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MESSAGE FROM THE PRESIDENT

Dear Runners

Greetings

Congratulations - Kipchoge does it yet again! We have a new Marathon World Record (Men)!! 2:01:09. For almost 19 years now, Berlin has been gracious enough to host the WR. It's almost as if the Germans have decided that they want to be associated with the WR - this way or that. And with Kipchoge running the first half of the race in 59:50, which was similar to his half-way split in the sub-two hour attempt at Vienna (unofficial race), it seemed that we would finally see a sub-2 hour Marathon happening at Berlin. Well, that's left for another day now. A few of our folks ran Berlin and I must say that I envy their witnessing the WR or at least the aftermath of the WR. Congratulations to them and to our other runners who ran the London and Chicago Marathon. Our folks have also made their presence felt at Delhi and Bengaluru in this month - Cheers to them too.

Marathon events bring about a lot of positivity and as a NGO passionate to the running cause, it's our duty to spread that positivity all around. Hyderabad Runners Society has been ably supporting many other NGOs to organize runs and support the causes promoted by them. We also have our second edition of Starlight Strides coming up on the 30th Oct 2022, which is a 'women only' night run aimed at promoting women safety and empowerment. I wish the organizing team the very best and urge you all to come and cheer our women runners as they set the track ablaze.

The running calendar is packed with events for the next 4 months. Do train well and choose your races wisely. For those on the wrong side of Forty and others who have any history of ailments, it would be prudent to get a health check-up done and ensure that you are running-fit. We use the words 'health' and 'fitness' interchangeably very often. One needs to understand that good health without fitness is incomplete, and also that fitness at the cost of good health is absolutely useless. So, aim at getting the best of both and set your training plan and race schedule accordingly.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

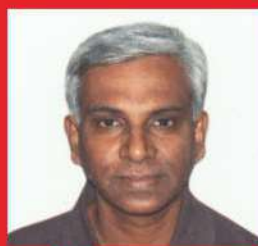
The last couple of months have been happening for the world of running!

On one side we have Kipchoge setting the World Record at the Berlin Marathon and on the other side the country has opened up to a flurry of running events, a season the likes of which we are seeing after almost 3 years!

Given that runners are getting back on to the track, safety and health are paramount issues. As important as it is for us to train properly and listen to our bodies, our nutrition and yoga experts also share ideas for good food and good rest. In this edition's cover story, we also revisit some of the NGOs and charities that Hyderabad Runners supports and mentors for their various running events.

With an aim to promote awareness on women safety and empowerment, we have our women's night run Starlight Strides this 30th October. We hope to see participation from many women runners not only across the city but also from organizations.

Enjoy the issue and we look forward to seeing you in the runs this season



Vadali Prasad

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*Feedback and Contributions welcome
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COVER STORY

CHARITIES & HYDERABAD RUNNERS

By Sunder Nagesh & Sagarika Melkote

Hyderabad Runners Society was founded as an NGO in 2007. Over the years, it has championed the cause of health and fitness through running and it has spread the message of fitness through running in the twin cities of Hyderabad and Secunderabad. Cyberabad too :)

Over the years, quite a few organisations working in civil society for various causes have partnered with the Hyderabad Runners to spread their word and also to reach more people. Hyderabad Runners too, on its part has engaged with various entities and organisations that have larger societal impact. It has helped the Charities grow and to expand their footprint and has helped them in taking their ideas to new people. Here, we feature a couple of organisations that have partnered with the Hyderabad Runners.

Hyderabad Runners has partnered with various organisations like the LV Prasad Eye Institute (LVPEI), the Grace Cancer Foundation (GCF), the Jeevandhan initiative of the state government and with the She teams initiative of the police department to spread word about their causes through various runs and walks.

LVPEI & Whithathon:



The LVPEI (LV Prasad Eye Institute) is a non-profit NGO that has been working to prevent and cure blindness and other eye-related ailments. The LVPEI has been actively championing this cause for the last 35 plus years by establishing a network of eye-clinics. They have over 200 eye centres in India, making them one of the largest eye-care networks in the world.

In early 2018, Dr. Swathi Kalki from LVPEI came up with the idea of organising a run to spread awareness about Retinoblastoma, the cancer of the eye. The LVPEI team approached the Hyderabad Runners and the collaboration led to the first edition of Whitathon in May, 2018. Until then, the LVPEI had organised walks to spread the word about ailments related to the eye. Whitathon opened windows to a whole new community and as a result, the word spread about Retinoblastoma and its treatment. Every year since, around and after the Whitathon event, there are increased inquiries about the ailments related to the eye. The event happens around the 2nd or 3rd Sunday of May to coincide with the World Retinoblastoma Week, that is observed in the second week of May every year.

Till now, the LVPEI has conducted 3 editions of the Whitathon physical run (2018, 2019 & 2022). In 2021, they conducted a virtual run in association with Life Cykul. In 2022, the run was expanded to 3 other cities - Vijayawada, Visakhapatnam and Bhubaneswar. In these cities, the run was organised in association with the respective local running communities.

Whitathon has enabled LVPEI to raise awareness about various ailments related to the eye, especially Retinoblastoma. The excess funds from the event are used for the treatment of the economically underprivileged patients. LVPEI cherishes its association with the Hyderabad Runners, terming the association as a fruitful one and one that has brought them a few steps closer to the community in their efforts to spread the word about Retinoblastoma. The Whitathon has now become one of the favourite events in the city's running calendar too.



Grace Cancer Foundation (GCF) & Grace Cancer Run:

One of the major ailments in our current society has been cancer in various forms and over the years, we've been witnessing a spurt in these cases. While cancer has many reasons, a major underlying condition in almost all cancers is poor and sedentary lifestyle. The Grace Cancer Foundation (GCF) was founded as an NGO in 2014. GCF's vision and mission have been embedded in their core values of Care, Cure,

Compassion and Commitment. They've always advocated that the freedom from cancer can only be possible through awareness, early detection, prevention, diagnosis, treatment and support. A key component in GCF's fight against cancer is the awareness about the disease and they've constantly looked at various avenues to spread the word about this.



The seed idea of the 'Grace Cancer Run' came from some of the senior runners of the Hyderabad Runners Society who proposed that organisations like the GCF should promote physical health and fitness and also spread word about Cancer through an annual event. The GCF committee deliberated on this suggestion; it then led to the inaugural 'Grace Cancer Run' in 2017. The event was conducted as a local run and saw hundreds of runners participate in it. In 2018, the event was rechristened as 'Global Grace Cancer Run' and it has grown ever since. The Hyderabad Runners have been instrumental in conducting the event every year and they've extended their support in all forms, including volunteering for the event.

In 2020, due to the COVID-19 pandemic, the event went virtual and it attracted over 50,000 runners from across 119 countries, making it a truly global event, albeit virtual. During this event, a Guinness World Record was also achieved where a record number of runners uploaded videos of themselves running during an hour. In 2021, the event was conducted in person and in virtual mode too, leading to an increased participation from far and wide.

Since 2018, 5 editions of this event have been conducted and each edition has seen increased support and adoption by the running and the endurance sporting community in Hyderabad. The event is conducted in October every year which is also the Global Breast Cancer awareness month. Each year, the participation from the non-runners has also seen an uptick, leading to increased awareness about cancer. The platform has gained increased acceptance by one and all and the 'Grace Cancer Run' is one of the regular events in the city's running calendar.

One of the most simple ways to keep disease (specifically, cancer) at bay is to stay active - physically and mentally. And, running is one of the easiest ways

to do that. GCF is grateful to the continued support provided by the Hyderabad Runners Society and looks forward to an increased engagement in the years to come.

Jeevandan Initiative:



Jeevandan is an organ donation program launched in the year 2013. It's a cadaver transplantation program (supported by the government) that's spreading word about organ donation. Organ donation is taboo in our society and people are usually very apprehensive about donating one's organs post their life. The Jeevandan initiative, through its many programs, has been championing the cause of organ donation amongst the vox populi. This program is led by Dr. G. Swarnalatha who's a professor and Unit head in the department of Nephrology at the Nizam's Institute of Medical Sciences (NIMS). Dr. Swarnalatha is also a running enthusiast who has participated in many running events too. Under her aegis, the Jeevandan initiative has grown leaps and bounds and now Telangana is one of the leading organ donor states in the country. Despite this, there's an unusually long waitlist for organs, sometimes even 5 years.

Hyderabad Runners has partnered with the Jeevandan program to spread the word about organ donation. Organ donation was the theme of the Club Run 2018 and Jeevandan partnered with the Hyderabad Runners to take the idea of organ donation to the running community. Ever since then, there has been an increased awareness in the running community about organ donation in general.

The program has a long way to go and at the time of this article going to print, a total of 21687 people have pledged to be organ donors. Hyderabad Runners shall continue to spread awareness about the larger benefits of such an initiative.

SHE Teams:

The SHE Teams is a division of the Telangana Police working towards enhanced safety and security of women. A brainchild of the chief minister Dr. K. Chandrashekar Rao, this exclusive team was set up in 2014. The SHE team stands for 'Safety, Health & Environment'. Over the years, the SHE Teams has proven to be an effective deterrent against various types of violence and harassment against women. They've also worked towards curbing child marriages in the Telangana state too.

Every year, around the Women's Day in March, the SHE Reams conducts a run to raise awareness on safety and security of women. With the issue impacting society at large, the Hyderabad Runners Society has always supported this initiative and has been an active part of this event. Hyderabad Runners have also volunteered for this event too.

The Hyderabad Runners has also partnered with the SCSC (Society for Cyberabad Security Council) in conducting the 'Starlight Strides' women's night run. The SCSC has been an active supporter of the 'Starlight Strides' run since the last 2 editions. The 3rd edition of this event shall be held on the 30th of October, 2022 from the Gachibowli Stadium.



And More:

Through its many sub-chapters, the Hyderabad Runners has been helping the needy and the poor by conducting physical fitness sessions, career guidance programs, book donation programs etc.

Through the Soles for Souls initiative, Hyderabad Runners donates shoes and footwear to those in need of them. Originally launched along with the Hyderabad Marathon in 2013, this has now become an all-year-long initiative of Hyderabad Runners. A large percentage of people in our city continue to face the need for appropriate footwear that they don't have access to. As more runners joined our community, and the conversation about shoes was a regular feature at all our meet-ups, the idea of donating shoes struck and it spread. The Hyderabad Runners has also partnered with a few nonprofit organisations and schools and with their help, we've donated over 10000 shoes since 2013 as part of this initiative.

During mid 2021 (as the hospitals battled against the COVID-19 pandemic), the Hyderabad Runners donated medical equipment to various government hospitals like the Osmania Medical Hospital, Gandhi Medical Hospital, Niloufer Hospital etc. As part of its commitment to the society, the Hyderabad Runners also donated a substantial amount to the Hyderabad and Cyberabad police departments for the work that they've been doing. During the COVID-19 pandemic, nearly 200 runners donated blood.

Hyderabad Runners Society is where it is today only because of the large hearted community that has always come forward to champion various causes at different platforms.

Credits: The author would like to thank the below people for their inputs for this article:

- Samuel Jacob George, Public Relations (donor affairs and fund-raising department, LVPEI)
- Niranjana Raj, Executive director, Grace Cancer Foundation
- Shiva Jujjavarapu, Running Evangelist



Giridhar Kolanupaka - The Charity Champion

Giridhar Kolanupaka is the undisputed Champion of Fundraising for social causes and is one of the senior most members of Hyderabad Runners.

Giri is that rare breed of runner who has no desire for PBs or medals, he believes in "running for a cause". Passionate about voluntary work and social causes, he has, to date, not participated in a race which did not have a charity or NGO affiliation. In his own words, his foray into running began in 2010, when he had "no idea" what running a half marathon meant and signed up purely because he could commit to raise funds for children with disabilities. He also has the distinction of having run a Half Marathon at every version of the Hyderabad Marathon to support various charity organisations each year. He terms his HM in 2016 as "most satisfactory" as he was able to raise his target amount and was very happy with his run timing.

Giri's enthusiasm for voluntary work goes all the way back to the year 2000, when he was based in the USA and associated with an NGO – ASHA for Education. On his move back to Hyderabad four years later, he took on the role of Hyderabad Coordinator and has, since, been involved with several NGOs and voluntary organisations in various capacities. Giri believes that it is one's responsibility to ensure nature is preserved and is a true proponent of "minimise your carbon footprint". He has been a Vegan since 2000 when he became aware of PETA and its activities. He owns just two pairs of running shoes which are made of Vegan material, another couple of pairs of branded shoes have been gifts from friends. He has been a barefoot runner too, on occasion. While he isn't running or walking, using public transport is his preferred mode of locomotion.

Giri is presently involved with his own NGO, which runs completely on volunteer efforts. He actively supports holistic living and conducts workshops on the same.

WOMAN, RUN LIKE NO ONE'S WATCHING

By V. Vijgeesha

Shruti was a runner during her school days. Having participated and won multiple competitions, she remained enthusiastic about it till she finished her 12th grade. When she moved to college for her bachelor's education, unlike her school days, there were not many sports-meets to continue her winning streak. So, she indulged herself by dribbling of the Basketball or Serving the Volleyball.

When 2020 arrived, no one had an inkling of what was about to befall the world. The hustle-bustle was replaced by mundane lockdowns. With movement curtailed and activities restricted, it was difficult to stick to the pre- pandemic workout routines. Shruti, who was used to playing outdoors, now found respite in YouTube workout videos to keep herself active and healthy after sitting for hours attending online classes at home. This also meant that by the time the first opportunity of heading outdoors to breathe in a different air came, even if through the N95s, she yearned for a change in her routine. With ample time spent reminiscing the good old school days during the lockdown, she considered reviving running. Rekindling her passion also meant preparing for the runs - the time, place, and route and planning other things.



By now you must have been able to relate with Shruti or know of someone like her?

But, this relatability ends with gender.

Unlike working out in closed spaces, running outdoors offers one the luxury of letting the mind wander, focus and eventually arrive at a refreshing clarity, be it at dawn or dusk.

But being a woman runner entails anticipating discomforting events during runs. Stares and glares are commonplace. A friend was once ogled by a man on one of her morning runs. Another could not gather the courage to go on a walk which was her cherished me-time after a long day at work after being followed by

a man in the neighbourhood. Shorts are one of the most comfortable pieces of fabric for any runner. How many women in your circle run in them on a regular basis? Women tend to dress vigilantly to avoid the above-mentioned gazes. Numerous women break their run routines mid-way to avoid this constant annoyance.



Adult women, more so working and/or married women, have multiple mental tabs open in general. The joy of running is robbed when one also has to equip themselves with defense mechanisms, mental and physical, over and above these tabs while heading for a run. This is true irrespective of the town/city/country you are in.



Recently, when the story of Eliza Fletcher, a 34-year old mother of two surfaced where she was kidnapped and murdered while running near her home in Tennessee, USA, the grief and outpouring of stories revealed how deep, real and common the fear of assault is for women. While the immediate reactions might be to suggest solutions in the form of do's or don'ts, it is to be noted that there are no straitjacket solutions on offer where the onus of safety doesn't fall on the woman. Also, each one comes with riders and consequences. Some of them sound like:

1) The most common one being, to run/ walk during the day or before the daylight dims.

This is an exclusionary solution as most women, especially in India, wake up to manage household chores leaving little time for them to head out for a run in the morning. Evenings are no different. If a survey were to be held to find out the ratio of runners who are

privileged to run while someone else is taking care of their needs back home versus runners who run with their spouses/partners, we know which one shall trump the other.

2) Run in groups

While this is relatively productive, it takes time to build a group of women who can head out at similar times consistently.

A few others are, learning to use your body to defend yourself, carrying pepper spray cans. Again, these are skills to be acquired in order to practice another which means that being able to think of running as a freeing activity is a herculean task.



So, here is a list of crowd sourced solutions from women runners themselves who have been at it for a while.

1) Leveraging technology

A Smartphone holder can use various apps like Strava, RunTracker, Runtastic, to record runs and use the live tracking feature and share it with preferred close contacts. Turn on the Beacon feature of Strava to share your location during the activity with 3 safety contacts. Whatsapp live location can be turned on for the duration of the run and shared with a close contact.

2) Place of run

Choosing a place of run frequented by other runners, or public parks with convenient tracks and regulated timings can be of help.



3) Finding a running buddy.

Coax, cajole, and persuade that girl/woman friend who has been looking forward to starting her fitness regime. While finding even one buddy can be difficult, it is much easier than building a group of runners. There is also the option of running with a male counterpart if you live in an area where running is a principal activity.



4) Keeping handy numbers of the Police control room/SHE TEAMS/Patrolling teams to reach out.

5) Click pictures of the person with the potential threat as a tactic to scare them

6) Being aware of the surroundings especially while using earphones/headphones/pods. It is widely advised to keep an ear out for voices in the close vicinity of one's body.



7) Community-based solutions

Arthur Shirley Cripps said, "Educate a man and you educate an individual. Educate a woman and you educate a family." It is to be understood that the same applies with regard to women's fitness. The sight of a healthy, active woman is in itself an inspiring image. Being caregivers and more, women need to take care of their health to perform to the best of their abilities in all

aspects of life. Sights of women running regularly have attracted scores of others to take to the sport and pushed them to run. In such a scenario, what role can communities play? The most important role is to build groups of women runners which will ensure that the sight of a woman running shall not remain a taboo or a rarity. Here are some steps:

- **Advertise the presence of running groups** in the neighbourhood in order to bring more women to the fold.
- **Holding competitive run-events exclusively for girls/women** multiple times a year to not just accord due importance to women and their fitness but also keep the spirit of competition high.
- **Experimenting with innovative approaches** like designating particular days of the week where men runners bring their spouses along and kids. This approach helps build a sense of camaraderie amongst the women and acts as a conduit to formation of groups.
- **Organizing night runs/walks for women**
- **Inculcating an understanding** that the need for fitness for women arises from them being functional individuals with autonomy who have to thrive and survive and need not always be linked to their role as caregivers.



Women in Hyderabad have shared experiences of feeling relatively safe owing to the community of their running counterparts. Offers to run together, pick and drop from home and back, ensuring no runner is left behind during scheduled long runs, amongst other gestures, have confirmed that the existing runners don't shy away from running actively.

To conclude, the antidote to unsafe spaces isn't women breaking their run routines. It is doing just the opposite. More women running in each other's companies, building innovative approaches to involve more women at a community level, voicing concerns whenever they arise and seeking help to break the glass ceiling. After all, "women hold up half the sky." And so should they, on the ground too, safely.



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FEATURED GROUP

MY HOME JEWEL RUNNERS

What sets us apart?

We are a bunch of runners, who try to spread social messages through our runs and runners. Be it "Run for a Girl Child", "Cancer Awareness", "Donate Blood, Save a Life" or an occasional fundraiser, our runners have come together for such causes.



MHJ Runners, along with support from Hyderabad Runners, has started an initiative of creating pools of Blood Donors, who can be called or volunteer for blood requirements in their neighbourhood. The donors are distributed geographically, so that they can donate on their chosen date, for a nearby requirement, without having to travel across the city, thereby making it convenient for them. Some choose their birthdays while others do it in memory of a loved one to donate blood.



We have chosen the major runs to spread awareness about donating blood among runners and the citizens, by wearing stickers on T-shirts. Hyderabad Runners has supported the cause by having donors to voluntarily

declare if they would like to donate blood, in event application forms. Recipients and Hospitals have appreciated the initiative of the runner community. There are a good number of runners in the MHJ Runners who donate blood every 3 months, while others donate regularly. More and more new donors have come forward, inspired by the existing donors' dedication for the cause.



We would aspire to get every runner of Hyderabad Runners, and indeed every runner, to donate blood at least once a year, and thereby contributing to a more socially conscious society and be able to save a life through a small act of kindness.

Who are your regular runners, and the jokers in the pack?

We have all kinds of runners, the textbook drivers, the crazy runners, to the once-in-a-blue-moon runners! Some who don't consider anything less than 30km! And some who start their run at 3 AM! But all have one thing in common - love for running!



Favourite running ground

When in full swing for training, we run half way across the city, be it the Durgam Cheruvu, the Langar Houz, Movie Towers, or Khairatabad flyover! BHEL, however, remains the favorite for weekend runs

HRUNIMATIONS

FUN AND FUNNY

By Amritha Chandramouli

As a group, runners enjoy the company of each other for motivation, support, and fun. Sometimes, the fun takes a few more steps to produce some good humour. Organizers of Long Runs take the effort in several details to make it accurate, interesting, and wholesome. This month, we feature runners who add spice to the Long Runs.

We start with the story of Ravi Setlem, an integral member in the running communities and societies. As a person known for his timely puns, sense of humour and good speed in running became the subject one fine Sunday. It was once upon a time, when he set out on a long run, and struggled. That very day, this runner of great speed potential somehow didn't have the endurance for a distance he had sought out. After giving up and walking back, he just got into the auto as offered by a friend. When he got down, this appeared as though he spilled the beans on how he is always faster. He thus received his title "Auto Ravi". Several years later, there are still many who like to call him "Auto Ravi" in reminiscence of the laughter on that long run. There have been a few more people who have taken autos to return having lost their way on the route, and every time, it is a reminder of Auto Ravi; but no one will ever take that title away from Ravi.



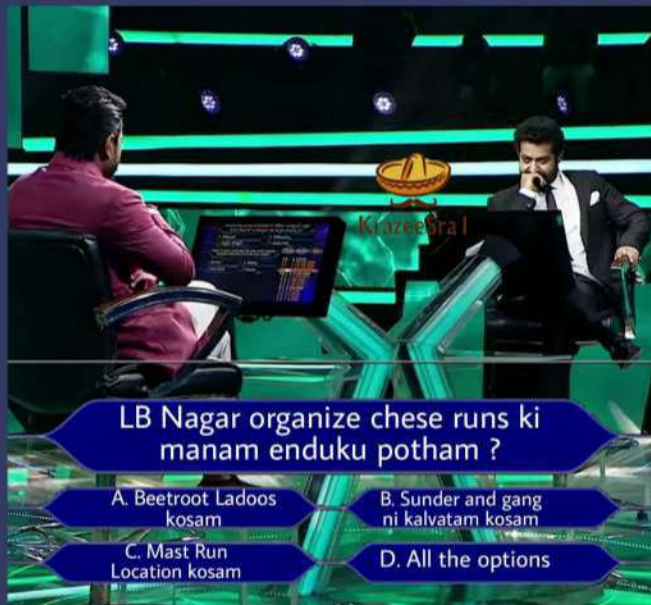
Osmania University Long Run had all the runners participate in the fun and the prank. Famously known to provide "Special SAG", all participants were eagerly anticipating it. With sign boards leading people to go further to realize that it was the month of April, everyone kept quiet to play along with the prank. Funny for some, fun for others, the long run had everything except the special SAG to make the Sunday Long Run long and interesting.



On any day, you can rely on them to help you run longer, keep your spirits high, share a good laugh and have good fun (with all four aspects given equal priority). Don't miss catching up with Mohit and Naren, the famous duo who are still in the service of adding good humour into the running environment. There are at least two Long Runs with the famous special SAG, lavish breakfast and fun on the route. Naren's photographic skills and using the pictures at the right time in the right conversations help him get his fellow runners to stay interested in catching up for the next run and engaging in post run conversations with an amusing perspective.



No one would miss a Long Run hosted by LB Nagar runners. The below meme explains why.



But we encourage you to look deeper into the meme itself that was created by Sravan Dwibhashyam, a member of the LB Nagar Runners. These memes reflect their ability to make the surroundings fun and give runners lighter moments while training, which is a sure contributor to the feel-good factor and spirit of cheerful camaraderie much needed on a Long Run. With serious support and encouragement to run farther, they also keep things light which makes the social aspect of running the best part of any runner's training. Sunder being Sravan's muse, encourages Sravan to hone his skills in creating humour to keep everyone anticipating conversations around a run and to run more to generate more funny conversations.



Do you find the post run stretches to be uninteresting? Murali MK of LB Nagar runners recently started a trend of dancing for post run stretches. On the first day, the runners ran at a pace of 3:00 to finish and be a part of it. Everyone loves dancing post-run. The anticipation of a dance post run keeps the person all pepped up mentally even if their feet have given up during the run. The best part is that you don't have to wait for an event to dance at the end of the Long Distance.

Even this runner from Secunderabad Runners did not escape the watchful eye of Naren while doing his stretches. People will surely laugh a little, joke a little, but not miss doing the mandatory yet boring post run stretch.

Going forward, remember that it is worth staying back after a Long Run to have some fun and be part of the laughter that is generated. Possibilities of fun after completion comes in the guise of celebration of completing a long distance. It significantly adds to the morale of the runner.

RUN FACTOID

THE MARATHON DES SABLES

By Sam Sudhakar

- 250+ kms (156 miles) run in the desert
- Six stages over seven days
- The blazing sun. The Inhospitable terrain
- Heat up to 50 degree Celsius
- Participants experiencing gastrointestinal problems, vomiting, diarrhea and extreme dehydration

That's the Marathon Des Sables. The toughest foot race on earth. The race which asks participants to carry their clothing, sleeping system, personal belongings and food supplies all through the race. Only water is rationed at the start of each stage. Extra water is provided only if the conditions demand.



At the age of 71, British adventurer Sir Ranulph Fiennes became the oldest Marathon Des Sables finisher in the year 2015. Quite an incredible achievement for someone who suffered two heart attacks and underwent double heart bypass in 2003.

The hound, nicknamed Cactus, wandered onto the course on day two of the Marathon des Sables in Morocco. Cactus then went on to complete the remaining stages of the race. Cactus was awarded the official race number 000 and received his finishers medal. Runners welcomed Cactus and cheered as it trudged with them on his self-inflicted jaunt. He also rested with them and ate and drank in their company.



Chris Moon, a former British Officer, was the first amputee to complete the Marathon Des Sables in 1996. A former British Army Officer he was once taken as a prisoner in Cambodia by the Khmer Rouge, a ruthless terrorist group. Later working for a charity clearing landmines, he was blown up walking on a landmine losing his right arm and leg. He treated himself till he received medical help.



YOGA FOR RUNNERS

ASANAS FOR GOOD SLEEP

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 first in a series of articles on Yoga Asanas for Good Sleep.

Why is good sleep important?

Sleep allows your heart to rest. For any runner, it is important to maintain cardiovascular health. Sleeping at night helps ensure blood is circulated to all parts of the body. When you're in deep sleep, your heart rate and breathing continue to change which promotes cardiovascular health. Also, adequate sleep duration is associated with a lower risk of heart disease, asthma, COPD, and metabolic diseases. Sleep can also strengthen the immune system. Insufficient sleep impacts our immune function and increases the risk of infection. During sleep, the body produces cytokines—hormones that help build immunity and combat infections. These cytokines build a shield around the body to reduce the risk of getting sick. Reducing the risk of illness allows you to train more consistently, which in turn can make you a faster runner. Stronger the immune system, the higher the runner's performance may be. A good night's sleep may help fight fatigue, making one more alert and charged for a run.

How Yoga can help you get a good night's sleep?

Yoga is a gentle and restorative way to wind down your day. Practicing yoga before bedtime is a terrific way to release everything you're holding onto mentally or physically before sinking into a peaceful night of deep sleep.

Here are some Yoga poses for you to improve your sleep quality.

Balasana or Child's Pose



Follow these step-by-step instructions for practicing the child's pose.

- Rest on your knees. Kneel on your yoga mat, resting your buttocks against your heels. Place your palms on your thighs and bring your feet close together. Inhale and exhale slowly, allowing your shoulders to relax.
- Bow forward. In your own time, lower your upper body onto your thighs on an exhale. Extend your arms out in front of you with your palms face down on the mat. Keep your big toes touching and spread your knees wide enough for your torso to lower between your thighs. If pregnant, be sure to spread your knees wide enough to avoid putting pressure on your abdomen.
- Lower your forehead. Rest your forehead on your yoga mat and relax your neck. For added comfort, consider placing a blanket, bolster, pillow, or your hands beneath your forehead. Close your eyes and relax your jaw. If you experience a headache during a child's pose, slowly lift your back and shoulders, keeping your neck relaxed, and sit up to take a break.
- Consider variations. If your hip joints are tight, consider keeping your knees together and lowering your torso on top of your thighs. For a more passive pose, let your arms relax behind you, along your thighs with palms facing up. Place a rolled towel below your shins to take the pressure off your ankles. Use caution when practicing the Balasana or Child's Pose if you've suffered a knee injury.
- Relax. Allow your muscles to loosen while you rest against your mat. For added support, place a folded blanket or pillow between your calves and the bottom of your thighs. Keep your eyes closed and focus on your body, staying mindful of any physical sensations.
- Breathe. Explore different breathing exercises while practicing child's pose. Inhale slowly, feeling your lungs expand against your back body. While exhaling, concentrate on releasing tension from your back and stomach. Continue this breathing exercise for one to three minutes.

TRIUMPHANT RUNNING THE PHYSIO WAY

UNLOCK THOSE LOCKED HIPS

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.

"Ouch! No! No! NOOOOOOO! STOPPPPP!", I paused mid-stretch as I heard the agonizing scream from my hips....

I looked up, and there was my yoga instructor and more than half the class easily moving into the most magnificent low lunge I had ever seen!!!

I looked around and my eyes locked with this other student who was struggling to maintain balance just like me.

*"Why oh, why", I wondered, "is it so easy for some to do low lunges or butterfly stretches while it is so tough for others?" The answer I learnt soon is not having **tight hips**.*



Think of your hips as the wheels that propel you forward. Tight hips can lead to poor running form and an increased risk of injury.

Amateur or seasoned, most runners often experience tightness around the hips. This tightness is generally a result of stiffness in the hip flexors and prevents runners from running their best.

What causes tight hips in runners?

- **Inadequate stretching**

When running, your muscles are repeatedly used in the same way which leads to tight hips if they don't stretch those muscles in the opposite direction

- **Compensations**

When the muscles (like core, glutes) used during running are weak, others have to take over and work harder

- **Insufficient Recovery**

Hips can tighten if you don't allow them to rest and recover

How do you know if the hips are tight?

- Difficulty in stretching
- Feeling of stiffness in and around the hip(s) while running or in day-to-day activities
- Pain or stiffness in low back, glutes, neck etc., during or after the run

What can be done to help it?

- Get a proper analysis of your running form, muscle compensations, work posture by your physio
- Follow a tailored exercise programme
- Include cross training in your training plan
- Regular rest and recovery
- Regular hip mobility exercises
- Proper stretching and foam rolling

Remember, if the above-mentioned preventive measures and exercise don't help if you feel too much pain/discomfort, do not experiment and get help by walking in to your physical therapist, with or without a doctor's note.

TRAIN LIKE A PRO

THE PUSH-UP!!!

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.

"Aargh! ...and One! Uff!! ...and Two! Oomph! ...and Three! Come on, come on! ...and Four! Yes, keep on! ...and Five! Sigh.... Okay, get back up... and a Six! ...and a Seven! Just 3 more to go... and Eight! Up, up, up... and Nine! Finally, finally, last one... and Ten!!! Plop..."

Anyone who has ever attempted push-ups for the first time, will find these voices way too familiar!!!

Why then do we runners take on all this stress and push our body into doing push-ups?? Aptly put by Jeevi, "It's completely fine to have certain stresses in life...! They are like push-ups! You cannot go up unless you push yourself up...! A struggle to achieve something you have focused on..."

Why Push-ups?

Runners usually neglect their upper body strength and focus more on lower body strengthening thinking that it is more important while running. Most runners frequently ask me if push-ups really help make them better runners?

My answer is always "YES".

Push-ups are a key indicator of a runner's strength level. They are one of the best upper body exercises that strengthen triceps, chest, shoulders, back, neck while engaging the core and glutes. They also activate the calves, hamstrings, quads also in one go. Good upper body strength takes the pressure off the knees, hips, ankles, & toes as we fatigue in a long run.



Push-up form

Form is important while doing push-ups:

1. Start with the correct form of palm/full plank position
2. Palms (fingers pointing front) beside the chest, chin up, feet apart and parallel, on your toes
3. Slowly go down bending your elbows from the back
4. Take your chest towards the ground and lift the body up back to the original plank position
5. Ensure that your head is in a neutral position

Imagine you are pushing someone away from you when you are coming back to your plank position. Practice this in front of a mirror or make a video (to check the form) before trying other variations of Push-ups.

Where and when?

The interesting thing is that you can do push-ups anywhere and at any time. Inside a gym, in a park, in your society corridor, even in your living room too. All you need is some space and plop you go on the floor!

Variations of Push-ups

Variety helps work on getting the whole range of muscles into the mix. I divide my push-ups between beginner and intermediate to advanced and explosive, according to the clients capability and keep them challenged as they grow.

Variations : Wide-Grip Push-up

Benefits : Puts more stress and emphasis on the chest and shoulders

Variations : Spiderman Push-ups

Benefits : Puts stress and emphasis on the core and improves hip mobility

Variations : Archer Push-up

Benefits : Puts stress and an increased load on the working arm

Variations : Diamond Push-up

Benefits : Puts more stress and emphasis on the triceps

Variations : Pike push-up

Benefits : Puts more stress and emphasis on the upper chest and shoulders

Push-ups are challenging for some while it is one of the simplest exercises for some. Form plays a very important role.

Before practicing full push-ups, one can practice wall push-ups, incline push-ups using a chair/bench, half push-ups, knee push-ups, etc. Once you are good at these, you can challenge your body for full push-ups.

10 push-ups (with correct form) a day are absolutely fine for beginners. Once you are a pro you can increase your counts.

**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

THE FOOD FACTOR

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Guidelines for people who want to eat healthy but don't know how and where to start

Stop thinking of eating healthy as something you need to 'start doing'. Eating healthy doesn't have to be looked at as a new monumental task that you need to take on. Think of it as something like changing your clothing style according to the weather outside or a change in season or an occasion etc. It is like layering with an extra sweater or a jacket when it is cold, carrying a raincoat or an umbrella when it is drizzling or a hat to protect from the sharp summer sun. It is an extra but not cumbersome step when you plan ahead and give it some thought. Approach eating healthy the same way - add an extra fruit for the antioxidants and vitamin C, pack a fistful of nuts for an evening snack when you often wonder what to eat and give in to junk, keep that water bottle within hands reach so that you can overcome the hurdle of 'out of sight- out of mind'.



Have a partner in your journey to eat healthy. Most of us have experienced, especially during the long runs, that when we run with a partner the distance seems less daunting and the miles pass effortlessly. The same applies to eating healthy as well. When we choose to eat healthy for life, that's the longest run ever! Having a partner helps in holding each other accountable, share ideas on how to incorporate healthy food in the current lifestyle, bringing us back on track on the days when eating healthy seems too hard to do.

Maintain a journal about food. Write down all the details such as what, when, with whom, where, why and how much of every single meal and drink you have in a day; first just for a day and then for at least 10 days. Journaling helps in bringing our

attention to those hidden calories, added sugars, triggers that cause mindless eating etc. When you track your runs and analyse, you'll find a way to improve. The same way, when you track your diet, you'll see the patterns that need changing and incorporating those changes becomes easier.



Planning is all it is touted to be and more. Whatever the task is, planning makes it easier. So, plan to eat healthy. You don't have to subscribe to someone else's opinion of what eating healthy is. Define and decide what eating healthy means to you. Take a few minutes at the beginning of your day to plan about your meals for the day. It is okay even if you have to deviate from the plan due to circumstances every now and then, but you will realize that you are more likely to stay on track when you have a plan in place.



Treat every meal as a new beginning. Do not wait for a Monday or a New year or another special occasion to start your life long journey of eating healthy. There is no 'right time' to make a good decision than 'right now'. Start with your very next meal. Eat healthy for life.

RUN-TITUDE: MINDSETS OF A MARATHONER

POWERFUL RUN-COACHING QUESTIONS

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.

Like all goals and interests, runners too encounter their fair share of demotivation and loss of sense of direction and vision. In these times, runners tend to use motivational pep statements to keep themselves going on and forward. However, this also is an opportunity for us runners to choose to pause and self-coach ourselves into action...

One such question that a runner can ask themselves to self-coach is often touted as the 'miracle question' that helps to build a good storyline and lead themselves to envision how different their running would be if a miracle happened overnight.

It can be framed in many ways including, "Assume your problem has been solved. What is different? What does this mean to you?"

Answering this question provides insights to the runner's mindset while supporting their overall goals.

This then can be followed by sets of powerful self-coaching questions that runners can use to move from where they are to where they want to get to.



Adapted from Olubiyi (2019), these can include:

- What do I feel is holding me back from achieving my goal?
- What's preventing me from making this future a reality?
- What beliefs or ideas are limiting me?
- What emotions do I feel most strongly when I get stuck?
- When was the last time I felt like I was making progress toward this goal?
- What would make the most difference between success and failure for me on this?
- What is one step I could take today to move closer toward my desired future?
- What would the people closest to me say about this situation?
- What's hindering me?
- Why is this desired future so important to me?

Ask yourselves powerful questions to keep coaching yourself moving towards your running goal..

RACE REVIEW

RUNNING AT VERISK

By Raju Datla , Vice President @ Verisk

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

–Jesse Owens, four-time Olympic gold medalist

Professional career is important and so are personal pursuits. This is something that I learned early in my career and adopting and following that thought has helped me in many aspects of my life. Way back in 2001 I joined Verisk (previously AIR worldwide) and right away was introduced to the "running bug" by our Managing Director, Praveen Sandri. We were all summoned on occasional Saturday mornings to join for a run around the Necklace Road. Unable to say no to the MD our reluctant morning running journeys started. I recall at that time most of us could hardly run a few hundred meters before having to switch to walking to catch our breath – a true insight into our fitness. Though the reluctant running resulted in us showing off to family and friends, the real benefit came much later. We are now thankful to those early days that helped us embark on this great journey of running. What started as a trickle with a few reluctant runners has become a contagious and infectious bug engulfing colleagues, friends, and family.

Along the way, Hyderabad Runners Society was formed to promote running and fitness in Hyderabad. Some of us started to associate and participate in the Hyderabad Runners' and other running events not only in Hyderabad but at other cities in India. Very soon we found ourselves running 10K's, half marathons and even full marathons. Our participations for running swelled from a few people to close to 100+ in recent times and stories of our running are being told all over. When our group president from Boston visits our office in Hyderabad, we have fun runs arranged with him.



The enthusiasm, the energy is palpable in the air when a running event comes along – especially at the annual Hyderabad Marathon. Group Registrations, Training, motivation speakers, group practice runs and sponsorship to running events has helped in not only attracting new running recruits but enabling existing runners to continue and take up new challenges. In the year 2019 we had about half of Verisk employees registered for the event, In the recently concluded NDMC Hyderabad Marathon we had about 110 employees registered and participated in the event with a couple going for half and full marathons. The sense of achievement, the pride, the glow in the face of the runners crossing the finish line is a sight to behold and cherish. The medal and certificate are treasures not only to preserve but to brag about life long.

This running journey is very personal and fulfilling to me. My journey, as with the others, started off with running for a few hundred meters before having to stop to catch my breath today have competed 4 full marathons, dozens of half marathons and umpteen 10K's. A week does not go by without sneaking in a couple of 5-20 kms runs and this is one addiction that am proud off. Another defining moment in my journey is when I took up the role of mentor for the "Couch to 5K" and helping the participants achieve their goals and in making them runners for life.



My journey would be incomplete without the mention of my running group at BHEL Ace runners. Away from the running group at the office my running group at home has been an integral part of my journey. With BHEL Ace runners such as Siva, Ashwin, Sujai, Suren, Veera, Sudhakar, Veda, Leena, Srikanth and Sowjanya has not only motivated to keep running but also encouraged me to take up the different roles in helping others.

CURRENT HR ACTIVITIES

TRAIN & SHINE MARATHON TRAINING

Sign up now for 6 months Train & Shine training program and get 10% discount on Stadium Run 2022 or Club Run 2023.

Join the Hyderabad Runners Train & Shine Program to learn proper runner drills 7 techniques, build strength, improve flexibility and endurance.

Hyderabad Runners Train & Shine program offers you

- Basic and intermediate weekly training schedule for 10K to Marathon distance.
- Progressive hip mobility routines: Poor hip mobility can inhibit your glutes. We'll help fix that.
- Stability exercises for all levels: Develop hip stability and core control.
- Running technique drills & cues: Learn how to run using your glutes more effectively.
- Develop strength to run strong from start to finish.
- Proven training techniques that prepare you to pace yourself, cross train, tackle the hills, train your gut & work on your strength.
- Guidance to help you make more strategic decisions and avoid costly training errors.
- Runners on a similar journey are the final ingredient.

Training Centers

1. Aparna HillPark + Lake Breeze + Silver Oaks + Boulevard
2. KBR Park
3. Sanjeevaiah Park
4. Shilparamam Uppal
5. BHEL International Club
6. Botanical Garden
7. BVB School Grounds Sainikpuri
8. My Home Vihanga - within the premises (Only for residents)
9. My Home Jewel - within the premises (Only for residents)
10. PBEL City
11. L&T Serene County (Only for residents)

To learn more about the Train & Shine program & to register, please [click here](#).

SUNDAY LONG RUN (SLR)

Start Time: 6:00 (Staggered)

NOVEMBER 6 – Time 5.45 AM

Location 1: Gachibowli Stadium Main gate supported by Botanical Runners

Location 2: Mornington Cementry – SECUNDERABAD supported by Secunderabad Runners

NOVEMBER 13 – Time 5.45 AM

Location 1: Near Gandipet Park supported by Mokila Runners

Location 2: Mini Shilparamam Main gate, Near Nagole Metro station, supported by LB Nagar Runners

NOVEMBER 20 – Time 5.45 AM

Location: L & T Serene County Main gate, Gachibowli

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.

THE GAUDIUM SCHOOL HYDERABAD RUNNERS

STADIUM RUN
POWERED BY HYDERABAD RUNNERS

**YOU'VE GOT WHAT IT TAKES...
AND IT WILL TAKE ALL YOU'VE GOT.**

GEAR UP FOR THE TRACK RUN AS A TEAM!
10TH-11TH DECEMBER 2022
2ND EDITION OF STADIUM RUN IS HERE!

#thisgirlruns
show them how it's done!

STARLIGHT STRIDES
A WOMEN'S NIGHT RUN
30TH OCT SUNDAY 2022 @7PM

THREE RACE CATEGORIES
(EXCLUSIVELY FOR WOMEN)

CONTACT INFORMATION:
Phone Number: +91 97010 55611
Email ID: support@hyderabadrunners.com
Registration Link: www.hyderabadrunners.com

HYDERABAD RUNNERS ANNOUNCE
THE THIRD EDITION OF THEIR EXCLUSIVE WOMEN'S NIGHT RUN

VENUE: GACHIBOWLI STADIUM

IN ASSOCIATION WITH SCSC HYDERABAD RUNNERS

► 5KM WITHOUT CHIP ₹500/-
► 5KM WITH CHIP ₹650/-
► 10KM WITH CHIP ₹800/-

SOLUTION TO CROSSWORD #12 (SEP 2022)

COMMONWEALTH GAMES 2022 SPL



ACROSS

3. Venue of the Commonwealth Games 2022. (10)
6. The currency to pay with while at the venue. (5)
8. One of the official languages of the Country winning 61 Medals. (5)
9. Gold winner of the Men's Singles Badminton. (7,3)

DOWN

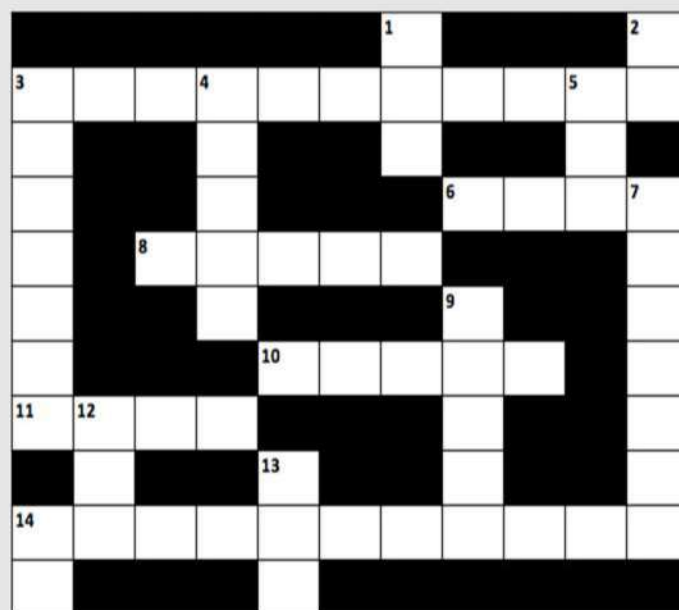
- 1&7. Gold Medal winner in the Women's Light Flyweight category Boxing. Also face of the NMDC Hyd Marathon 2022. (6,6)
2. Neeraj Chopra didn't do it here. But she did! Got a Bronze in the event. (4,4)
3. One time rival and now idol of 1Dn. Her Olympic qualification in 2019 was challenged by 1Dn, who ultimately lost the match. (4,3)
5. This outdoor team game played on grass, which has a 'jack' or 'kitty'. India won one gold and one silver. (4,5)
6. Another Hyderabad girl who did us proud with gold at a net game. (1,1,6)
7. See 1Dn

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

CROSSWORD #13 (OCT 2022)



ACROSS

3. The winner of the London marathon 2022. (4,7)
6. Sanya ____ former 400m athlete and author of the book Chasing Grace.... (4)
8. Used by an amputee athlete to run. (6)
10. Race involving a team. 6Ac had won 3 consecutive Olympic golds in such a race. (5)
11. This kind of a fun run involves chasing a "hare", socializing and usually ends at a pub with beer. (4)
14. This type of exercise uses speed and force of different movements to build muscle power. (11)

DOWN

1. The US navigation system, which most runners swear by. (3)
2. First name (popular) of the runner born as Hussein Abdi Kahin. (2)
- 3,4. Indian National record holder for the 3000m steeplechase. Also won the Indian Elite Mens Half Marathon at Delhi this month. (7,5)
4. See 3Dn.
5. Title Sponsors of the London Marathon 2022. (3)
7. Common injury to runner's shins. (7)
9. He/She could help you complete the race in your target time. Just follow him/her. (5)
12. This runs diagonally across your knee in the front and provides stability to the knee. A tear of this is a common running injury. (3)
13. Title Sponsors of the Berlin Marathon 2022. (3)

Hyderabad Runners Society

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