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MONSOON MANIA



CURTAIN RAISER



JULY 2022

www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

Dear Runners

Congratulations on your ongoing training for our upcoming annual event, **NMDC Hyderabad Marathon, powered by IDFC First Bank.**

We have recently unveiled the event logo and its t-shirt. The event t-shirt this time is colourful and unique, and one that we have all been eagerly waiting for a while now!

The beautiful weather this month has immensely benefitted us and helped us to stick to our training schedules, especially the long runs of 25K-32K.

With schools and colleges opening up to normalcy post-COVID, we hope to again see many *student volunteers* for our event. A shout out to our *sponsorship team* that has brought on board our new sponsors and partners who are passionate about not only fitness, but also our city of Hyderabad. Our *charity team* has also been working very hard to raise funds for various organisations. I request every individual and organisation to come forward and contribute in a generous way and support the charities. Our *corporate registrations team* along with our *in-house motivators* help us reach various corporate offices and inspire employees by sharing their running experiences and how it positively impacted their lives. These talks rise out of a need that due to the long working hours in the industry, many tend to postpone focusing on their fitness and health, take it easy, and lead a sedentary lifestyle. The marathon is a great way for companies to enable their workforce to focus on their health.

Our *K25K (Kouch to 5K) program* started again this month at many locations with the support of our invaluable mentors who have taken this program to the next level. I personally thank all the mentors who contribute their time and efforts to this program. Kouch to 5k is a key initiative to achieve our HRS' objective of promoting running in various communities in the city and has helped 1000s of Hyderabadis start their fitness journey.

We are also supporting *plogging runs* in different parts of the city by partnering with like-minded organisations. Recently, our running group, along with local NGO Dha3R helped clean up the Mansoorabad Pedda Cheruvu and Chinna Cheruvu. We undertook the cleaning of Yadgarpally village lake with the help of Wanderlust (a city based trekking group), Manbhum Constructions and Gram Panchayat of Yadgarpally. We also organised *JOG N PLOG*, a waste and trash cleaning drive around the periphery of Gandhi Cheruvu (Lake ID 2742).

These runs and clean up drives go a long way to maintain the cleanliness of our lakes. These initiatives are much required and will be our responsibility to keep helping the local groups and thereby, contributing to HRS' social responsibility. I request each and every runner to come forward and help

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

Trust you are all maximizing your outdoor runs thanks to the weather being so kind. This edition's cover story is about running in the monsoon and I am certain that you will relate to the author about the same.

In other news - the Hyderabad Marathon is knocking at our doors and you may have seen the hoardings in various parts of the city. In the curtain raiser section - we talk about our new marathon partners, NMDC and IDFC Bank and the passion of fitness they share.

IDL runners - a freshly minted running group, share their story in the HR 3Sixty5

Pratibha brings to you the benefits of back strengthening Asanas that are so beneficial to runners.

Hope that you enjoy this month's edition of Runderzvous



Vadali Prasad

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CURTAIN RAISER

The Hyderabad Marathon 2022 has a new avatar. While we cherish our long-standing association with our erstwhile sponsor – Airtel, we look at new relationships with our brand-new partners. The passing of the baton has been smooth and we at Hyderabad Runners, are optimistic that the runners enjoy the same Hyderabadi hospitality that they have enjoyed over so many years.



What's new:

1. **NMDC**, the Hyderabad-based PSU, has always contributed to improving the quality of life of people. It is with a sense of pride that they have come

onboard to serve the community at large. Through their various initiatives such as Prayas for education, Prakalp for Infrastructure development, Niramaya for healthy life, Payjal for drinking water, and Kaushal for skill development - they are constantly looking to enhance the quality of life in our society.

Their partnership with Hyderabad Runners is a step in the right direction, considering the value that Hyderabad Runners Society has added to the city's fitness.

2. IDFC First Bank:

With social good being one of its founding pillars, IDFC FIRST Bank's products and services are designed keeping societal impact in mind. At the core of its business model is customer-centricity. The bank uses sophisticated technologies that enable it to provide flexible and innovative solutions to meet the evolving aspirations of its customers and the wider society. The marathon ties in well with the Bank's mission of touching the lives of millions of Indians in a positive way.

Hyderabad Runners - the force behind this grand event, is busy stitching this event together with the same passion that has won many accolades over the years. Be rest assured that they will leave no stone unturned to make the event a grand success.

So, what are you waiting for? Enjoy India's toughest city marathon. Hyderabad beckons.

एनएमडीसी



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COVER STORY

MONSOON MANIA

By Sunder Nagesh

The sizzle, drizzle and all the razzmatazz of running and running events in the rains

"Anyone who thinks that Sunshine is pure happiness has never run in the rain." - Anonymous



Rains have a profound impact on scores of artists and performers since time immemorial and it'd not be too outlandish to say that rains have impacted the runners and the running community too. After the sizzling summers, everyone looks forward to the monsoon drizzle and with the temperatures cooling down, some of us plan for mini vacations or getaways to our special places to usher in the monsoons.

Runners plan to kick-start their training in the rainy season for the forthcoming running season. They look forward to enjoying their long runs with their run-buddies in the rains or at places where they head out for their vacations. Seasoned runners say that running in the rain has its own magic and all the effort is definitely worth it.

Why run in the rain at all?

Someone asked a runner "why run in the rain when you'd run for cover at all other times?". The runner smilingly replied "You are not a runner, are you?". When quizzed further, the runner said that you'll not understand the feeling of running in the rain unless you run in the rain. Running in the rain is a thrilling experience and all runners swear by it, so much so that they are willing to travel far to enjoy a run in the rain.

Running in the urban setting:

Rains bring with them their own challenges for the people living in cities; parts of the cities are flooded and roads are submerged. In such cases, running in the city becomes a challenge; runners have to find their own little pockets or spaces to run or walk. They also cannot afford to run amidst the scores of vehicles that get stuck in the monsoon traffic. All of us look forward to vacations and runners prefer run-vacations or run-cations. Monsoons are the best time to explore nature and what better way than on our two feet?

Monsoon running events:

An interested community (of runners) who are willing to travel to experience the monsoon runs also presents the run event organizers the opportunity to set-up events for the community. Planning for monsoon events is a little different from the regular road-races in other times of the year. The intensity of rains has to be kept in mind always before scheduling these runs. Tracking the monsoons is also a part of the game. These runs mostly happen in nature's lap amidst tons of greenery. Runner safety is another important aspect that gets increased attention during these monsoon races/events.

Training:

The look and feel of a monsoon running event is very different. The wind and breeze interspersed with drizzle and sometimes, very heavy rain make a difference. Another factor is the elevation. The runners are completely in sync with nature here. Their mind and body have to work in complete coordination; a slip here and there could mean they could fall or get hurt. In a monsoon trail run, all sorts of muscles are involved unlike the regular road races. Runners need greater discipline while preparing and participating in a monsoon event.

As is the case in most monsoon events, elevation plays an important role. Runners have to train accordingly too. Runners have to focus on a combination of strength training (with squats and weight lifting), steps and running on routes with elevation. Running on surfaces like trails also helps. One also has to train well mentally along with training physically for such events. They've to work in perfect sync at all times during. One also has to remember very clearly that one's running gear (apparel and shoes) get wet during the runs and one must be prepared to run and move despite getting wet. It's best to train oneself accordingly here.



Safety:

Runners have to be extremely careful about their safety at all times during the monsoon runs (events) as any lapse in concentration may mean that they could be playing with danger. It's best to follow all the rules and guidelines mentioned by the organizers on their website. It's important to listen to the race director as the route is being briefed and also pay heed to the volunteers on course. It's very important to follow the route all throughout and not transgress. Those of us participating in the monsoon trail running events have to be prepared to run alone most of the time. In such events, the aid stations are far apart and one has to plan for the nutrition and hydration and safety accordingly - a basic first-aid kit is a must. Basically, one should plan for surviving by oneself at such events. Usually, the race organizers do a lot of homework before an event and following their guidelines to the 'T' would help us to finish the event without any problem.

As one is in nature during such events, we've to be prepared for whatever that may come. This is not to scare the runners but it's a reminder to be prepared for the worst. At the monsoon trail running events, there are chances of landslides. It helps to be extremely vigilant at all times and have a good focus during the run. Runners also have to keep an eye on the wild animals too - one may spot slithers, scorpions, wild boar etc. While the organizers do their best to sanitize the route, there are always chances for chance-encounters with the wild. Runners have to look ahead and beyond their usual gaze for any possible harm. It's best to run together with a group but that may not always be possible. It's good to carry a whistle along so that one can use it if needed. If one is not able to continue beyond a point, it's best to ask the fellow runners to let the organizers know about your condition. The organizers usually are prepared to handle any incident as part of the event planning and management.

Runners should also keep in mind to rest for a short while if they are tired. Resting helps the body and mind to recuperate and one gets back to their alert self after this. Runners always have to be alert to keep themselves safe at all times during the run (more so in these monsoon events).

Despite all the care that was taken in the latest edition of the Sinhghad Epic Trail running event, a landslide occurred due to which a runner lost his dear life. This was extremely unfortunate and one that left the entire running community in utter sadness. This is a one-off incident but one has to be prepared well.

We also have to be prepared to eat whatever is served during these events. The event organizers usually source food and supplies locally from the hills and mountains and we get to eat fruit and vegetables that aren't usually available in the regular road racing events. In a nutshell, be prepared to be enthralled by nature at such events and it always helps to be over-prepared than going without any preparation for such events.



Monsoon runs in India:

The monsoon running events are different from the road races. These are conducted amidst tons of greenery and in the lap of nature. These aren't too inaccessible either; these runs are usually around the periphery of the main cities and towns, making them not too difficult to travel to.

For a lot of us runners from South India, the Western ghats have always appealed for the variety of flora and fauna and also for some really good trails. Running in the rainy season in these places is an experience altogether. On the similar lines, monsoon treks are extremely popular in and around the Western ghats. Scores of adrenaline junkies line-up for these events in these pristine locations during the monsoon season. Taking advantage of the opportunity, a good number of running companies and trekking companies organize running events and treks. The more popular ones are the events conducted by 'Run Buddies', a Pune-based running company. They have been organizing the 'The Great Monsoon Challenge', a bouquet of 4 monsoon runs held at different places in the Western ghats. They have seen increased footfalls every year.

The Vagamon Ultra conducted by the Soles of Cochin was conducted in June this year and the experience was loved by a lot of runners from the fraternity. This run is usually conducted in early January every year.

Popular monsoon runs:

- The Durshet forest marathon conducted by the Run Buddies group is a really good one.
- The Sinhgad Epic Trail run conducted in July is one of the top monsoon running events in the country.
- Matheran Endurathon conducted by the Run Buddies group is another event that draws a good crowd.
- The Jawadhu Ultra (conducted by the Chennai Trekking club) was a very popular monsoon race.
- The Vagamon Ultra was conducted in June this year and the event was a memorable one for the runners as they ran in the Kerala monsoons.

These days, we've been seeing a spurt in the monsoon running events but runners have to be cautious while signing up for any event.



To conclude:

Monsoon runs leave one mesmerized and enchanted as they challenge the body and mind in equal measure. The oneness with nature that runners experience is quite indescribable. It has to be experienced. One has to be ready by all means to tackle these runs. These test the runners' mental, physical and emotional limits and after any such challenging event, they are a transformed lot. The camaraderie that one encounters in any such event is also memorable and one that lasts long, really long :)

Wishing everyone reading this a Happy monsoon of Running at your favorite destinations :D



*PS: The author would like to thank **KVB Reddy** and **Subham Mishra** from the Hyderabad Runners community for sharing their views for this article. Both are accomplished Ultra runners and help many runners in their own ways.*

All pictures have been sourced with permission from their owners.

HR 3SIXTY5

FEATURED GROUP

IDL Runners

What sets IDL Runners apart?

Few active runners from societies around IDL Road have formed a group "IDL Runners" to represent Hyderabad Runners from this area. The intent is to coordinate group runs in and around the IDL Road area and participate in or conduct other HR activities representing this area. This has come as great news for runners and new runners of societies around IDL Road, Moosapet



IDL Road, adjacent to IDL lake, came into being after the connectivity between Green Hills Road and Mumbai Highway was established. At that time the only nearby societies were Mystic Hills and Rainbow Vistas. Over a period of time, the road became popular among morning walkers & runners. With the growing popularity of the road, GHMC took up beautification drive & built proper foot paths along the complete stretch. With time, few more large gated communities came up around the area and the footfall on IDL Road increased further. While each of these societies has their own closed running/cycling groups, the intent of this group is to bring all the societies together. This group was formed a month ago and a few volunteers from each society nominated themselves to represent their societies.



During the morning runs the runners exchange pleasantries while crossing each other. However we seldom get a chance to know each other beyond that. The group intends to meet on the last Saturday morning of the month to share experiences, exchange notes, guide newbies and have a short group run.



Who are our active runners?

Anjaneya Nagar:

Mallik (+91 87909 33398)

Santosh Patel (+91 90327 03712)

Mystic Hills:

Mahesh (+91 80197 77716)

Rainbow Vistas:

Subhash (+91 70327 07050)

Satish Chandra (+91 98850 88897)

RV Rock Gardens:

Satish (+91 70931 13388)

Jyothi (+91 90001 37744)

Swan Lake:

Prashanth (+91 99598 88005)

Others:

Pradip (+91 99120 95767)

HRUNIMATIONS

A KBR RUN IN THE RAIN

By Vadali Prasad

Another gloomy morning. No blue in the sky, no warmth in the air, no song in the birds. Yet another rainy day. I had resolved to fight myself out of bed and go for a run, rain or shine. But, the gloom overpowered me. I rolled over and snoozed.

An hour later, it was still dreary and drizzly. The only sound was of an occasional car hissing through the puddles. I reluctantly got out of bed, reminding myself that I called myself a runner. Yet, I dillied and dallied. When I finally hunted out my raincoat and cap and got into the car to go to KBR, it was very, very late.

A whiff of fresh air? The AQI on the car dashboard showed a green 0, a Zero!. At least I was going to get clean air into my lungs. And when I reached KBR West Gate, the usually packed parking areas were empty; another good sign. I put on the cap and raincoat, adjusted the hood and set off slowly on the Outer, dodging a large puddle, jumping over a smaller one and onto the granite steps. As I climbed towards the top, rain droplets falling off my cap's peak, with lungfuls of damp, fresh air, it didn't seem like a totally bad day.

Down the slope into the long and rolling southern section of the KBR Outer, it was a pleasant run. The muted vehicular nose outside gave a hint of the grind and chaos safely kept outside. Hardly any humans, just the hardy walker all rain-gearred up, or a gardener about his work. Much into the run, I stopped for a small water snake to cross the path and startled a peacock who flew up to the fence. I leapt over a snail, saving it from premature snail-heaven. Other than these fellow living beings, it was a lonely stretch.

Warming into the run, taking lungfuls of 0 AQI air, I began to feel and enjoy the run; each step landing softly on a firm surface and lifting again aided by a gentle pushback. It wasn't due to my well worn shoes; it was the rainfed earth giving me a lift, adding a spring into my step. And when I did a hop, skip and jump over some stones in a puddle, I got the meaning of **"thoda lift kara de!"**. Land, Spring, Land, Spring was the tune playing out in my mind.

As I surveyed the running path, I could see the sense of renewal, the sense of a cleanup. The granite paths had been given a good wash, the trees had branches bowed in contentment, their leaves greener, darker, shinier and cleaner. The lake inside the park was full, with the algae looking like it had been given a wash. Even the mines laid by some dogs along the path looked like they'd been given a wash. Clean air, clean path, and I said to myself, not a bad day at all.

And so I ran to the eastern end of the KBR and of course, to encounter The Grizzly, my name for the dreaded steep climb of 98(, or 99?) steps. With all the lift given to me, I ran up the steps and stopped at the top to fill my lungs again. And from there I looked down on the city, to again feel the sense of renewal and the cleanup; The clouds hanging down, the rain giving the city a much needed wash. I wondered why I did not run every rainy day. And I wondered where was the blazing summer of a few weeks ago, where was the heat, the dust and pollution? Where was the sense that we were having our energy sucked from us? We move from season to season, enjoying the benefits and cursing the extremes, year to year.

With those thoughts I continued from the Grizzly, past the main gate and through the more populated Northern stretch of KBR, back to the Parking lot. After some 5000 pleasant metres, 8000 springy steps and 4000 lungfuls of fresh air, I was glad I got out of bed and stepped out for a run. While I took off the raincoat and changed into a dry shirt, I decided it was going to be a good day.

And later in the day as I went to work, I could still feel a spring in my step. I knew where I got it from.

RUNRISE MILERS

A CHARITY STORY

An Interview by Vijigeesha

As the latest edition of the HYDERABAD MARATHON is set to arrive in a month's time, we pull up our socks to push through our training schedules and gear up for the big day. While our passion helps reach the goals we have set for ourselves, combining it with compassion can lead to us reaching the goals for a better world. This month, we speak with Amit Kshirsagar from Hyderabad. A UESCA certified Running Coach, Ultra Marathoner, Randonneur, and the brain behind Runrise Milers, an initiative which aims at coaching runners interested in achieving their goals but doesn't stop just there. Read on to know why as he speaks with Vijigeesha.



Viji-Amit, tell me a little about yourself and your journey in running.

Amit-I've always been an avid sports lover since my childhood. I've represented my college in Badminton and played regularly for a few years even after I graduated.

Life always has different plans, and mine was no exception. After I started working, I could not continue to play any sport and the poor lifestyle resulted in massive weight gain. Before I knew it, I weighed 105kgs.

Such a lifestyle always brings with it some classic maladies. For me it was thyroid imbalance and high BP. In 2015, I started cycling and slowly building

endurance, to gain some control over my health. That year, I was able to complete about 10000 km and did a few 200km brevets. I also participated in a few 10k runs and half marathon events in which I mostly jogged or walked rather than ran.

It was late 2016 when I started seriously running and since then have run about 16,000 km including 20 marathons, 8 ultra marathons, two of which were back to back Comrades Marathons (2018-19) and a 100 miler.

Viji-What inspired you to venture into coaching?

Amit-Running has been a very positive journey for me. It has helped me live a healthier lifestyle while also taking care of hypertension. Upon my doctor's advice, I no longer needed to take the medication that I had been on for 18 years.

After running my second Comrades Marathon* In 2019, I started getting requests for training from many runners who were beginners and amateurs. Initially I started helping some of these runners by providing them with structured training plans.

The positive feedback I got from everyone gave me the confidence to do this in a more professional and structured way and it led to the creation of RunRise Milers eventually.

(*- The Comrades Marathon is an ultra marathon of approximately 89 kilometers which is run annually in the KwaZulu-Natal province of South Africa between the cities of Durban and Pietermaritzburg. It is the world's largest and oldest Ultra marathon race.)

Viji-When did you think of contributing for charity via running?

Amit-I ran the AHM in 2017 and was able to raise some funds for MUKTI Foundation which provides holistic care and education for children from underprivileged families. I also saw this as a philanthropic opportunity. The fact that my running expeditions could also be used to brighten someone's life was a joyful thought.

With this in mind, I started coaching in return for donations to charities in January 2021. I have identified a few charities that work for causes close to my heart whom my trainees donate to. This has turned out to be a very satisfying endeavor.

Viji-Which organizations have you donated to so far?

Amit-Since inception we, at Runrise.Milers, have strived hard to balance our sporting activities with participating in causes that are larger and more significant than ourselves.

We are fortunate to have been associated with organizations like:

- **Adhar Foundation** (A Thane based organization doing community-based stellar work for intellectually disabled adults at their dedicated facilities.)



- **Dakshin Vrindavan** (A retirement home and shelter for cows saved from slaughter, accidents and from abandonment)



- **Magic Bus** (Magic Bus works with children and young people taking them on a journey from Childhood to Livelihood and out of poverty),



- Fundraisers like Impact Guru and Ketto.

Viji-What is the scale and how many people have benefited from the coaching as well as charity?

Amit-Since I started this project as RunRise.Milers in Jan 2021, I've trained about 36 runners so far and was able to contribute about Rs 10 lacs in 17 months to these organisations. The way donations work, I have kept it very simple. I don't take any amount from runners but ask them to contribute directly to these organizations and I get notified of the details.



Viji-What are your future goals/plans with respect to the current program?

Amit-My first priority is to build a website for this project in the near future.

Viji-Who are your role models for running and philanthropic activities?

Amit-I always love to answer this question. While I do get motivated by elite and sub-elite runners and their stories and I am surrounded by extremely positive friends who are amazing runners, I must admit that I draw inspiration from countless people who run to remain healthy and fit; every single day, displaying sheer discipline despite none to cheer and root for them in the wee hours of the day. As for charity, I look up to Dr. Prakash Amte, son of Dr. Baba Amte, who started the Lok Biradari Prakalp, a project for the integrated development of tribal people, most of whom are the Madia Gond in the forests of Gadchiroli district in Maharashtra. It involves a hospital, school and an animal orphanage.

Viji-What do you think one can do to combine passion and charity? Where can one start?

Amit-Well, there are many ways one can achieve this. One can always start fund raisers for any major event s/he runs. This is very easy due to the fundraiser sites and social media access. Similarly there can be campaigns for used running shoes and clothing for orphanages and old age homes.

With that, Amit signs off.

Author's Note:

Amit Kshirsagar has given us assertions and reasons to not just stay healthy and fit but also to feel the sense of satisfaction that one can attain by thinking beyond oneself and contribute to many a cause and has led by example. He believes that any knowledge is to be shared with people all around without barriers, which is why he calls himself an open source runner.

Also to note, the upcoming NMDC HYDERABAD MARATHON 2022, is providing for charities to be raised for various organisations working towards multiple causes. Some of them have been created by veterans who have been associated with Hyderabad Runners since its inception. They work very closely with these organisations. Kindly head to the official page of NMDC HYDERABAD MARATHON to sign up for the run and also to contribute because in Helen Keller's words, "Alone we can do little; together we can do so much."

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 fourth in a series of 6 Yoga Asanas for strengthening the back Muscles.

Yoga and running go hand-in-hand. You may not think that 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.

Setubandhasana (Bridge Pose)



Benefits:

This posture is excellent for strengthening the back. It also eases the pent up tension in those muscles. It is an excellent pose for melting stomach fat as it strengthens stomach muscles.

How to Do It:

1. Lie on the mat with the back on the floor
2. Draw your feet inwards towards the hips.
3. Your feet should be parallel to each other.
4. Knees should not be pointing outwards.
5. Now lift yourself up with the stomach going towards the ceiling along with your back, hip and thighs.
6. Chin and chest should be locked.
7. You can either keep your hands sideways or engage them in supporting your back. You can also clasp them under your back and stretch.
8. Inhale while going up, hold, exhale while coming down.

TRIUMPHANT RUNNING THE PHYSIO WAY

THREADING THAT SIDE STITCH

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.

Cool.... Another km done... and another... and another... and another... Ever ran that dream race where km after km, mile after mile, seemed like a breeze and you were at your personal best??!!

And just as you could see the finish line, a sharp pain rises up at the side of your stomach just under the ribcage and you just stop short, wincing in pain!!! You've just experienced the infamous **abdominal/side stitch**.

The Diaphragm's Muscle Spasm

In general, any activity that involves a considerable movement in the torso can trigger a stitch. In fact, the fast paced vertical and rotational components of running increase stress on the spine which can show up as sharp pain on the side.

A stitch also happens either due to **muscle spasm**. This happens in the case of our breathing muscle, the diaphragm.



While we run, train, or exercise, increased abdominal pressure pushes the diaphragm upwards while our rapid breathing pushes it downwards causing it to get pinched in between. This leads to its spasm resulting in painful side stitches.

As the body adapts to the activity, the breath becomes less labored and the stitches can subside once the runner gets accustomed to distance.

Why does it happen?

A stitch has the weirdest ability to show up unannounced and can cause chronic challenges for runners. Abdominal pain is a common complaint among participants in endurance sports including running. Some of the potential risk factors that may cause it include:

- Heading out for a run without a proper warm up
- Having a large or heavy meal 1-2 hours before run
- Running too much too soon
- Shallow rapid breathing while running.

How to Stop the Stitches

Here are some simple techniques to practice that can hopefully preempt and prevent the occurrence of a stitch

- Practice belly breathing aka diaphragmatic breathing, it helps you slowdown and bring focus to the breath.
- Try slowing your pace and changing the cadence of your breathing.
- Stretch your arms overhead followed by side bending. Hold this for 20-30 seconds. Repeat it few times till you get relief
- Locate the stitch and place your hand in the location where you feel the stitch coming on. Push on the area while inhaling. Each time you exhale, push a little deeper into the painful spot.

NOTE: If you're experiencing symptoms similar to a stitch such as tenderness in your abdomen or abdominal pain lasting for several hours even without any exercise, you might need medical attention

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

THE POWER OF CALISTHENICS

By Leena Roy



Leena Roy is a professionally certified fitness trainer, marathoner, certified multi-style yoga teacher, 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.

Runners are minimalists by nature; they head out the door, water in hand, watch on the wrist, and shoes on their feet, and that's all they need... Oh wait, *many runners really don't even need the watch nor the shoes!!!*

But when it comes to strength workouts? Uff... Dumbbells... Kettlebells... Machines... Yoga props... Training bench... Resistance bands... Pull-up bar... Rowing machine... Barbell set... How many do we need???

Runners are minimalists... Well, then how do we do those intense strength training workouts with no equipment??? Welcome to the world of **calisthenics!**

What is Calisthenics

Calisthenics is a type of pure body weight exercises that don't rely on any extra equipment. Done at differing levels of intensity and rhythm on one muscle at a time, they can develop strength, endurance, flexibility, and coordination.

Calisthenics exercises involves

- Any sort of body movement
- Cardio includes sweat
- Isometric holds

They can be modified to be more or less challenging as per one's capacity

Runners vs. Calisthenics

Runners keep hearing suggestions for improvements in the field of running. Some say we should run before we eat and some say after. Some say strength training means lifting heavy weights at the gym and some say just some squats/pushups at home. Some say gulp

protein every day and some say eat carbs before a run.

We are constantly surrounded by rules and suggestions for improvement although our running remains unchanged. Calisthenics, though, work like a charm...

Calisthenics Workouts for Runners

Some of the Calisthenics workouts for runners are

- Squats
- Bridges variations
- Lunges (High /low)
- Plank variations
- Single leg toe touch
- Donkey kicks
- Indian push ups
- Include some arm balance exercises

Right mix of Calisthenics

Calisthenic exercises can be done in a group or with a partner or even alone though alone is a little challenging and needs higher motivation.

Mixing calisthenics and running is a great way to continue to gain muscle strength, prevent injuries, even as mileage increases. It helps to improve one's running by strengthening weaker muscles, preventing muscle imbalances and strengthening the inactive areas.

You can include some of the cardio workouts using calisthenic exercises that involve a great deal of movement or improve strength and avoid breaking a sweat with some isometric workouts.

Include some time each week to incorporate a few simple calisthenics exercises into your routine and you can see how stronger core and strengthened glutes & quads increase efficiency as a runner.

**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

ROLE OF PROTEIN IN A RUNNER'S DIET

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Proteins are one of the nutrients along with carbohydrates and fats that give energy. Along with providing energy in the form of calories, proteins also perform various important functions in the body. They are necessary for exercise recovery, injury prevention, tissue repair, regeneration of damaged tissue, hormone synthesis and function, immune function, production of hemoglobin etc. Protein is usually associated with strength training but even endurance runners have protein requirements that are sometimes higher than a person who is not actively training. Both calorie and protein needs vary depending on training volume, intensity, body weight and such factors. They even vary day by day the same way your training plan varies.

Protein recommendation for the general population is 0.8-1 g/kg body weight. As the training volume and intensity increases, protein requirements can also be as high as 1.5 g/kg body weight in case of recreational and amateur endurance runners. The protein needs would go up to 2 g/kg body weight when someone is at athlete level of fitness and training to compete. While protein requirement is being determined, it is equally important to ensure one is getting an adequate amount of carbohydrates and fats as well. Shortage of these two nutrients drives the body to use more protein for deriving energy rather than perform its other important functions of repair, recovery and rejuvenation.

Timing also plays an important role in optimum utilization of protein by the body. Research has shown that eating high quality protein such as dairy, eggs, soy, chicken, fish within two hours of intense activity along

with a carbohydrate source like bread, rice, pasta etc. enhances muscle repair and prevents future injuries. It would be beneficial to have a portion of protein in all of the meals as it is recommended that protein intake should be spaced throughout the day for better absorption and utilization.

For people who prefer to eat completely plant-based food or at least predominantly plant-based foods, lentils, dried beans, pulses, legumes, nuts, seeds can be good sources of protein. Even whole grains such as wheat, millets, quinoa also provide some protein. Non-starchy vegetables and leafy greens too can provide a small amount of protein. Animal based foods like milk, yogurt, cheese, eggs, chicken, fish, meat are all excellent sources of protein. But caution must be taken to include a variety of sources rather than keep the diet very monotonous, especially to meet the protein needs.

A well-planned balanced diet can usually provide almost all of the energy and protein needs of someone with moderate training intensity and volume. However, there are certain conditions such as limited food preferences, frequent injuries, increased training levels that might necessitate protein supplementation. In such cases, usage of supplemental protein drinks, powders, bars etc. can be considered to meet protein requirements. Care and caution are warranted when consuming protein supplements to avoid excessive calorie, fat, sugar and additive intake.

RUN-TITIDE: MINDSETS OF A MARATHONER

THE INFINITY STONES OF 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.

One **snap**, and half the Universe decimated... Another **snap**, and the half returns just like that....

That is the power that the 6 infinity stones wielded together in the Marvel Entertainment Universe!

How lovely it would be for us runners if we could snap ourselves to the finish line in a race event? Or would we really??? **As runners, we enjoy not only crossing the finish line but also enjoy the effort and sweat that comes along with it.** To accomplish this, we can use the powers similar to the infinity stones together to achieve the same.

There are six Infinity Stones: The Space Stone (blue), the Reality Stone (red), the Power Stone (purple), the Mind Stone (yellow), the Time Stone (green) and the Soul Stone (orange).

Space Stone (Tesseract)

The Space Stone gives the user power over space. Anyone holding the Space Stone can create a portal from one part of the universe to another. In the Marvel films, the Space Stone is hidden inside a blue cube called the Tesseract.

*For us runners, space stone can be that **spirit of endurance** that helps us keep on moving 1km after 1km as we speed into the full and ultra-marathons in our training regimes.*

Mind Stone (Loki's Sceptre)

The Mind Stone allows the user to control the minds of others. In the Marvel Films, we first see it as a blue orb in Loki's sceptre in 2012's The Avengers using which he controls what others do.

*For us runners, the mind stone can be our **mental toughness** with which we approach any hindrance or obstacle in the course of our training regime or the cramps etc we face during the main event or the race.*

Reality Stone (Aether)

The Reality Stone grants the user power to manipulate matter. In the Marvel Films, Malekith wants to use this red liquid stuff called Aether to turn matter into dark matter in Thor: The Dark World—the Aether is a manifestation of the Reality Stone.

*For us runners, the reality stone is all about creating our own **positive and supportive ecosystem of an environment** including our family, friends, and other runners around ourselves before, during, and after a race.*

Power Stone (The Orb)

The Power Stone bestows upon its holder a lot of energy—the sort of energy that you could use to destroy or create an entire planet. In the Marvel Films, Star Lord (Chris Pratt) accidentally discovers the stone in Guardians of the Galaxy. Ronan the Accuser (Lee Pace) steals it from him wanting to wipe out an entire race.

*For us runners, the right **diet and nutrition** is our source of fuel and powers us to keep training and running.*

The Time Stone (Eye of Agomoto)

The Time Stone grants its owner the power to rewind or fast-forward time. In Marvel Films, Stephen Strange discovers it in the Eye of Agomoto pendant in the library of Kamar-Taj, and uses the stone at the end of the film to trap the villain Dormammu in a time loop so that Dormammu can't destroy the Earth.

*For us runners, time is a critical component of our races. I do not say we rewind or forward time, but **every second counts** in contributing to our **personal bests** and in making our runs successful in the time we want to. We train with one eye constantly on our pace and the other constantly on our time.*

The Soul Stone

The Soul Stone allows the holder to capture and control others' souls and also allows them to traverse to a separate universe of the souls. In the Marvel Films, in Infinity War, Thanos travels with Gamora to the planet Vormir, where the Soul Stone is kept with the condition that one needs to sacrifice something he loves to attain the gem, and Thanos kills Gamora.

*For us runners, our soul stone can be the **Runner's High** we all feel... that feeling of **satisfaction and exuberance** we feel at the beginning, during, and end of every run - for which we sacrifices a lot!*



Marvel talks about the infinity stones as powerful gems that, when united, can destroy or create people, planets, and solar systems. Likewise, for us runners, our infinity stones, united together, can help us overcome any obstacle or hurdle in running.

Use your infinity gauntlet.... Run with the Universe in you!

RACE REVIEW

THE SINHAGAD EPIC TRAIL 2022

By Amit Kshirsagar

"Do not think of them as hills. Think of them as 'mounds of opportunity' —unknown"

"It was a big mistake to register for a 26 miler on this mighty challenge of Sinhagad Epic Trail."

My thoughts while climbing the Mengjai climb between 18-19 km which was the second hill of the race. The climb had an average gradient of 20-25%. It was so relentless that my heart rate was never under 165 bpm even though I walked most of the way!

But how did I get myself in this situation?

For some reason I have always missed most of the popular trail events. I wanted to do the Sinhagad Epic Trail in 2019 but it was right after the Comrades marathon, so I missed it. I wanted to run one good trail run this year and The Sinhagad Epic Trail - 2022 was announced at the right time. I was still recovering from a hamstring injury from last December and I decided to register for the 32 km category which still was challenging with 1600m of elevation gain. The more I read about this race and the route, the more I leaned towards running in the 42 km category, with a total elevation gain of 2300m, as it includes the most epic climb of the Sinhagad - Tanaji Kada. At the start line, I requested an upgrade to the 42km category, which the organizers were kind enough to accommodate!

The race starts at the base of the Sinhagad and right from the beginning, you climb 550m for 3 km. The next 2-2.5 km is downhill and mostly road. The next 12 km were trails until we hit the Mengjai climb.

I was enjoying the run and chatting with other runners, totally unaware of the challenge awaiting me. The climb was very steep. It took me 31 mins to climb just one km which had an elevation of 270m. That is close to the entire elevation gain of the Hyderabad Marathon route. Once I was atop the hill, it felt like the suffering was over. How wrong I was! The fun was just beginning. The downhill trail of Mengjai was even more epic. In about 2.5 km, I lost 330m and my toes were screaming by the time I reached the base.

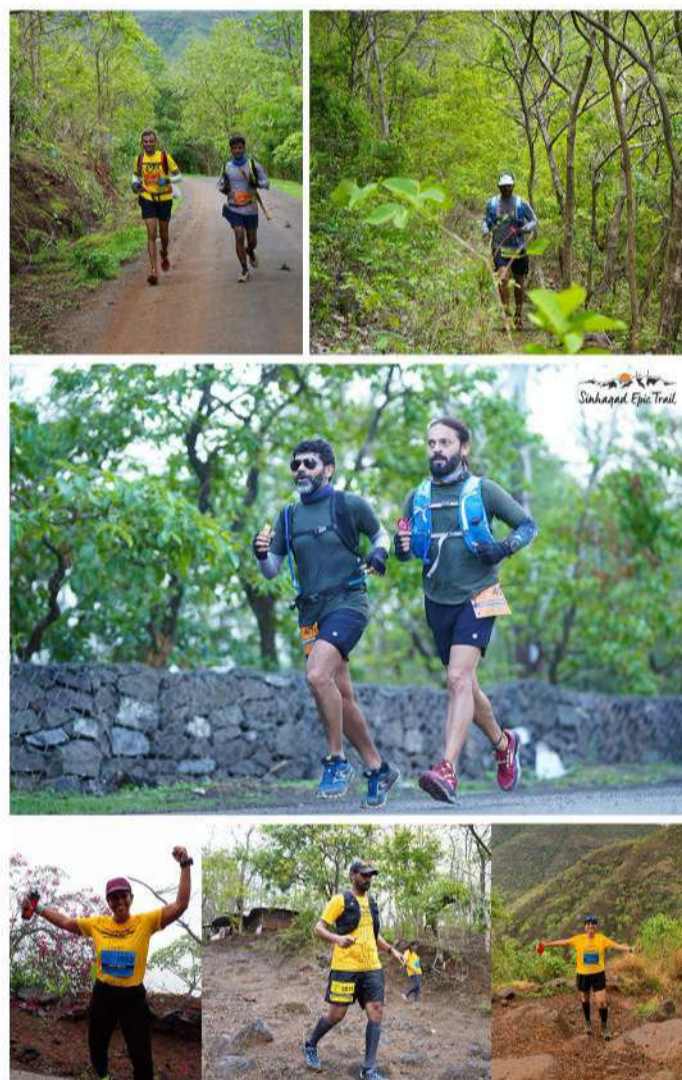
I patted myself on the back for surviving this far. No falls or injuries took place and my hamstring too was holding up well. The last 12 km included the mighty Tanaji Kada. A whopping 240m gain in just 1km and that is not all. You need to use ropes to climb it at two places. This was my most memorable experience of this race. The climb takes you to the Sinhagad Fort. The last 3 kms are downhill where you lose 500m. It is the same 3K that we climbed at the start of the race.

It took me 9 hours 43 min to finish 40 km with a total elevation gain of 2270m.

I finally have a medal from this epic trail race. All races are a learning experience, and this was no different. I learned that it is most important to get into a natural rhythm and a flow instead of fighting trails.

One cannot conquer a mountain, only honor what they offer.

I highly recommend this race to any serious runner who wants to experience trail running. The organization was top class. The support stations were nicely placed for hydration and food. Volunteers were placed at almost all critical turns and hills, and they helped with a smile. Do this race if you want to run on the lush green mountains of the Western Ghats and want to run through the fog and clouds.



RUN FACTOID

MARATHON DU MEDOC

By Sam Sudhakar

All marathons have a set of rules which every participant intends to follow.

Here is one that encourages anything that is normally discouraged in running or maybe not!!



- Compulsory fancy dress unlike the usual lycras and singlets. The theme changes each year. From dressing like movie stars to tales of legends to amusement park.
- Oysters & cheese on the route at aid stations
- Steaks and ice cream
- Explore over 20 vineyards while having gallons of wine at 23 water stations



That's Marathon du Medoc for you. Held each year in the Bordeaux region of France in the month of September. The run charts a scenic route through the region's vineyards, beginning and ending in Pauillac. There are live orchestras stationed around the course, while runners are able to partake in 23 wine tasting stops, as well as an oyster tasting at the 38th kilometre and steak at the 39th kilometre point.

Once you reach the finish line, mostly tipsy, what does one get. A medal, and a splendid goody bag containing a souvenir bottle of wine and engraved red wine glasses.

Remember the wise words written on a placard during a race, Pain is just the French word for bread.

CURRENT HR ACTIVITIES

Corporate Motivational Talks

As the city gears up for the 11th edition of NMDC Hyderabad Marathon, our senior runners conduct educational cum motivational talks in various organisations that have registered their employees as a group for the upcoming running event on 27th and 28th August 2022.

Dr. Shilpa Reddy, Dr. Sonali Chaturvedi, Seshadri, and Dr. Hariharan have passionately shared their global running experiences, training regime, as well as knowledge and tidbits of how to prepare for a run with the larger audience of both aspiring and regular runners...

Kouch to 5k

Kouch to 5k is Hyderabad Runners' initiative to help people who aspire to become runners and bring an active lifestyle. This program is driven by experienced runners & group mentors who volunteer to guide beginners through this wonderful program currently happening at various locations in Hyderabad & Secunderabad.





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

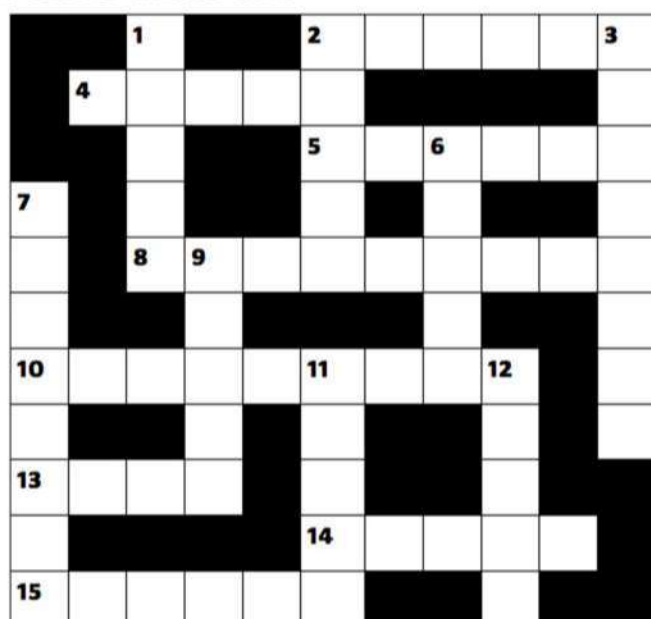
www.hyderabadrunners.com

Training locations

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

CROSSWORD #11 (JULY 2022)

SPORTS PERSONS



Created By: **Prashant Morparia**

Prizes to be given for the first three correct solutions. Winners will get Hyderabad Runners Memorabilia

Email to: newsletter@hyderabadrunners.com

ACROSS

2. Former Australian Cricketer and footballer Simon O _____. Is a cancer survivor and was part of Australia's 1987 WC squad. (6)
4. Former Italian cyclist nicknamed the The Heron, set the hour record (45.798 km) in 1942. (5)
5. Gisela and Heinz _____ - German swimmers and siblings who competed in the 1936 Olympics alongside each other. (6)
8. British politician and former track and field athlete. President of World Athletics. Get his first name. (9)
10. Tainted Former American Road Racing Cyclist who won the Tour de France seven consecutive times. (9)
13. The cricket ground in Kennington popularly known as The _____. (4)
14. Former American swimmer who set the record of winning 7 Olympic Golds, all in world record time in a single Olympics. (5)
15. This American tennis champ nicknamed 'The Punisher'. (6)

DOWN

1. This ace golfer goes with the first and second names - Eldrick Tont. (5)
2. Edulji or Baig, both made their mark in cricket, albeit for two different nations. Get their common first name. (5)
3. Former Soviet (Russian) artistic gymnast, She holds the record for the most Olympic gold medals by a gymnast, male or female, with nine gold medals. (8)
6. Retired American decathlete and Olympic champion, who holds the world record in the indoor heptathlon event. (5)
7. The famous 'Hand of God' footballer. (8)
9. This corporate group started the ICL, which was later banned by the BCCI. (5)
11. Former Italian motorcycle road racer, winning championships with both Honda and Yamaha. Nicknamed 'The Doctor'. (5)
12. First name of the first woman to run the marathon in under two and a half hours. (5)

Hyderabad Runners Society

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