

2022 FOR HR A RETROSPECTIVE

RUN FACTOID

THE WORLD'S FASTEST
MARATHON COURSE

YOGA FOR RUNNERS

ASANAS FOR GOOD SLEEP

TRAIN LIKE A PRO

RUNNERS AND LUNGES

RUNNERS' NUTRITION

CHEENI-KUM

RACE REVIEW

STADIUM RUN 2022

RUNTITUDE: MINDSETS

OF A MARATHONER

THE RUNNERS' MINDSETS

ARJUNA AWARD FOR NIKHAT

**CRACKING
THE BQ CODE:**
an interview with the speedsters!



MESSAGE FROM THE PRESIDENT

Dear Runners

Merry Christmas! Hope Santa has filled your socks with all his gifts this season. For sure, he has filled it with feet full of energy and that's what matters to us runners, right? The December events of Hyderabad Runners are ample proof of this. The Stadium run 2022 held at Gaudium School, saw tremendous response from runners for all the categories – 12hr, 24hr and the team relay. It was heartening to see our local running groups field their teams, which were cheered by their friends and families. The Race Directors – Vijay Yargal, Dr. Madhumati Sanjay and Sudhakar Silveru did a tremendous job of organizing the race with the backing of ever-eager volunteers.

More recently, on the Christmas-eve, we had the Kids Run at Hitex. Children of the age group 2 years to 8 years participated with unmatched enthusiasm. They also had a parent in tow for the duration of the run. I am sure that many of these kids will turn out to be future Marathon runners. The event was ably led by Vandana Maheshwari with support from Santoshi Tamrulkar, both now freshly minted Race Directors.

There's more to come. We have announced our Kouch 2 5K program, which starts from the 2nd Jan 2023. We would be adding many new locations to facilitate training to more first-timers. We also have many new mentors stepping in to manage the program and share their running and fitness knowledge. As I have mentioned in these columns before, these mentors are the backbone of Hyderabad Runners' training programs and I cheer them for their contribution. The Club Run 2023 has been announced and I hope all of you are gearing up for it.

Let me sign off by wishing you all a Happy New Year 2023 in advance. Also, my best wishes to the runners participating in the upcoming Chennai and Mumbai Marathons.

Yours sincerely

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

We are near the end of 2022. It's been an eventful and landmark year for everyone as the world came out of COVID. For Hyderabad Runners' too it was an eventful and landmark year. After the COVID break, this was the first year with an almost full calendar. While the first two months were cautiously navigated, the rest of the year was almost a "normal" year. All the regular and signature events were held. In particular the Hyderabad Marathon came back to its original slot with new sponsors and a new avatar as the NMDC Hyderabad Marathon. The Club Run, the Women's Runs, The Kids Run and a host of events were conducted during the year.

In addition the KouchTo5K, the Train and Shine, The Children's Summer Camp, the Open House: all the significant programs of HR were conducted successfully to round off a fulfilling year. And through all this Runderzvous brought out its Monthly edition without fail chronicling the events and achievements of Hyderabad Runners. And in this final edition of the year, we bring to you a recap of all the events of HR in 2022 for the readers to look back on.

In addition we have an interview with the five amazing Hyderabad Runners who achieved the Boston Qualification in 2022 about their journey and their practices.

Plus we have many of the standard features of Runderzvous.

Enjoy



Vadali Prasad

Editorial Team:

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

*Feedback and Contributions welcome
Email: newsletter@hyderabadrunners.com*

COVER STORY

2022 FOR HR A RETROSPECTIVE

By Vadali Prasad

2022 dawned with the Nation and Hyderabad peeping out warily after the Covid Waves of 2020 and 2021. For the Hyderabad Runners, whose running season was almost washed out for the last 2 years, 2022 started on a little more optimistic note. The HR had taken the brave step of conducting the Hyderabad Marathon in December 2021 after the hiatus of 2020. The event in December was smaller and less ambitious and outside the standard August time slot. But the Hyderabad Marathon was the only Marathon event of any significance in 2021 and, along with the Club Run 2021, the HR had a reasonable year. How would 2022 be for the HR? Here is a recap of the year month-wise on all the activities of the HR in 2022.

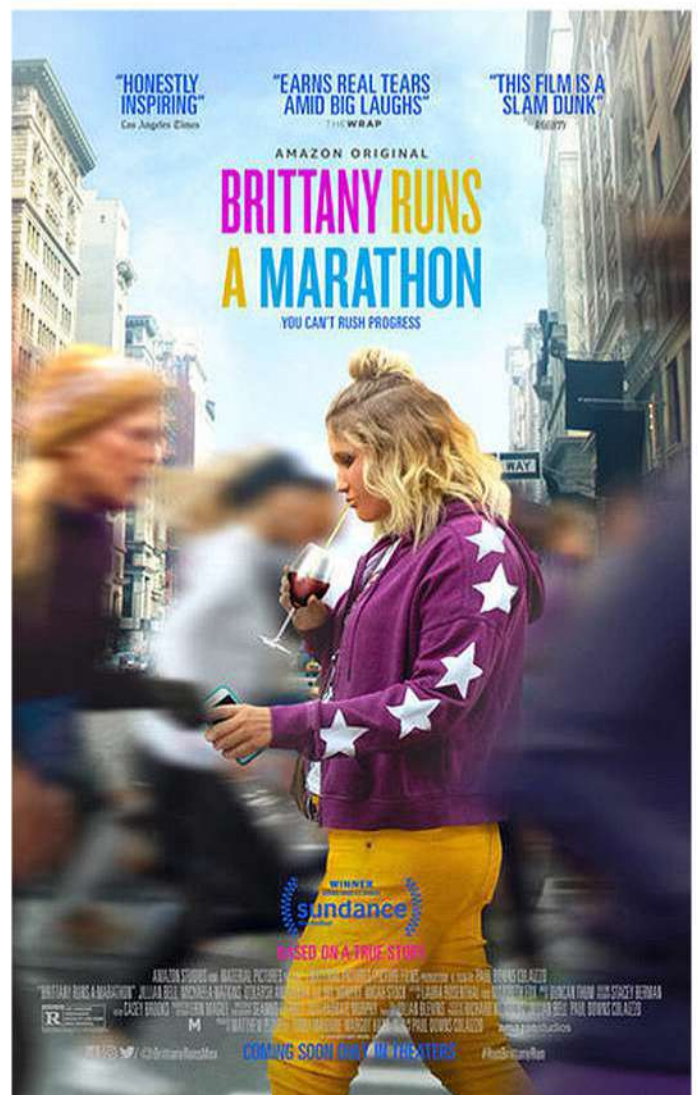
January 2022

For the Hyderabad Runners, January 2022 was a year with a triple hangover: The New Year Celebrations, the Covid recovery and the recovery from the Hyderabad Marathon of December 2021. Like any runner coming from a serious injury, the HR also started the year cautiously, testing the limbs, as it were. No major events were scheduled, and even the Sunday Long Runs were stopped because of the Omicron wave.



February 2022

February was a blank calendar for the HR, and the only notable activity was the Runderzvous. The February edition carried a review by Sam Sudhakar on a movie we may all relate to.



March 2022

The Hyderabad Runners activities picked up as the temperature started rising and the Omicron wave receded. The Club Run is one of the signature events of the HR calendar, and this event held without break from 2010 was conducted again at the University of Hyderabad.



As an organisation which is committed to social activities and running, the HR also participated in and supported the SHE TEAMS Run held in the same month at People's Plaza. More than a thousand runners took part in the event.



April 2022

Summer was almost upon us, and what better than to be near a lake, doing something useful. The HR participated in a Trash Run, or Plogging activity as it is now called, at the Yadgirpally Lake in Keesara Mandal.



The HR also held its Open House to discuss and plan its activities with the wider Running Community. There was free and open discussion on running, various ideas and a briefing on the HR's approach.



May 2022

The heat is on and the Ghosts are out. Chudailathon is a unique HR event. A midnight run during the summer when only the crazies would be out and running.



As part of its Community activities, the HR supported the LV Prasad Eye Institute with its Annual Whitathon Run at the People's Plaza.



June 2022

Summer is for Kids. Kids love Summer. The HR conducted the Outdoor Summer Kids Camp of 2022 under its REaCH (Recreation and Child HEalth) initiative. Let us say it was a Hit.



We also had a community event with the Isha Foundation to Save Soil.



July 2022

The Hyderabad Runners signed up a new Title Sponsor for their prestigious Hyderabad Marathon. NMDC, a public sector company, came forward to sponsor the event. IDFC First Bank signed up as the Powered BY sponsor. The preparations for the NMDC Hyderabad Marathon 2022 started in good earnest with a Press Conference held at the Hotel Hyatt Place.



The Hyderabad Runners donated 350 t-shirts to the children of Government Schools in Nallagandla and Miyapur.



August 2022

August is a big month in the HR calendar and after the Covid interruption, NMDC Hyderabad Marathon got back to its original slot of the last Sunday of August along with a new Title Sponsor and a new Powered By sponsor. It would be fair to say that with this, the year had come back to "Normal" for the Running Community of Hyderabad.



The NMDC Hyderabad Marathon is not the only thing happening in August. The HR participated in events supporting NMDC in Karnataka and Chhattisgarh and supported the CII in Hyderabad.



September 2022

After the high of the NMDC Hyderabad Marathon 2022, September had a lull for events. But Rendezvous has no rest. The September issue featured a small poem to dear departing friends.

ODE TO MY SHOES

By NV Anand

*These two friends of mine,
Served my feet very fine.
My best thoughts they brought out,
On our many runs far out.
They were the reason for my glee,
In the last years three.
It's hard to say goodbye,
To friends who never cry.*



October 2022

Starlight Strides is another unique HR event. It is a Women-only event, and is held after dusk as a means to highlight women's safety. It was held at the Gachibowli Stadium in association with the Society for Cyberabad Security Council (SCSC). More than 800 Women participated in the Run.



November 2022

November saw Hyderabad Runners contributing to the society in multiple ways. There was another Plogging/Trash Run in Mansoorabad Lake. The HR also donated Sports Kits to Junior Athletes participating in the National Junior Athletics 2022. Pedestrian safety is a major concern in Hyderabad and the HR donated barriers to Cyberabad Police to help in the traffic safety.



December 2022

The Hyderabad Runners closed the year with a bang. A Stadium Run, A Kids' Run, the PBEL City Run, the Nagole Forest Run; it looked as if the HR had hit the stride.

CITY CLIPS



Winners pose with trophies at Gadium Sportopia.

Jagan, Yamini win Gaudium Run

Jagan Reddy and Yamini Kothari won the men's and women's categories at the 24 Hours Solo Run at the second edition of the Gaudium Stadium Run organised by Hyderabad Runners Society.

Jagan completed 417 laps of the athletic tracks at Gaudium Sportopia for a total distance of 166.8 kilometres while Yamini did 301 laps for 120.4 kms.

In the 12 Hours Solo Run category, Tumram Ramesh completed 319 laps for a distance of 127.6 kms to win the men's section while Devyani Haldar did 202 laps for 80.8 kms to take the women's title.

Team Conquerors won the 12 Hours Team Relay by logging in 411 laps for a distance of 174.7 kms.



In retrospect, 2022 was a significant year for the Hyderabad Runners. They could shrug off the downtimes of Covid induced years of 2020 & 2021 and resume their normal enthusiasm driven activities. Of course, as with many things, Covid has changed things forever, but the HR has rolled with the times to emerge Stronger, Faster & Fitter.

CRACKING THE BQ CODE

By Sujai Antony Syrilraj

Getting a BQ or the Boston Qualifier, is a remarkable milestone that many of us dream about. The timings for a Boston Qualifier keep getting tougher over the years and it takes rigorous and disciplined training to get a BQ. But five of our Hyderabad Runners Avik Pal (2:37:52), Surendra Paravada (2:51:25), KVB Reddy (2:59:50), Preetham Akula (2:59:48), Hari Prasad (3:05:18) got their BQ at the recently held Ahmedabad Marathon on 27th November. The Runderzvous team caught up with these runners to hear more about their racing experience, training plan, nutrition and overall support that helped them achieve this milestone.



Excerpts from the discussion.

Sujai: Tell us about your running journey. When or how did you get into running?

Surendra: I got into running with Hyderabad runners Kouch to 5K program. I registered for the program in January 2017. I loved the structured training plans which I was able to follow for the first two year until my first FM with Airtel Hyderabad Marathon.

Hari: I started running out of boredom. My first run was a HM in 2018 at the Airtel Hyderabad Marathon and was on and off after that. However, during the Corona lockdown, I got into serious running. I have reached wherever I am with the efforts from the past two years.

KVB Reddy: I used to play many sports and cricket used to be my favorite sport. I started running around 2014. I got introduced to running through my wife who was a passionate runner at that time.

Preetham: I got into serious runs around 2019 and the Ahmedabad Marathon is one of the first runs where I trained in a structured manner. Prior to that, I used to be someone who runs occasionally, only increasing my efforts just a month before events.

Avik: My mother was my inspiration to get into running. She was a state level 100-meter sprinter during her young age, but due to family restrictions, she had to give up her passion. Over the years, I participated in smaller distances both at school and college. There was a time when I used to think of 5K as a marathon. My first Sunday long run happened accidentally. I happened to meet Srinivas Reddy Yeruva that day, who helped me complete the long distance. Gradually, I got interested in longer distances and started participating in HM and FM distances.

Sujai: Tell us more about your training block for this marathon. When did you start for it, how many weeks was the plan?

KVB Reddy: I always plan for 1 ultra and 1 FM in a year. After participating in the Vagamon Ultra, I found myself having about 18 weeks before the Ahmedabad Marathon. We came to know that it is a flat course and thought it would be a good race for a PB. Hari and I trained together, and we did almost 90% of our runs together. We followed an 18-week rigorous routine. It was quite challenging with 110 kms every week. I did not miss even a single run. Mondays were our rest days and we trained for all the remaining 6 days. It was made of long runs with dedicated pace. One must be patient to see the results. It takes at least 6 weeks to see the improvement. In the first 10 weeks we had many TEMPO runs. We did not do fartleks. What helped us more was the mid-week long runs of around 24 kms. I saw tremendous improvement in our aerobic zone. We saw good improvement from the 1st week to the 14th week. Eventually I realized that after 10 weeks, we can crack the PB. Most of our runs were on BG and BHEL. Running on non-tar surfaces like within the BG helped us with the recovery.

Hari: The 18-week plan was really taxing. Running took central stage for these 18 weeks and everything else became secondary. My office work and family time also had to be adjusted to meet the schedule. We were able to see improvement in running and endurance. It was a combination of intervals, strides, and tempos. The only thing we did not do was the hill runs. We also made sure that the easy runs are kept easy, and the tempo and hard runs were really hard efforts.

Preetham: I may have started around 10 days earlier compared to Hari and KVB. But I followed a similar plan as KVB and Hari. I found the time commitment required for the plan to be the most challenging aspect. Another challenging aspect was running in groups. On weekdays I was going solo but, on most weekends, I joined the team for the long runs.

Surendra: 90% of my runs are in the Gachibowli stadium as my daughter trains there. I have been following a 12-week plan which is the same plan I have been using for my past 3 marathons. Although I had to miss some of my runs due to other commitments, I made sure to not miss the critical runs like the mid-week long run. I also skipped doing shorter intervals like 400/600/1200m intervals and strides. I usually do solo runs and so I was also not finding

intervals very productive. Instead, I converted them to 3K and 5K tempos. Most of my runs were with Avik. Running with Avik helped me push myself more than what could have been possible running solo.

Avik: I was doing easy long 30K+ runs on Sundays. I have seen that it has improved my endurance and aerobic capacity. It was the first change I made as I found myself lacking more on endurance than on speed. Goal pace tempos and easy to moderate long runs were mostly helpful. I cannot take up too much mileage. My highest mileage was about 85K.

There were moments when I was not really motivated to do my long runs at those times, I was able to complete my runs with help from Surendra and Ash (Aswin Acharya).



Hyderabad Runners at Adani Ahmedabad Marathon 2022

Sujai: How was the race day experience at Ahmedabad?

Hari: My plan for the day was to hit a time of 3:02 to 3:05. One key lesson for me is to not depend on SAG from the race and instead carry my own hydration and nutrition. I was running with KVB for the initial 21K. We kept up a controlled pace.

Preetham: I felt the race was a bit difficult to navigate in the initial 7-8 kms as there was no light in that stretch. Towards the end the 21K and 10K runners joined us so we had to navigate that.

Surendra: While racing in Hyderabad, I usually stick to homemade items like sambar rice. For outstation runs, I eat muesli. In the race, I took Fast & Up gels every 5K. I did not rely much on race SAG. I carried my own hydration and electrolytes. Through the race, I was within the zone in terms of my heart rate. I tagged along with some fast runners from Jaipur and Pune during the initial kms. Beyond 26K, I was solo. I did face slow runners towards the end, but I was able to get past them and complete the race.

Avik: The initial 9-10 kms was within the Adani campus and it had lights. From the 16th KM it was dark. Experienced mild headwind in the 12-15kms. 16-26km was fully dark and I was a bit afraid that we may take a wrong step into some pothole and get ourselves injured. Luckily none of us got any injury despite the course being dark for the most part. The weather was the best part. It really helped all of us to achieve the results.

KVB: The meal on the previous day was rich in carbs and I found it very helpful. I started the race with my standard pre-race nutrition of badam. For the first 20K, Hari and I ran together. Post 20K Hari decided to slow down a few seconds. I was still in a dilemma whether I should attempt a Sub-3 and I slightly increased the pace. Around 32K, I met Preetham and we both ran together until the 39K mark. I felt it tough to sustain the pace. The last 10K was especially tough. Luckily, I sustained the pace, and I was able to complete the race in under 3 hours. The key mantra for the last 10k was just stick to the runner in front of me. Either surpass or stay with them. This helped me a lot.

Sujai: Strength and cross training.

Avik : It's not possible to continue injury free running without good strength training. Especially, if you are someone putting high mileage, I highly recommend that you spend at least 2 hours for strength training. Even If you have 15mins of time, I recommend using the time to focus on specific muscle groups

Surendra: I used to follow the same strength routines as taught to me during my training with Hyderabad Runners. I usually go by the routine, and I do not change it if it is working. As Avik mentioned, even if I get a short duration like 15 mins, I use that time for my strength training.

Hari: I religiously follow my pre and post run stretches. These have helped me run better and it has also helped me avoid many running issues over the past 2 years. I strongly recommend pre and post run stretching to everyone. Besides, I do strength training every day. These are short and focused ones.

KVB: I do not have a trainer, nor do I visit gyms. Most of my strength training happens at home. I follow the online sessions from Caroline Girvan from her Facebook page. It helps me maintain my HR at a higher level. It is a mix of cardio and weights, and it has helped me a lot. I also included HIIT sessions that helped me sustain higher HR zones for a long duration.

Sujai: Any closing thoughts from you?

KVB: Training for a marathon is a team sport. Running as a group is beneficial both physically and mentally.

Preetham: Support from family was another key ingredient. I was fortunate to have my nutrition taken care of entirely by my wife and family.

Avik: If you have a goal in your mind (like a Sub3) or want a PB then there should be high focus and everything else must revolve around it. I would say that all of us are the selfish ones in the family, only worrying about ourselves. But I have to say that we can achieve these goals because of the strong support from the family.

Hari: I also feel that training mentally is also critical. Especially during the end kms of a marathon.

It was about one hour of fruitful conversation with the runners. The focus and commitment to their passion amazed me. My thanks to the runners for sharing their training and race execution in such detail. It gave me a ringside view of what goes into an extraordinary achievement like getting Boston Qualified. I hope fellow runners aiming for BQ may find this discussion helpful in their own efforts towards the goal.

ARJUNA AWARD FOR NIKHAT

By Sunder Nagesh

Nikhat Zareen - Remember her friends??? Yes, Nikhat is the face of our very own **NMDC Hyderabad Marathon**, powered by the **IDFC First Bank**! Hailing from Nizamabad, Nikhat is not only one of the most promising boxers from India who recently won a gold medal in the light flyweight category at the Commonwealth games held at Birmingham (UK) in August but has also won a slew of medals and bouts at prestigious events all around the world over the years. She is now in the reckoning for a medal at the next Olympics. She's also a part of the Government of India's **TOPS** (Target Olympic Podium Scheme) program.



Having trained initially under her father Mohammad Jameel Ahmed, she joined the SAI (Sports Authority of India) in 2009 to hone her skills and from then on, she has worked her way up in the boxing scene to now becoming one of the top contenders from India at the upcoming 2024 Paris Olympics. May 2022 saw her win a gold medal at the prestigious IBA women's world Boxing championships in the Flyweight category.

In July this year, the 26-year old Nikhat came onboard as the face of our very own **NMDC Hyderabad Marathon**, powered by the **IDFC First Bank**. She expressed her happiness at being associated with the Hyderabad Runners and the Hyderabad Marathon. She believes that an active society is the need of the hour and she loves the work that the Hyderabad Runners has been doing to enable people lead active lifestyles by making running the preferred form of fitness activity.



Press conference of the NMDC Hyderabad Marathon, powered by the IDFC First Bank 2022

In November, 25 athletes were awarded the prestigious 'Arjuna Award' for showcasing their prowess in their respective sport. And this list included our very own **Nikhat Zareen** too. We couldn't be happier. These athletes were presented the awards on 30th November by the President of India, Smt. Droupadi Murmu at New Delhi.

The *Rundezvous* team reached out to Nikhat for her reaction on winning the Arjuna Award and what it means for the journey ahead.

Excerpts from a short interview with her:

Q1. How do you feel about winning this award?

Ans: It's a very proud feeling. I used to read about Abhi (Abhinav Bindra) and other players who had won it earlier but now to be in that list is such a proud feeling.

Q2. What does this award mean to you?

Ans: It means that all the hard work and sacrifices that I had put in are finally bearing its fruits. It's such a huge motivation too to fight for more.

Q3. Who's your Dronacharya (Guru) and how does this award make them feel?

Ans: There are many coaches. They have molded me into what I'm today in their own way and I'm really grateful to them. I think everyone will be proud of me.

Q4. What's your motivation to keep going?

Ans: My Olympic dream is my motivation to keep going every day.

Q5. What's your next target?

Ans: My target is to win nationals in Bhopal and prepare myself for the upcoming World championships next year in Delhi.

Q6. Who are your rivals?

Ans: There's no one specific rival, every boxer who fights in the 50 kg category is my rival. I have to respect all the opponents and can't take anyone easy.

Q7. What's your strategy in a bout?

Ans: My only strategy is to give 100 percent, perform well and come out victorious.

Q8. What do you tell yourself when you lose about? Is it any different when you win or are trailing in a game?

Ans: If I'm losing, I just say to myself that it was not my day and learn from the mistakes. I believe whatever happens, happens for a good reason and I motivate myself to work harder.

If I win, I'll definitely be happy that I won and will work hard to do better in the next bout.

If I'm trailing, I tell myself that no matter what I'll not give up until the last bell.

Q9. How do you deal with injuries?

Ans: I try to stay away from all the negativity that comes in during that phase and dedicate myself to overcome the injury and get back in the ring.

Q10. You're forging ahead in a sport that traditionally has not been within the purview of women. What did you have to overcome before smashing the glass ceiling?

Ans: Well, I had to battle a lot against the orthodox society. There were a lot of people who had questioned me and my abilities. But I didn't let anything get into my mind. My parents also supported me; many people spoke negatively to them also but they just ignored and kept believing in me that one day when I win a medal, these people shall come to me to click pictures. And, let me tell you that it has come true.

Q11. Who are your role models?

Ans: Muhammed Ali and Mary Kom.

Q12. Any message for the Hyderabad Runners community?

Ans: Last time when I was there, I saw a lot of people coming and becoming a part of this movement. I encourage that more and more should come and join the Hyderabad Runners community and live a healthy and fit lifestyle.

On September 5th, Nikhat appeared in the popular quiz show, **Kaun Banega Crorepati (KBC)** along with weightlifter Mirabai Chanu. Together, they won 25 lakhs as prize money and Nikhat from her side pledged the prize money to the **Hyderabad Runners Society** that has been helping people lead active lifestyles by making running a preferred form of fitness activity. And we couldn't be any happier!

Nikhat was in the middle of multiple bouts when we reached out to her with our questions; she has been graceful and kind to answer our questions just in time for this edition. Here's wishing Nikhat the very best in her upcoming bouts and hoping that she wins many laurels for the country and brings joy to legions of her fans.

Many thanks to *Anil Ambati* from the Hyderabad Runners community for coordinating this with Nikhat.

RUN FACTOID

THE WORLD'S FASTEST MARATHON COURSE

By Sam Sudhakar

There are flat marathon courses, there are courses with net elevation gain, and there are runs in mountains and trails. And there is a marathon with an almost 100% downhill route except for a 1 km stretch.

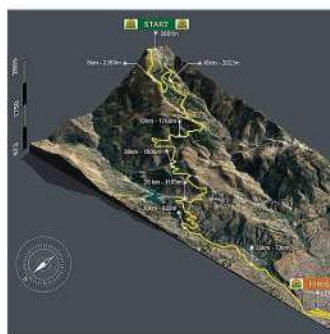
Running a marathon on a predominantly downhill course might sound easy. How much will you shave off your PR? How far will you push the limit? And who knows, maybe someone will push it below the 2-hour barrier? But this race billed by the organisers as 'The World's Fastest Marathon' proves to be harder than it might appear.

Those that have taken part in a road race or a trail run with a steep downhill section will know how the muscles can feel, both during and after the event. DOMS or delayed onset muscle soreness, is the most common result of a prolonged downhill effort.

The marathon starts 2500 mts above sea level, at the Spanish city of Granada in the Sierra Nevada Mountains. The course drops 2000 mts in total with a straight descent for the first 30 kms.

As the race commences runners are greeted by the rising sun and the road immediately drops away at an average gradient of 4.6% although at some points the road signs warn of an 8% drop in elevation. The mountain air is cool and there is no noticeable wind except for the breeze created as we quickly descend, the temperature being ideal for a marathon.

Many runners recorded their personal bests in this race but all would comment on the demands of this course.



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 fourth 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. The stronger the immune system, the higher the runner's performance would 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.

HALASANA



Follow these step-by-step instructions for practicing Halasana.

- Lie on your back with your arms beside you, palms downwards.
- As you inhale, use your abdominal muscles to lift your feet off the floor, raising your legs vertically at a 90-degree angle.
- Continue to breathe normally and support your hips and back with your hands, lifting them off the ground.
- Allow your legs to sweep at a 180-degree angle over your head till your toes touch the floor. Your back should be perpendicular to the floor. This may be difficult initially, but make an attempt for a few seconds.
- Hold this pose and let your body relax more and more with each steady breath.
- After about a minute (a few seconds for beginners) of resting in this pose, you may gently bring your legs down on exhalation.

TRIUMPHANT RUNNING THE PHYSIO WAY

INJURY: IT'S NOT ALWAYS WHAT IT SEEMS

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.

How many times has it happened that when you visit a doctor with a pain in the ankle or the knee, and after all the assessments you are advised to rest for a few weeks... but then when you resume your training, your pain still persists... and now you are clueless?

This is because while the symptoms and maybe the causes are treated, the one thing often neglected while dealing with an injury, particularly peripheral injuries, is its "root cause", which is the core.

Core and Fitness

For most of us runners, we know the core as the group of trunk and hip muscles that surround the spine, abdominal viscera and the hip.

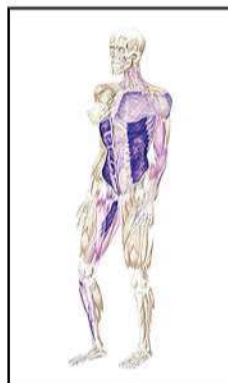
As discussed in the previous editions, *Core is the powerhouse of the human body*. Even standing up straight calls our core muscles into use. Imagine how much more these muscles are important to running! And boy, do runners train for the core... planks, crunches, and whatnot!

But while it is important to strengthen our core, we also need to focus on overcoming our weaknesses in these vital connecting muscles. This combination then can help us maintain our correct posture, which is the bedrock of efficient and fast running form.

Core Strength and Running

A weak inner core puts you at the risk of injuries and slows you down. *Almost every common running injury can be linked to a weak inner core*. Why is this? It's because a lack of stability in your torso puts increased strain on other parts of your body (your lower back, hips, and knees), eventually causing them to break down with repeated use.

The following pictures of muscle slings will give an insight into the connection of the core to the peripheral areas of the body and its role in injuries:



1. This shows the connection of the shin to the opposite shoulder through the anterior (front) oblique chain of muscles. Sometimes shinsplints are caused due to dysfunction in the obliques or opposite shoulder muscles.



2. This picture (orange) helps us understand the relationship of the foot to the opposite shoulder through the deep chain of muscles. For example, tight hips in runners or athletes could be due to overcompensating hip flexors for hamstrings.



3. The following picture (green) puts light on the lateral chain of muscles. Dysfunctions anywhere could possibly lead to IT band, inner knee pain, etc.



4. This image helps us understand the connection of calf muscles to the opposite shoulder through posterior (back) oblique chain of muscles. Heel pain/plantar fascia could be due to dysfunction anywhere in this chain of muscles.

Refer to our previous edition for more details on exercises that can help strengthen as well as develop the weaknesses in the core.

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

RUNNERS AND LUNGES

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.

"Left leg aage aage, right leg peeche peeche..."

For most of us Indians, this line takes us back to Anushka teaching Shah Rukh Khan dancing *Rab De Bana Di Jodi!* But we runners instantly visualize a lunge! 😊

Runners and Lunges

Runners share a love-hate relationship with lunges! Lunges help runners control the hips and strengthen the glutes, quadriceps, hamstrings and core. These are almost all the muscle groups which help us in running endurance. But the variations take a toll on our leg-workout days.

Running is a unilateral movement similar to lunges, which means we use just one limb at a time to continuously drive ourselves forward.

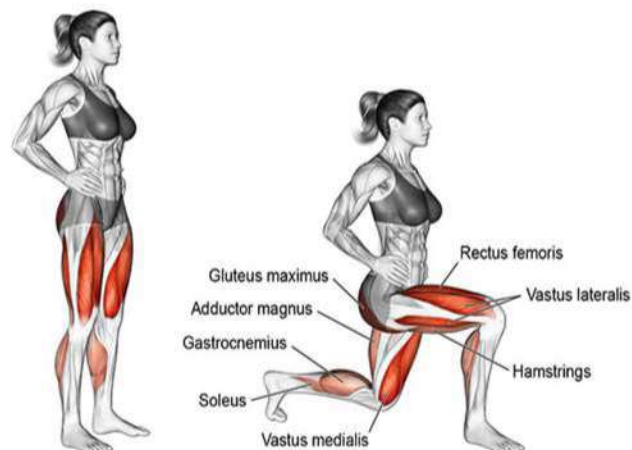
Lunges, on the other hand, are dynamic and one of the unilateral exercises that anyone can perform to target to strengthen the lower body.

Advantages of lunges

- Strengthen the muscles surrounding the knees, which helps reduce the risk of overuse injuries such as runner's knee
- Improve hip flexibility
- Prevent running injuries by building lower body strength, stability and coordination and helps us to identify our weakness
- Work on balance and stability and challenge as we work to stay upright in the transition from one lunge to the next
- Correct muscle imbalances
- Protect hip joints from high impact

How to perform lunges

- Always focus on posture and alignment
- Step forward with one leg (for forward lunges)
- Push your body down till the rear knee almost, but not quite, touches the ground..
- Keep the posture with the upper body straight as possible without bending at the waist.



Lunges in their advanced form can often be done with many variations including walking lunges, reverse lunges, forward lunges, pulse lunges, lateral lunges, jump lunges, pendulum lunges, curtsy lunges etc.

Runners should include lunges twice per week, with a set of 12 to 15 reps on each leg for two sets. If using dumbbells or kettlebells, 5 to 8 reps on each leg is enough.

Lunges require stability and coordination and need time to practice. Start with simple body weight lunges. Once you are comfortable with the pattern using body weight, then you can add weights to either kettlebells or dumbbells.

Note: Start with a good warm up before starting lunges and focus on proper posture. If done incorrectly, you can injure yourself quite easily. Try to avoid doing lunges if you have knee or hip pain or injuries.

Lunges challenge us mentally to keep going even when we want to quit.

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

RUNNERS' NUTRITION

CHEENI-KUM

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

Do you recollect the stars in his Bollywood film whose title serves us as a perfect reminder ; should we want posters put up in our kitchens? Sugar, raw sugar, molasses, brown sugar, agave nectar, cane crystals, corn syrup, dextrose, jaggery, high fructose corn syrup, beet sugar, coconut sugar, palm sugar, palm jaggery- whatever the name, there is nothing sweet about the effects of excess added sugar on our health. Despite the misleading marketing statements on packages about how 'their sweetener is nothing like white sugar', all kinds of added sugars get processed in a similar way in our body. Consumed in excess, added sugars may cause problems such as obesity, diabetes, heart disease, fatty liver disease, diabetes, and other lifestyle related diseases. It is important to understand where to draw the line when it comes to added sugar.

Although 2-3 tsp of sugar a day is considered safe, it is only applicable to someone who is optimally healthy. So, learning how to regulate the sneaky added sugars in our diet is much needed. Reducing added sugar intake is not an easy task, especially when most packaged foods, foods ordered from outside, foods that are extremely processed contain variable quantities and forms of sugar in them. Even switching from white sugar to any other form of sugar like jaggery and honey in your daily foods like teas, coffees and sweets will not count as 'no added sugar'.



Here are some pointers that help in removing or regulating this 'added sugar' in our diets-

- stop adding any form of sweetener to any of the foods you prepare at home. This includes giving up all those sweetened teas, coffees and milk flavoured with the so-called health powders. Adding a small quantity of artificial sweeteners like stevia is okay in principle. But it is better to give yourself a break from all things sweet.
- avoid all desserts like ice creams, sweets, cookies, pastries, cakes etc. Instead, get your sweet fix from fresh fruits, and occasional inclusion of dried fruits like dates, raisins and dry figs. Including 1-2 servings (about 100-150 g) fresh fruits per day not only will provide you the sweetness but also a plethora of nutrients such as fiber, vitamin C and antioxidants. Be watchful of the dried fruit though. Some dried fruits are also doused in sugar syrups before drying to enhance their sweetness.
- stop ordering food from outside. If ordering is inevitable, choose healthy options like grilled vegetables, grilled lean meats, grilled paneer etc. without any sauces. Some of the marinades and flavouring sauces used also have a bit of sugar in them.
- start reading labels of all packaged foods. Added sugar is usually hidden under different names. Sometimes added sugars are disguised in the form of fruit juice concentrates, dried fruit syrups, dried fruit pastes etc. Read the ingredient list as well as the nutrition table. Look specifically for the amount of added sugar on the nutrition table. Even the foods marketed as healthier alternatives to conventional foods such as millet-based sweet snacks, protein bars, diabetic biscuits, brown breads etc. might have added sugar listed with an unrecognizable name.
- switch your running/training fuels from bottled electrolyte drinks to homemade electrolyte drinks (tender coconut water with a pinch of salt, a squeeze of lime) and the gels with natural sources of good sugars such as bananas, dates and raisins. A word of caution- do not make these changes on your race day. Train with these 'added sugar' free fuels before making the switch.



It is always more fun and less painful to make these changes in lifestyle when we have company. Choose your tribe and commit yourself to a day or a week or even a month of 'no added sugar challenge' and support each other in this journey to get healthier. Free yourself from the 'added sugar' in your everyday food so that you can choose where you want to use your sugar currency wisely- like on a special occasion or a celebration.

Wish you all a very healthy, active, happy and prosperous new year 2023!

(In Hindi, CHEENI- SUGAR, KUM -LESS
Starring- Tabu, Amitabh Bacchan.)

RACE REVIEW

STADIUM RUN 2022

By Sunder Nagesh

The 2nd edition of the Stadium run by the Hyderabad Runners was held on the 10th-11th of December at the Gaudium Sportopia campus in Velimela village near Patancheru.



The event happened from 06:00 PM on 10th December (Saturday) to 06:00 PM on 11th December (Sunday). This was the first time that a 24 hours solo-run was included in this event. There were 2 slots for the 12-hours solo runners - 06:00 PM (on the 10th) to 06:00 AM (on the 11th) slot and the 06:00 AM to 06:00 PM slot on the 11th. A total of 82 relay teams participated in the event - 44 in the night slot and 38 in the day slot.

Each participant in the 24-hours solo and 12-hours solo run categories had to undergo a mandatory medical test before the start of the event and after 6 hours into the event. This was done to ensure the vitals of the runners were in check.

Of the 6 lanes present at the 'Gaudium Sportopia' campus, the inner 2 lanes were zeroed in for the 12-hours solo runners (400 meters in length) while the outer 4 lanes (425 meters) were meant for the relay runners.

A total prize money of 2.64 lakhs was on offer across all the event categories. Three runners participated and finished in the 24-hours category. Jagan Reddy (417 laps covering 166.8 kilometers) and Robert Joliffie (356 laps - 142.4 km) stood first and second respectively in the men's category. Yamini was the only woman runner in the 24-hours category and she walked away with the winner's trophy (301 laps - 120.4 km).

The 12-hours category was an interesting one with different challenges in each time slot. The runners in the evening/night had a different set of challenges when compared with the ones that ran during the day. It was really good to see the runners battle it out on the tracks. In the women's category, Devyani Haldar (202 laps - 80.8 km) came first followed by Sonali Chaturvedi (201 laps - 80.4 km) in the second position and Sapna (187 laps - 74.8 km) in the third position. In the men's

category, Tumram Ramesh (319 laps - 127.6 km) stood first followed by Geeno Anthony (288 laps - 115.2 km) and Anirudha Athani (265 laps - 106 km).

Amongst the relay teams, team Conquerors (411 laps - 174.65 km) came first followed by the team Unstoppable (354 laps - 150.45 km) in the second position and Grande Bolters (322 laps - 136.85 km) in the third position.

Navya Vadde and Ramesh Boddupalli from team Conquerors walked away with the maximum miler award in the relay run category clocking 63 laps (26.775 km) and 77 laps (32.725 km) respectively.



The weather was mostly pleasant during the 24 hours with the sun coming out in the later part of the event. It was really sunny for about 2 hours in the afternoon on the 11th. There was rain too - it rained in brief spells throughout the duration of the event.

The run was managed by a small group of volunteers who worked really well for nearly 27 hours across the two days. Care Hospital managed the medical tent with a team of doctors and physiotherapists, monitoring all the solo runners in a timely manner; they also helped a few relay runners who needed medical attention. The support staff from the Gaudium Sportopia school were really helpful throughout. The food and hydration were taken care of in the usual Hyderabad Runners' style; Fusion 9 was the food vendor and they did a stellar job in providing food to all the runners throughout the duration of the event (24 hours). Zumba trainers from Fitness Gurukul helped in prepping up the runners every 2 hours and keeping them active throughout. The relay teams' rotation was really managed well by all the volunteers there.

A lot of spectators came to support their friends and family. The atmosphere inside turned electric in the last 2 hours of the event. The cheering reached its crescendo in the final minutes as the runners ran their final few laps.

The race was managed by Vijay Yargal, Dr. Madhumati Sanjay (medical director) and Sudhakar Silveru with support from the staff of the Hyderabad Runners, the support staff of Gaudium and the volunteers.

Congratulations are in order for all the volunteers, the race management team, the HR support staff, the sponsors, the Gaudium Sportopia management, the spectators and of course, all the runners :)

RUN-TITUDE: MINDSETS OF A MARATHONER

THE RUNNERS' MINDSETS

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.

What are the mindsets of a masterful runner? Now there can be soooooo many ways and soooooo many words to answer this, and yet the simplest answer may be right in front of our eyes... in the very word, MINDSETS!

Here is a sneak peek into what these 8 alphabets can signify:

1. Mental toughness – Every runner understands that it is not how fast you run, but how much farther you run... and how consistently we run.... Running is as much a mental activity as it is a physical sport. What we can do in the mind, we can do on the road and when we falter in the mind, we falter on the road. Thus, running counts on a runner's mental strength to accomplish his/her runs. **So, how do you affirm your strength?**

2. Inspirational role models – Runners look at themselves and compete with themselves to run better each time. However, every runner also has that person they look up to, that one person they want to emulate and reach to, that one runner whom they continuously track at every event. This constant inspiration serves also as a motivation to buck up and run better next time. **So, who is your role model?**

3. New routes – Runners are known to get bored with the same routes or with the treadmills. To find new routes, to explore a new place, to venture against all odds is what many ultra-runners live for... In fact, for many runners I know, the rougher and tougher and newer the route, the more exciting the run! **Find your alternate routes.**

4. Discipline – If there is one, just one, activity, that can get us disciplined, it is choosing to go for daily runs! Be it meticulous training regimes or the consistent pace for a long endurance run, nothing drills discipline better! Every mile matters... every step matters... every breath matters... if we are to get to the finish line! **Be disciplined, one step at a time.**

5. Social support – Some runners run by themselves. They enjoy their solitude, the silence, and their own thoughts or the lack thereof! But most runners will vouch that when there are other runners around, in training or in a race, they tend to run better, to finish better... Running solo or with others, runners draw energy and enthusiasm from other runners. **Know your run buddies.**

6. Energy & fuel – H&N are two sides of a coin every runner has with them always – Hydration and Nutrition! The right food at the right time with a close watch over their hydration levels is what gets runners to keep on and carry on... always have some more fuel left in the system and never let dehydration get the better of you. These are two mantras runners try their best to train for. Remember you are what you eat. **Choose a good, healthy and happy diet.**

7. Training regime – Runners train. They work hard in the months leading up to any race. No two ways to look at this. Often, every day is part of a training regime. From interval runs to hill and tempo runs, from strength training to flexibility training, from swimming to agility in sports, every runner has their go-to-format that they know works and oh boy do we stick to it!!! **Plan your training regime.**

8. Self-drive – The finisher medal, the timing certificate, the t-shirt, the breakfast... and the PHOTOS!! Runners live for all these, and for much, much more than these. We runners live for this feeling of internal drive and satisfaction of a well done run. Mimicked as "runner's high" by many, this is what gets us up in the morning and gets us going. All else can get taken away and this still drives us to run and run and run....

Run with the running MINDSETS... Run all the way to success and happiness!

CURRENT HR ACTIVITIES

TRAIN & SHINE MARATHON TRAINING

TRAIN & SHINE: Sign up now for 6 months Train & Shine training program and get a 10% discount for Club Run 2023.

Join the Hyderabad Runners Train & Shine Program to learn proper runner drills & 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)

JANUARY 1ST 2023 – Time 5.45 AM

NEW YEAR CELEBRATION RUN

Location: KBR Park Main Gate

Organized by KBR Runners

JANUARY 8TH 2023 – Time 5.45 AM

SUNDAY LONG RUN

Location: RTP PARK main gate

Organized by RTP Runners

JANUARY 15TH 2023 – Time 5.45 AM

SUNDAY LONG RUN

Location: SANJEEVAIAH PARK main gate

Organized by SANJEEVAIAH PARK Runners

JANUARY 22ND 2023 – Time 5.45 AM

SUNDAY LONG RUN

Location: INTERNATIONAL CLUB, BHEL

Organized by BHEL ACE Runners

JANUARY 29TH 2023 – Time 5.45 AM

SUNDAY LONG RUN

Location: GACCHIBOWLI STADIUM main gate

Organized by BG Runners

For any queries on Sunday Long runs: Please visit www.hyderabadrunners.com

Write to: executive@hyderabadrunners.com

Call: Mr.Yalamanda Rao @ 8790729000



START RUNNING
COUCH TO 5K TRAINING
A BEGINNING TO ACTIVE LIFESTYLE

8 WEEKS TRAINING PROGRAM
CURATED FOR BEGINNERS

- Start - Monday 02nd January 2023
- End - Sunday 26th February 2023
- No# of sessions per week - 03 days
- Days of the week - Mon, Wed, Fri

Registration opening soon

IMPORTANT ANNOUNCEMENT



Thank you Runners for supporting us with your articles, feedback, and contributions

As we enter 2023,

RUNdezvous is transforming!

- ☒ Monthly Bulletin of current activities
- ☒ Quaterly Newsletter of running related articles

Write to us at newsletter@hyderabadrunners.com with your feedback and articles

SOLUTION TO CROSSWORD #14 (NOV 2022)

¹ D	O	² N	B	³ R	A	⁴ D	M	⁵ A	N	
E		O		O		E		W		
⁶ C	A	R	R	Y		⁷ F	R	A	N	⁸ C
A		I				E		R		H
T		A			⁹ C	A	D	D	I	E
H				¹⁰ R		T				P
¹¹ L	I	¹² P	O	U	T			¹³ S		T
O		E		S				W		E
¹⁴ N	A	P	E	S		¹⁵ S	W	I	N	G
		S		I		R		S		E
	¹⁶ V	I	R	A	T	K	O	H	L	I

ACROSS

1. Regarded as the greatest Test Cricket Batsman ever. Averages 99.94 in test Cricket. (3,7)
6. A fault in Badminton, when the shuttle is not hit immediately by the recipient, but is deliberately caught and held on the racket before being hit. (5)
7. At the French Open or the Swiss Open, you might just need this local currency. (5)
9. The Golfer's assistant. (6)
11. The term used in Golf, when the putted ball just touches the rim of the hole and does not fall in but changes direction and continues. (3,3)
14. Acronym for the National Association for Physical Education and Sports. (5)
15. The term referred to in Cricket, when the bowled ball moves through the air-towards or away from the batsman. (5)
16. Recently minted as the 'King' of cricket. The batsman with the sixth highest run aggregate (across all formats). (5,5)

DOWN

1. An Olympic Sport where the participant takes part in 10 track and field over 2 days. (9)
2. The second name of shooters Asher, Gusti Jall and Youhan. (5)
3. One of the most successful Irish footballers. ____ Keane . (3)
4. You ____ the opponent when you 'checkmate' him/her. (6)
5. The Dronacharya, Arjuna or Dhyan Chand Khel Ratna _____. (5)
8. The WR holder for the 5000m and the 10000m distance. (9)
10. The country which has dominated the chess world for decades. (6)
12. Messi, Pogba, Kohli, Tendulkar, Beckham-have all endorsed this brand sometime in their career. (5)
13. A shot in basketball which goes through the net without hitting the rim of the basket or the backboard. (5)
15. This actor (initials) who played the character of a football coach -Kabir Khan. (1.1.1)

CROSSWORD #15 GEN SPORT (DEC 2022)

1		2		3		4	5			6
7										
8										
			9			10				
								11		
12										
13						14				

ACROSS

1. The country hosting the FIFA World Cup 2022 (5)
4. The Badminton shot directed with full pace downwards to the opponent's court. (5)
8. This cricketer held the record of max Test runs, max no. of Test matches, max times captaining his country when he retired. (5,6)
9. Hash ____ the lines painted perpendicular to sidelines (in field sports) to help referees and players recognize on-field locations. (5)
12. The most recent Double centurion in ODI cricket. (5,6)
13. The name given to cricket tours organized in South africa between 1982-1990. (5)
14. See 5 down.

DOWN

2. The wooden pin used in row boats to act as a fulcrum for the oar. (5)
3. This country offers Gorilla treks. (6)
- 5Dn&14Ac. The nickname of India's No. 1 Chess player. (6,5)
6. The footballer captain infamous for his missed penalty shot and thereby his team's exit in FIFA World cup 2022. (5,4)
7. The (name given to a) tennis player who plays from the far end of the court, seldom coming towards the net. (9)
9. FIFA World Cup 2022's highest goal scorer. (6)
10. The only chess piece which doesn't move in a straight line. (6)
11. The youngest man ever to win a Grand Slam singles title. (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