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HYDERABAD MARATHON: CELEBRATING PARTNERSHIPS



AUGUST 2022

www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

Dear Runners

Wishing you all a Happy Independence Day as India celebrates Azaadi Ka Amrit Mahotsav on the completion of 75 years of Independence. With celebrations all around, it's only apt that India registered a superb performance at the recently concluded Commonwealth games in Birmingham. My hearty congratulations to all the athletes and a special word for Nikhat Zareen, our Hyderabad girl, who won the Gold in the Women's 50kg flyweight Boxing event. Incidentally, she was also the Face of our flagship event - the NMDC Hyderabad Marathon powered by IDFC First Bank.

The recently held NMDC Hyderabad Marathon on the 27th and 28th August, saw the participation of about 16000 runners and was a huge success. With an enthusiastic Race team behind it, it was no surprise. The weather though, played spoilsport and we had high humidity levels. But the participants braved the heat and overcame a challenging day. Keeping them entertained and engaged were our many bands and entertainment zones. The Spectator galleries were a huge hit and got the people involvement to a new high. Our young entertainment team had also put together a Spectator for the benefit of the people who came to cheer and a City Guide for the out station runners, which were well appreciated.

Among the highlights of the Race was the 5K Run for various NGOs. We had about 300 participants joining from the NGOs, many underprivileged including some blind, some deaf and dumb. The pleasure on their faces when they completed the 5K run was heartening to see. Our HR volunteers helping them to do the run - some hand-holding the blind runners, some guiding others, was a touching sight. Well, that's the humane side of the Marathon runs. We also had many Charity partners who raised funds during the registration process. Meanwhile the Charity campaigns created by our runners are active for a few more days and I urge you to support them by donating to their campaigns generously. You will find them here <https://nmdchyderabadmarathon.com/charity/>. Do help in spreading goodness around, while also promoting good health.

Among the other highlights of the NMDC Hyderabad Marathon powered by IDFC First Bank was the increase in Prize Money, with a total Purse of about 24 lakhs. This also included Cash Prizes for Non-Elite Age category winners, which is a first this year. The Volunteer support en-route, as usual, was superb and our participants seem to look forward to it every year.

And now, it's back to the regular running life and training time. Happy running folks.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

Trust the marathon runners have enjoyed their run and done their best. The Hyderabad Marathon has become a much looked forward event in the annual running calendar. It has been a journey of partnerships and some of which have been behind the scenes.

In this month's edition, we bring to you a couple of volunteering groups that have helped immensely in shaping the event in its current form.

Indulge yourselves in the usual dosage of Yoga, Nutrition, Train like a pro, and in the HR365 section, meet an unusual bunch of runners who mix their endorphins with caffeine.

Hope that you enjoy this month's edition of Runderzvous.



Vadali Prasad

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*Feedback and Contributions welcome
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COVER STORY

HYDERABAD MARATHON: CELEBRATING PARTNERSHIPS

By Shalini Sinha

Hyderabad Marathon is the flagship event organized by the Hyderabad Runners Society and this is the 11th edition. The event is completely organized by the running community along with some of the student bodies and NGOs that have come together for a shared passion.

Hyderabad Marathon, which began in 2011, under the guidance of the not-for-profit Hyderabad Runners Society has grown in stature and is now an annual competition featuring the Full Marathon, Half Marathon, 10K Run and 5K Fun Run. Over the years we have formed very strong alliances with many student groups and NGOs who have partnered with us to make the event memorable for all.



For the event to be successful, there is a need for steady and longstanding collaborators to come together. **National Institute of Tourism and Hospitality Management (NITHM)** is one such student organization that has been part of the Hyderabad Marathon. They have been part of the event from the 1st edition and have been supporting us through each edition. It's a tremendous 11-year partnership that we are celebrating this year.

How they joined hands with the HR group for the event is a very interesting story. For the first edition the HR had collaborated with another institute for students' support but just three days before the event, the group pulled out. That's when NITHM was approached, and they came and completely owned the event. From Expo to the race, they were the shining stars. Their supportive role has made them the torchbearers of community running in Hyderabad. These young and dynamic kids participate with full enthusiasm. And what is commendable is their overwhelming support every year, despite not being in the limelight. These kids are the unsung heroes of the event.

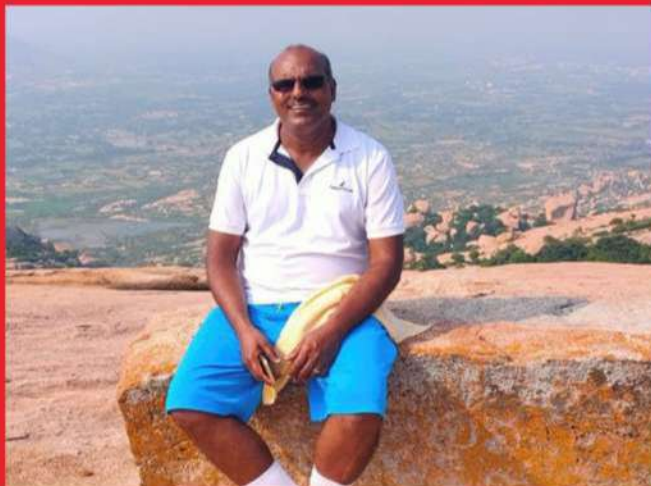


According to Ajit, HR coordinator with NITHM for the event, "it's been a good partnership with NITHM for all the 100 students every year for Expo. Students get an exposure on how a mega event is organized and how impactful they become by being part of the Expo. Two days of working with the HR buddies and understanding the process. We enjoy working with NITHM every year at the Expo, and together we make a great team."

The event gives a great exposure to the students as well who gain experience of being part of this mega event. According to Michelle J Francis, Sr. Asst. Professor, "the mentoring of the Hyderabad Runners' team goes beyond measure as our students have been encouraged to go for this event and have an Experiential Learning right from the Registrations and Customer Service to also supporting the enthusiastic runners. Students learn process learning by helping in the organizing teams." As event management is part of their curriculum, this gives them an opportunity to gain hands-on-experience.



Another strong collaboration is with the **Mahila Abhivruddhi Society, Andhra Pradesh (APMAS)**, an NGO run by Mr. CS Reddy that engages in supporting sustainable women self-help groups (SHGs). Mr. CS Reddy, who himself is a passionate runner and having met Rajesh in 2008, he started joining many HR events. In 2011, he got involved in volunteering for the erstwhile AHM and from then on has always been part of the volunteering team.



He comes with his own group of supporters, family members and colleagues from APMAS and takes full ownership of KBR park to Daspalla section. He says he "enticed them (his volunteers) with t-shirts and breakfast" to be part of the volunteering group. According to him, some of the members of his volunteering group are now into "running and have become an inspiration for others!"

As a volunteering group, they have also grown in strength and number. Starting with just 15-20 in the first year, they are now close to 100+ volunteers supporting the event.

The Hyderabad Marathon is in a true sense a collaborative event. The right partnerships can change the outcome of an event for the better and take it to a greater success. Although Hyderabad Runner Society runs the show, it is the passion of all those people volunteering that make this event so unique and special.

RUNNERS' STORIES

By Amritha Chandramouli

AGAINST ALL ODDS

Kiran Kanojia

Kiran Kanojia is a para-athlete and India's first female blade runner. She shares her journey and views with us.



"I feel I am able to support more women around me through this journey. When I go for different runs, when I meet people in different schools, NGOS or colleges, there are women who come forward and share their experience. This gives me courage and motivation to move forward while helping them as well. It helps them put the past behind. The journey of becoming a blade runner is the stronger side of my life.

When I started it was quite challenging. As a child I was not sporty. The blade which is made specially for running is expensive. Once I got it, I got into sports more actively. Running with the blade caused more load on my left leg. While running, there is a lot of hitting on (hard) roads which causes physical strain and this calls for harder training. But for me the recovery is different. Recovery time has always been more for me. When I run 10K, I get back pain and I end up putting more load on

one side of the body. It takes 2-3 days to recover from this. Recovery is also a training of the body. Ice baths, warm water baths, strengthening of muscles to support, and so on. Exercises help strengthen a runner, and this is all the more important when one side is weaker. The amputated side is the weaker side which needs to be worked out to get stronger. Sport is a discipline. More for the mind than the body. I trained progressively till 21K.

My first medal at the Hyderabad Marathon was very special for me as after my accident I started this journey. Running my first marathon in Hyderabad motivated me and gave me strength to believe that my amputation was not the end of life. People around were very helpful. When I ran 21K, it was a great feeling of accomplishment.

I want to do a full marathon, and if I get the opportunity, I would like to represent India in paralympics

I have learnt from my childhood that life will be full of struggles. To overcome that struggle, we need to stand for ourselves. I have seen how my parents have struggled and supported me throughout my studies and career. When I met with the accident, life that I saw from my childhood kept me motivated to not give up. If I had given up, I would not be here telling my story.

Be it any place, I have very beautiful and amazing people to support me, physically and mentally. Amputees like me and runners have supported me. My family supported me right from the hospital. There is a lot of improvement, participation, representation, and awareness now which has opened doors for the government to come up to support para-athletes. It is far better than what it was 15 years ago. People are making an effort. In Bangalore, a disabled-friendly stadium is coming up. With increased awareness, disability-friendly infrastructures are coming up. I think it will be much better, more accessible, and more inclusive in the future.

Sports is an activity which connects people faster. In my running journey, I did not know the person next to me. We run selflessly without any expectation. This helps us connect immediately with each other as a "sports person"

Specially for disabled people, we need to maintain our weight, else mobility will become difficult, and use of prosthetics will also become difficult due to fitting issues. Gym, yoga, cycling, etc., are all part of my routine.

Sports teaches discipline. We run behind jobs, for offices, for money. This running is for us! A me time! A time for myself that will give me satisfaction. The thoughts that come to mind, the hormones being produced, etc. help a person be more active and productive in life. Running behind the mundane things of the day is much different from this sort of running that gives happiness.

THE BRIGHTNESS FROM WITHIN

Raghavendra Satish Peri



We all know that running is beyond physical health- it calls for grit, enables a seasoned mind, and bestows the runner with a good sportsman spirit. While we all go for resistance training to make our bodies stronger, let's meet a runner who doesn't need to go in search of these impediments.

Meet Raghavendra Satish Peri, a true sportsman who most certainly can make any situation positive, bright, and vivacious. Raghava pushed his physical and mental barriers into obscurity and brought the sportsman spirit to light

What got him started:

Raghava's friends mostly noticed only his weight gain and his well-wisher suggested that he start walking to control his weight and to get back the spirit that he was losing. When another friend pointed out that he was low and not his usual chirpy self, he realized that he was upset about losing his sight on the right eye overnight. That is when he took the first step towards his well being, and this was in 2012. He signed up for a running event and found running communities with helpful co runners. He was part of the running community called "Runner's High". When he started, his eyesight had greatly diminished, and he could only see big objects. Eventually he completely lost his eyesight. He took up running to combat his depression when his eyesight kept diminishing.

When he just started, he could not run even a hundred meters. But he eventually got to finish 10Ks, 15Ks and eventually 21K. In retrospect, it trained him to run, what he calls "the marathon of the mind" game, as it made him strong from inside. The running communities played a big role in this journey.

The social aspect of interacting with people first thing in the day and making each other feel good was a very good reason to step out of the house. This was the great driving force which is not accessible to people who don't step out for a run in the mornings.

He sincerely adds that his loss of eyesight was never really a problem for him when it came to running. True to this fact, he would go to the park close to his house, wait for a runner to cross him, gauge his speed by hearing his footsteps and simply follow him. He had this strategy while running alone. While running with his friends from Runner's High or Hyderabad Runners, he ran with a co-runner who ran with him to help him navigate. Raghava does not consider his eyesight or his health as a challenge or a problem. To him, it is purely a matter of rearranging, managing, and organizing. Simply a different life from the person beside him. He strongly believes that for someone to help you, you should help yourself, at the very least 1%. He encourages people to help themselves the very least possible; consequently, and certainly one will find all the help needed. There will be angels around to extend the help.

He further adds with much delight about the food at the end of every run, and how it made planning his runs around food a legitimate source of happiness. *Eat and Run* by Scotts Jurek was a wonderful influence on him besides *Born to Run* by Christopher McDugall.

His current health condition does not permit him to run. However, he walks, whatever distance is permitted by his doctor. He doesn't let anything keep him from getting out and moving.

Although he has lost his sight completely, he has a bright vision!

ULTIMATE FRISBEE

EVOLVING THE WAY WE PLAY SPORT, ONE THROW AT A TIME

By Tuhin Sharma

Frisbee? The one you play with dogs? That thing you throw at the beach? Yes, all of this. But also, a mixed-gender Olympic recognized sport played professionally in almost as many countries as Cricket!

Wait, evolving the way we play sports? How is it doing that? And why should you spend the next 5 minutes of your day reading about a niche sport played by 20,000 people in the country?

In a line- Ultimate is a mixed-gender, self-refereed sport which due to the low cost of equipment is accessible to all. While there is a lot of literature already on the physical impact of Ultimate on stamina, strength, speed, etc. today, I am going to focus on the lesser-known aspect- the psycho-social one and how it is the perfect tool for development through sport.

Ultimate, being a mixed-gender team sport, addresses and negates the gap between genders. At a time where we are breaking stereotypes and fighting sexism- active or passive, Ultimate gives us a platform where each member is as important as the other and all of them grow together. There is a lot of talk about the 'glass ceiling' in sport, here we break it down with every throw of the disc.

Now onto the self-refereed part- Yes! You read it right. There are no referees in Ultimate and while it is important to win, it is as important to win fairly. In Ultimate, along with the physical training, we concentrate heavily on conditioning players on communication skills, body language, conflict resolution, etc. Spirit of the Game is the foundation of the sport which encourages players to be highly competitive without sacrificing the mutual respect between players. After each game, even at the highest level, at world championships, players get together to form a spirit circle where they resolve on-field differences and appreciate each other.

According to the India Skills Report 2020, 54% of youth are not job ready. That's over 140 million youth! A glance at the 2021 data from national crime records bureau shows that the percentage of reported crime among juveniles continues to be high and the age group of 16-18 is particularly vulnerable. Numerous research published by organizations like WHO, UN indicates that inadequate life-skills is a key driver of both these problems.

What steps are we taking to tackle these issues? Through Project Fly- a 9-month program, we intend to bring together and train 60 of the best male and female players from across India, mainly from under-privileged backgrounds. In my experience, while there are many children who love to play recreationally, there are an equal number of children who are so involved with this sport that they aspire to play at the highest level and represent India. These selected children will attend multiple camps where they will undergo training to further enhance their technical and psycho-social skills enabling them to represent India, and play at various international club tournaments.

With this cohort of children, who will play the sport at the highest levels, we aim to showcase and advertise that dreams do come true. These children will serve as role models to their peers, and young ones will be incentivized and nudged towards actively participating in this sport.

To know more: sharmatuhin18@gmail.com

HR 3SIXTY5

FEATURED GROUP

BARA Runners

What sets BARA apart?

BARA prides itself in helping aspiring runners hit new personal lows. BARA identifies talented runners who seem a bit too anxious to get ahead, and mentors them to feel comfortable being a below average runner.



The eligibility criteria are fairly straightforward - love for coffee, ability to BS and ambition to improve your run-time



The members of this group are spread across the world and thereby making us truly multinational. From the east and the west coasts of the US to the east and the west banks of Godavari - we can find BARA Runners laboring through their runs.



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

Almost all the members are regular. We regularly skip our runs. Mahad, Kamal and Ravi regularly miss their runs citing lame excuses like injury, indigestion, etc.



HRUNIMATIONS

TOWARDS THE END

By Amritha Chandramouli

"Ah, what's to see? A woman from Norway, a guy from Kenya and 20,000 losers"- Jerry Seinfeld, American comedian, on the New York City Marathon. A sense of competition is so deeply programmed into our system that one must secure a rank whatsoever in a race.

Whenever I have told anyone that I am running a race, the immediate question is "Will you win it?" My mother however, agreed to let me run only when she was convinced of the sweep vehicle that will not let me collapse on the route.

I can never be happy to tell people that I absolutely will not win the race nor secure a good position. It is too cumbersome to explain that the objective is to cover the distance as fast as you can and just get better at it over time.

Getting better is not as simple as it's said or written. It takes consistent training to get better yourself. You will certainly be better than what you were. But you cannot and should not bring the competitive spirit here.

By no means have I had a decent pace. I have always finished close to the end and systematically missed every possibility of group pic with other friends who finished and even left home. But when I took the leap of faith to run a half marathon, I struggled big time on the route. One friend accompanied me for a loop of ten kilometres by collecting things from aid stations so that they could shut down and I could have something to eat and drink to complete the distance. Towards the end, a few more friends ran the last part with me to complete the first half marathon that meant something to me. I will always be in gratitude to those friends. Each event is a learning experience for the individual. The half marathon is when I learnt to train better and not trouble myself or others.

Whether you are the person to finish somewhere in the middle, quite the last batch, or the very last finisher, or don't finish at all, you can accept these outcomes gladly. Neither of these imply defeat or

failure by any means. However, something that you should be worried about is a DNS (Did Not Start).

I am quoting a few friends who dropped some truth bombs that are worthwhile to keep people on the track and not get demotivated to DNS.

1. A dear friend of mine from the runner's community who surprisingly makes a decent quota of podium finishes very humbly tells "I'm not running to win. I am running to be able to eat and drink." I can certainly vouch that the satisfaction of walking into a restaurant for breakfast after a Sunday Long Run is an unbeatable cheap thrill. People there will not look at you as someone who isn't well dressed for the occasion, but someone who has earned their calories!
2. "It is a complete Paisa Vasool. You enjoy the route to the best"
3. "The one who finished first and the one who finished last gets the same medal"

I deeply wish that by reading this, you feel better and not lose hopes about a DNF or finishing towards the last. Neither of these should be considered defeat. Your effort will certainly not go in vain. Remember, we call it "event" here and not always "race".

When I started running, the Hyderabad Marathon was my driving force. But once I started training, I loved the process as much as the destination. It is your own journey along the route that matters more than the destination. The events should be nothing but interesting for you to enjoy your run. The very well-trained ones can expect PBs or podiums. For the rest, they will be a paisa vasool!

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 fifth 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.

Leg raises while lying on the belly



Benefits:

Targets abs; strengthens the lower back, the glutes and the hamstrings. Makes the posterior chain of the body stronger.

How to Do It:

1. Lie prone on your belly.
2. Raise one leg up and down 10-15 times.
3. Repeat on the left leg.

Do three sets of the above.

TRIUMPHANT RUNNING THE PHYSIO WAY

BUNION TALES

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.

If anyone embodies the spirit of "no pain, no gain", it is us runners!

We are known to walk and run through pain and hurt all the way to the finish line... and while some pains and aches are common and the discomfort is borne through, too many runners unfortunately know what running with bunions feels like, and it's not fun.

The pain that runners run with due to bunions is not running with hurt, but it is running with injury. If untreated, it can make one's running future painful and dangerous.

What is a bunion

A bunion aka hallux valgus is a foot deformity wherein the joint of the big toe juts inward (medially), and the toe itself points outward toward the second toe.



While running, our feet take the impact and are the site of initial landing and ground contact for every single step of every mile. So, this deviation of the great toe joint makes the ball of your foot abnormally wide. Running with bunions can chafe, rub, or be squeezed by the standard toe box of your running shoes.

Identifying bunions

Off late, do you notice deviation in your great toe(s)? Or do you have pain/redness/swelling at the base of your great toe(s) during or after your runs? If yes, then this could probably be a **bunion**.

A hard, round bump at the base of the great toe on the inner surface of your feet and the tip of your big toe pointing outward towards your other toes rather than straight ahead is the most common way that a bunion manifests itself.

Causes of bunions in runners

Technically speaking, the bunions are formed as a result of the body's compensation when the core isn't functioning properly.

Also, most running shoes have a relatively tapered toe box which puts pressure on the toe joints and can start to force the big toe to point towards the other toes. Mile after mile of running, especially when your feet swell, this can lead to the formation of a bunion.

Dealing with bunions

- Try zero-drop running shoes with a wide toe box that permits the natural splay of your toes when you run.
- When you aren't running, wear wide or open-toed shoes or go barefoot around the home to allow your feet to splay normally without pressure on the toes.
- Avoid wearing high heels.
- Icing post run over the bunion helps redness/pain/swelling.
- Toe spacers or toe separators improve the alignment of your toes and can help restore the balance between the muscles controlling the direction of the big toe.
- Strengthening and stretching the toe and foot muscles helps with mobility of the small joints in the foot.
- Most importantly, get yourself assessed thoroughly by your physio to find out the root cause/compensation causing the bunion.

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

AMRAP FOR RUNNERS

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.

"COME ON... GIVE ME ONE MORE SET!!!!", said the strength trainer.

"Ooh... Aah... Ouch..." go the runners, and yet push themselves to one more set!

There are so many ways that we can stretch during our strength training, and AMRAP is one such unique format that not only challenges us but also helps us structure these workouts.

What is an AMRAP

AMRAP stands for "as many rounds as possible". The goal is to complete a combination of moves as many times as one can within a defined time.

AMRAP workouts

AMRAP workouts help runners progress by working with an elevated heart rate and pushing to complete more exercises in less time, thus increasing strength and speed.

Longer (20-30 minute) AMRAPs incorporate cardio, heavier weights, and explosive movements like burpees, plyometric jumps, etc. and can be a great test of endurance, while **shorter (10 minutes) AMRAPs** are mostly bodyweight workouts of pull ups, push-ups, squats challenge, etc.

AMRAPs are open ended and scalable to different abilities. We can either do with just bodyweight or add weights to take more challenges or focus on cardio, strength, mobility or a combination of all.

To make the most out of AMRAPs, select at least some workouts that are challenging for you.

Do not cheat yourself with very easy combinations. The last two reps of each exercise should feel challenging without going out of the form.

Why AMRAPs

A combination of bodyweight exercises and props like kettlebell, barbell, or dumbbells, AMRAP is an excellent way to challenge one's endurance and speed up training. Often confused with HIITs, an AMRAP has no built-in rest intervals and hence is considered a higher intensity workout.

Whether you are an endurance runner or a sprinter, power, speed and stamina are required for both. AMRAPs can help runners become stronger and more efficient by understanding how to pace through different values of time.

An AMRAP workout pushes one's muscles to the limit with back-to-back workouts.

Benefits include:

- Works with many types of exercises
- Promotes muscle growth and endurance
- Increases cardiovascular endurance

Sample AMRAP Workout

Set a timer for 20 minutes and complete as many rounds as possible

- Burpees 25
- Goblet hold walking lunges 25
- Dumbbell squat curl press 20
- High plank alternating shoulder taps 25
- Renegade rows with 5 kg dumbbells each 20
- Plank (high plank to elbow plank) 25

To start AMRAPs as a beginner, start to move at a pace that feels almost too slow at the beginning. Be realistic about what you can do. While designing your own AMRAP, remember to:

- Pick easy movements one can perform well
- Focus on form
- Find a sustainable pace
- Set a time limit

AMRAPs style workouts help athletes to keep track of how much work they can get done, so that they can compete against themselves each time.

Like with all high-intensity workouts, do AMRAPs under supervision and with company.

**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

INTERMITTENT FASTING AND RUNNING

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Intermittent fasting is a kind of eating pattern where the person refrains from having any food or caloric beverages for a prolonged duration in a day. People commonly practice several forms of intermittent fasting such as restricting meal times between only 6-8 hours in a day and fasting for rest of the time; or, having normal caloric intake for 5 days a week and have extremely restricted intake for 2 non-consecutive days of the week; or, fasting for 24-36 hours once in a couple of weeks or in a month, etc.

Fasting is shown to have multiple health benefits that go beyond weight management. It promotes metabolism and helps in fat loss. It reduces insulin resistance and improves insulin sensitivity which in turn helps in better blood glucose maintenance. Fasting has other associated benefits such as reduced inflammation, reduced risk of cardiovascular diseases, improved lipid profile, slowing down signs of aging and increase in longevity.

During fasting, the body's major source of energy switches from diet derived glucose to stored glycogen and fat 3-8 hours after a meal depending on composition of the meal. An average person can continue to fast without significant loss of muscle mass up to 36 hours, provided they have good fat stores to begin with. Despite its innumerable benefits, fasting is not for everyone. People who are on medication for various health conditions such as hypertension, diabetes, kidney diseases, liver conditions, heart related ailments, women who are trying to conceive, pregnant women, breastfeeding mothers – all these people must

have detailed discussion with their healthcare providers to decide if it is safe for them incorporate fasting in their lifestyle.

Likewise, whether fasting is beneficial for an endurance runner or not depends on factors such as their body composition, their training intensity/duration, time of training, objective of training, etc. Scheduling lighter intensity and shorter duration runs/workouts in fasting state are okay, whereas trying to do long runs or high intensity workouts in fasting state might result in preventable injuries that could negatively impact performance. Eating a healthy, balanced diet during the feeding periods are absolutely necessary to prevent muscle loss, electrolyte imbalances and nutritional deficiencies.

It is recommended that one should try shorter durations of fasting initially to understand its impact on their training performance prior to making fasting as part of their lifestyle. They should also try different kinds of fasting routines to figure out which suits their training regimen better in the longer term. Off-season is a good time for such experiments without compromising on the performance on important race days. When done right, fasting can be a sustainable aspect of lifestyle to maintain good health in the long term. However, similar to how overtraining can impede performance, extreme fasting also can cause unwarranted outcomes such as diminished immune function, nutritional deficiencies, eating disorders to name a few. Just like any aspect related to health - moderation is the key and one size doesn't fit all.

RUN-TITIDE: MINDSETS OF A MARATHONER

BIG HAIRY AUDACIOUS GOAL (BHAG)

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.

A **Big Hairy Audacious Goal**, or BHAG (pronounced bee-hag), is a clear and compelling target to strive for. Coined in the book, "Built to Last" by Jim Collins and Jerry Porras, it is mostly used in an organizational context as a long-term goal that everyone can understand and rally behind together.

Examples of a BHAG are SpaceX's goal "to enable human exploration and settlement of Mars" or Meta's "to make the world more open and connected" and "to give everyone the power to share anything with anyone" or Google's "to organize the world's information and make it universally accessible and useful".

BHAGs and Runners

But how can runners use BHAGs? Just as in organizations, BHAGs are meant to excite and energize people in a way that quarterly targets and lengthy mission statements often fail to.

For runners too, one BHAG can be a great motivator than 5 smaller clear goals.

How to get towards a BHAG?

There are 4 broad categories of BHAG, thus 4 broad ways one can look at achieving a BHAG:

1. Role model: seek to emulate the success of a well-known or personally known runner
2. Common enemy: focus on overtaking your limitations and demotivating beliefs
3. Targeting: refer to things such as getting your Personal Bests or winning a podium, etc.
4. Internal transformation: remain competitive by revitalizing your thinking and training plans constantly

Ask yourself

As you set your BHAGs, ask yourself these questions to determine if they are big and audacious enough!

- Does it stimulate / propel me forward?
- Does it push me to progress?
- Does it create momentum and pace me up?
- Does it get me to get up and get going in the morning?
- Does it get my juices flowing?
- Do I find it stimulating, exciting, adventurous?
- Am I willing to throw all my talents and energies into it?



What is your BHAG?

For me, it is to "run a 50k when I am 50 years"

Now, a 50k is a routine quarterly run for many runners but it is a Big Hairy Audacious Goal for me...

Why is this audacious for me? Because, I run 10k now, am still overweight, and I have only 4ish years to go!!! But hey, I decided to go big, and now have announced it to over 15k runners across the country...

What is your BHAG today???

RUN FACTOID

INCA TRAIL MARATHON

ONE OF THE HARDEST MARATHONS IN THE WORLD

By Sam Sudhakar

Dead Woman's Pass is definitely not an appealing name which one has to cross (the highest pass) during the Inca Trail Marathon. Imagine sleeping the night before the race with thoughts of tackling the Pass the next day and one which has the word Dead in it.



The Inca Trail Marathon traverses through the legendary 'Lost City of Incas' - Machu Picchu!! A trail marathon through forest full of orchids, hanging mosses, tree ferns, ruins of Incas shrouded in clouds. The course has over 10000 ft of elevation gain, two high passes, thousands of Inca steps to climb and the surface is mostly Inca paved stones with some difficult sections and rocky places. It is considered one of world's hardest marathons as well as the most scenic South American marathon with the finish line at Machu Picchu!

The Dead Woman's Pass is the highest point of the Inca Trail and one of the mysteries of the trail. Inca is a marathon in distance but an ultra in effort



CURRENT HR ACTIVITIES

TRAIN & SHINE

Strength is Non-Negotiable

Train & Shine from Hyderabad Runners is a training program that focuses on building strong and solid legs and core so that you can run the right way. Prepare your body to tackle long-distance running.

We are now resuming our outdoor strength workout sessions

For details: www.hyderabadrunners.com

Complimentary

1. An exclusive 1-1 session with a Nutritionist.
2. 1 Hyderabad Runners Tee-Shirt

In-person training sessions are being held at the below listed locations (Conditions apply)

1. BHEL (Sancta Maria School, Lingampally)* Covid vaccination certificate is a must - Open for all
2. Botanical Gardens, Kondapur* - Open for all
3. KBR PARK/Vengalrao Park* - Open for all
4. LB NAGAR (Shilparamam Gate)* - Open for all
5. Thirumalagiri / Alwal (BVB School Ground)* - Open for all
6. Sanjeevaiah Park* - Open for all

SUNDAY LONG RUN (SLR)

Start Time: 6:00 (Staggered)

Aug 21

Centro Run (10k /16k)

Location: Centro, Jubilee Hills. Out and back.

Aug 28

NMDC Hyderabad Marathon 42k/21K

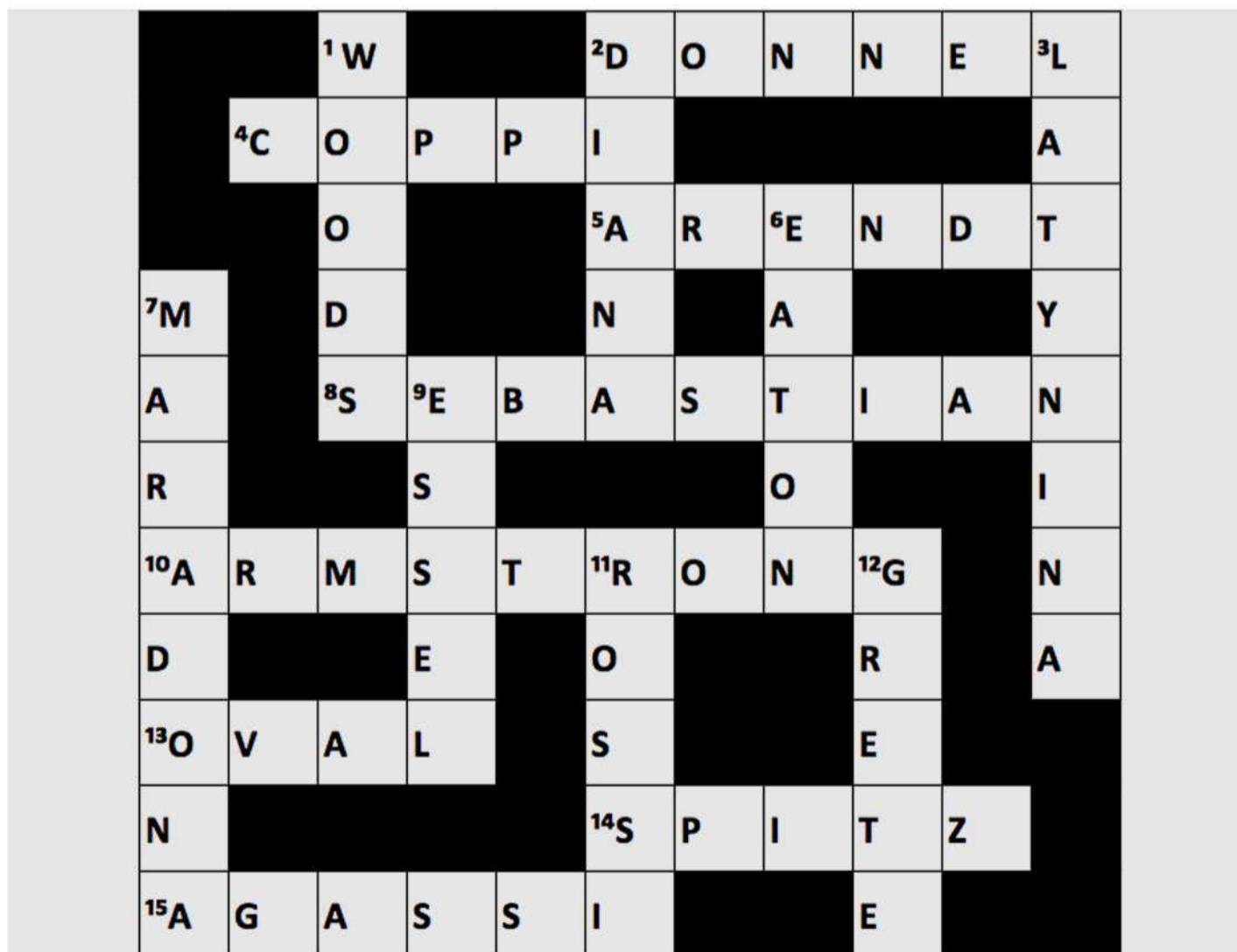
Location 1: People's Plaza, Necklace Road

10K Location 2: Hitex. Izzathnagar.

Check email / announcement from Hyderabad Runners prior to the run for full details. All runs are subject to change. Runners should follow Covid-19 protocol rules.

SOLUTION TO CROSSWORD #11 (JULY 2022)

SPORTS PERSONS



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)

Created By: **Prashant Morparia**

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

Email to: newsletter@hyderabadrunners.com

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