamam Uppal | BHEL International Club | My Home Jewel | My Home Vihanga | PBEL City | Aparna lake breeze

CURRENT HR ACTIVITIES

Outdoor Kids Summer Camp 2022

575 Kids experienced the joy of outdoor playing through our 8 weeks outdoor kids summer camp.

The summer camp culminated on Sunday 12th June at Telangana state forest training academy Dulapally.

- Kids participated in ChildRun, a run conducted to conclude the 8 weeks Outdoor Kids Summer Camp 2022 program.
- Outdoor Kids summer camp, a social initiative emphasizes the need to educate and sensitize young adults' importance of physical activity from an early age powered by Hyderabad Runners Society & supported by Telangana Forest Department
- Run was flagged off by Ms. Esha Singh (10m Air Pistol shooter), Gold medallist at ISSF Junior World Cup 2022 & National record holder for the youngest shooter in the 62nd National shooting championship 2018

- The program was extended to the 75 under privileged kids at two locations, Film Nagar & Matrusri Nagar Miyapur.
- All the kids who finished the 8 weeks program and ran at the graduation ceremony were rewarded with a Finisher Medal & School bag tag. (attach medal photo)
- Special Recognition this edition
 - My home Jewel Panthers for maximum number of participants (104) registrations
 - Aparna Serene Park (Serene Stryders) for awareness campaigns
 - No littering
 - No junk food
 - Less screen time

https://drive.google.com/drive/folders/1w2g0ocA-Arz4WiPQ2-0udz5qb5RJby_8

Graduation ceremony pics

https://drive.google.com/drive/folders/1leUoIsVP09Z4-JS651PfSqWX_pJwvWL8S?usp=sharing

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

Hyderabad Runners Society

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