

# RUNdezvous

NOVEMBER 2022

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**BEING IN THE PINK**

**RACE REVIEW**

**ANTARCTICA MARATHON  
2022 - A TRIP OF A LIFETIME**

**RUNTITUDE: MINDSETS  
OF A MARATHONER**

**RUN THE RACE – 6 HATS WAY**

**STARLIGHT  
STRIDES**  
**A WOMEN'S NIGHT RUN**  
30<sup>TH</sup> OCT SUNDAY 2022 @7PM

THREE RACE CATEGORIES  
(EXCLUSIVELY FOR WOMEN)



**A tête-à-tête  
with the RD of  
Starlight Strides**

**STADIUM RUN 2022**  
*A Curtain Raiser*



# MESSAGE FROM THE PRESIDENT

Dear Runners,

Greetings!

It's heartening to see our runners back in full form after last month's festivities. Our Marathon enthusiasts have participated in the New York Marathon held earlier this month and also in events held in Vizag, Vijayawada and other cities. With events shortly coming up in Ahmedabad and Goa, there is a lot more on offer for the runners' appetite!

I take this opportunity to share with you that Hyderabad Runners Society has sponsored the travel costs and the kits for the Telangana athletes (Juniors) participating in the 37th Junior National Athletics Championship held at Guwahati, Assam, this month. These athletes have done the State proud by winning 14 medals in all - 5 Gold, 4 Silver, and 5 Bronze in various categories. I am sure that many of them will make their mark in the international arena, going ahead. These young champs deserve our support, encouragement, and appreciation for their efforts.

The 2nd edition of our Stadium Run is coming up on the 10th and 11th December 2022 at the Gaudium Sportopia. This time it's going to be bigger and better - we have the 12hr solo run as well as the 24hr solo run, in addition to the team event. We look forward to the participation of the runners in the Stadium Run and cannot wait to see them in full form. This will be an exciting event and I invite you all to come and cheer the runners.

The upcoming winter in the State is expected to be severe. All of us need to exercise caution and take care of our hydration during the runs. The cold weather deceives the body into not sensing the thirst and could cause mild dehydration. The early mornings are quite dark, so please keep your head torches handy, too. And of course, do keep enjoying your runs!

Regards,

**Abhijeet Madnurkar**

President,  
Hyderabad Runners Society



# FROM THE EDITOR'S DESK

It is winter, the days are short and getting shorter. This edition features the Second Stadium Run which will be 24 hours affair. So the shorter day does not matter! It also features the Starlight Strides Women's Run held in October which was an evening affair. The story is told from the point of view of the Race Director, Dr. Sonali Chaturvedi. The Review features the adventures of another Woman Runner, Malathi Latha Kandukuri. It is the account of her trip to Antarctica for the Antarctica Half Marathon.

Winter is for Hibernation in the cold areas of the world, but for us runners, sleep is about good recovery. We continue our Yoga feature on Yoga Asanas for getting a good night's sleep.

This is also football season with the ongoing world cup. Hrunimations tells us how to enjoy the tournament. What is a world cup without sponsorships? A thoughtful essay tells us about the need for sponsorships in Indian sport and athletics.

Runners know the importance of a strong core for endurance running and the Physio article tells us how to build up the core. While on the subject of a strong core, the Training article educates us on the importance of the Hip Muscles.

Caps, Hats and other headgear are important for runners in the tropics for protection from the Sun and Rain. But in Winter? The RunTitute article has a very illuminating look on Hats, 6 of them, and how they are useful for runners,

The Run Factoid covers one of the ingenious cheating methods runners use in races. And the nutrition article brings the colour pink onto the dining table

Enjoy



**Vadali Prasad**

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

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# COVER STORY

## DIRECTOR'S CUT A TÊTE-À-TÊTE WITH THE RD OF STARLIGHT STRIDES 2022

By Sagarika Melkote

The exclusive "Women Only" event of Hyderabad Runners, Starlight Strides has been a hit, year-on-year, since its inception in 2019.

When the talk of a Women's Day Run (International Women's Day falls on March 8th) came up for discussion, the then President of Hyderabad Runners, Dr. Murali Nannapaneni suggested that a run for women should be held in the later part of a calendar year, rather than on Women's Day itself as there are too many events happening on that day. Also, the month of October heralds the beginning of winter in Hyderabad, and typically the weather is pleasant, with a slight nip in the air. What was envisioned as a Women's Day Run became, in fact, a Women's Night Run. Unique in its character that it was planned to be held after dark and that SAG support would be provided by male volunteers only, not to mention the fact that the post run "snack" would be more of dinner, rather than a snack, Starlight Strides has seen participants growing in number year-on-year.

The 2022 edition of Starlight Strides was held on October 30th at Gachibowli Stadium, which is incidentally the finish point of our flagship event – the Hyderabad Marathon. Around 750 women ran their choice of distance of either 5 or 10 km that evening. The run was flagged off by Sri Stephen Ravindra, Commissioner, Cyberabad and President of the Society for Cyberabad Security Council (SCSC). As always, we had teams from the nearby housing communities participating – Lanco Hills showed up with 100 plus runners and SCSC itself boasted of 250 runners from within their ranks.



Hyderabad Runners has always believed in empowering and creating the next level of leaders – and with every edition, the baton of roles and responsibilities for all our events passes on to willing hands. In keeping with the spirit of Starlight Strides, the Race Directors for all editions have been women runners of Hyderabad Runners, endowed with leadership qualities and willingness to give back to the running community. For this year, it was Dr. Sonali Chaturvedi, who was Assistant Race Director in 2020 and has since worn the hat of Race Director in 2021 and 2022.

Sonali is a medical doctor by profession, with double masters in Anesthesiology and Clinical Psychology. She also runs a consulting firm that offers clinical advisory services to life sciences and health tech based businesses. She took her baby steps into the world of running in Mumbai seven years ago, where she started out running small distances. When she moved to Hyderabad six years ago, she was introduced to Hyderabad Runners, through her housing community and says "life has never been the same again". Here, Sonali talks to Runderzvous about her journey with Hyderabad Runners, her experience as Race Director of Starlight Strides and about the vision for the future.



*How has your experience with Hyderabad Runners, in general, been so far?*

It is heartening to be part of an organization that has a legacy of promoting running as a fitness activity and bringing the entire city together through their endeavors, be it the Club Run, the Kids Run or regular Sunday Runs alongside major marathon events every year. I must say I have seen a lot of Hyderabad through these events, which are not just runs, they are a carnival in themselves.

*How did the transition from Assistant Race Director in 2020 to Race Director in 2021 and 2022 come about? Any particular person you would like to credit for this growth, and why did you agree to take up the responsibility?*



Oh, the credit goes to Hyderabad Runners in general and Ms. Kiranmai in particular. She encouraged me to participate in a night run for women, a concept that was new to me. Next edition of the run, I was pleasantly surprised to be offered the responsibility of managing the run. While running remains my first love, it has been quite a learning (and humbling) experience to manage a run event, because it gives a perspective from the other side, the logistics, the approvals, the deadlines et al. Also, it offers you a chance to work towards supporting fellow runners before, during and even after the run.

*What sets Starlight Strides apart? We see so many participants coming back year-on-year, why do you think that is so?*

The way Starlight Strides is evolving, the branding focuses on it being a "run for every woman". Starlight Strides is positioned as a women's run, conducted late in the evening. Having said that, you do see different segments emerging over the last three events. While there is one segment of dedicated runners, who see Starlight Strides as a test of their resilience (since it is conducted at an unconventional hour), there is another segment of fun runners who see Starlight Strides as a celebration. While the first segment brings in the rigor expected from a run, it is the second segment that brings in the spark and glitter – imagine groups of women revealing post event, some singing, some dancing and yet others connecting across groups.



*How has your own experience of the race been? Do you feel overwhelmed by the responsibility, or do you just take it in your stride, so to speak?*

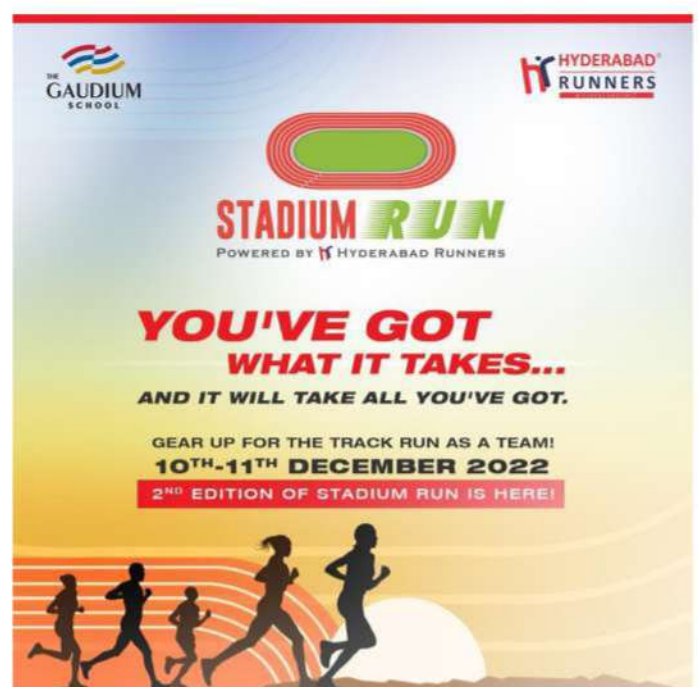
The experience has been rich, as well as humbling. The balancing act between my familial responsibilities, the rigors of clinical practice and my commitment to Hyderabad Runners can be overwhelming at times. But when it comes to Hyderabad Runners, I have the privilege of mentor support and guidance from seniors (who have managed mega events!), tireless efforts

from the entire Hyderabad Runners team and of course, loads of encouragement from fellow runners and participants.

Hyderabad Runners is like one big family, and doing whatever bit I can do definitely gives me a lot of satisfaction. There are challenges that crop up in any event, and Starlight Strides is no different. I am of the firm belief that as long as we have a transparent feedback mechanism, a robust redressal system and a committed team, no challenge is insurmountable.

*Do you think events like Starlight Strides are important for women – to feel good about themselves, become more confident, etc.?*

I strongly believe – yes. As I said earlier, Starlight Strides brings together women from different walks of life on the same platform. It is an occasion to celebrate womanhood, friendships and, in fact, life itself. While the event is centered around running, there are many undercurrents to it – the reaffirmation in their ability to reach a goal, the freedom of being in their own zone at a late hour, the warmth of friendship that encourages them to move on. I have stories of so many women participants who have found peace and camaraderie, post the event. It is heartening to just listen to them, inspiring to say the least!





# STADIUM RUN 2022 A CURTAIN RAISER

By Sunder Nagesh

Stadium runs have their own charm in the running calendars and these are looked forward to by runners all over. For runners looking to run beyond the full-marathon distance, they are the first step to becoming an Ultra marathoner. Hyderabad was missing its own 'Stadium run' event for quite some time until last year when the Hyderabad Runners society (HR) held its maiden 'Stadium Run' on 28th August at the Gaudium Sportopia campus in Velimela village near Patancheru.



This time, the Hyderabad Runners are coming with the second edition of the same event on the 10th-11th December, 2022. The venue remains the same. The track at the Gaudium Sportopia campus is arguably the best athletics track around Hyderabad currently. The event promises to be better this time around by all means. The event is certified by the Athletics Federation of India (A.F.I) and it'll be conducted by a competent team of senior runners who've a lot of experience - both as participants and as organisers.

**Vijay Yargal** is the race director of the event. He has an enviable ultra running experience. Vijay is one of the earliest ultra runners from Hyderabad. Assisting Vijay will be the 3 captains taking care of key responsibilities. **Dr. Madhumati Sanjay** shall be the medical captain and will be responsible for all things medical at the Stadium run. **Amit Kshirsagar** shall be the on-course captain taking care of things on the track, both from the facilities and runners' side. Volunteers are an integral part of any event and this shall be no different; **Sudhakar Silveru** will serve as the volunteers' captain taking care of a strong volunteer team of over 50 volunteers. The volunteers are being split across different teams and are being divided across multiple time slots.

## What's new this time around:

1. The Stadium run is a 24 hours event this time around; last year, it was a 12-hour affair.
2. There are 3 categories of events - 24 hours solo run, 12 hours solo run and the team relay.
3. The relay teams have the option to choose their 12 hour slots - either from 06:00 PM on 10th December to 06:00 AM on 11th December or from 06:00 AM to 06:00 PM on 11th December.
4. The event promises to be high on energy this time around with the organisers inviting a few schools and a few communities as well to cheer the runners. The running community shall also be present with full gusto supporting their favourite teams. There shall be lots of props and flags for the cheering contingent this time around.
5. Zumba trainers shall be on stage once every 6 hours to cheer-up the runners and the support contingent.
6. Music - yes, there shall be music for the full 24 hours of the event - music shall be at low decibel during the night leg. On Sunday (11th December), the music shall be back to full decibel. The atmosphere shall be as festive as possible.
7. This year there shall be minimal criss-crossing of the support team/volunteers/nursing staff. There are due checks being planned to ensure minimum intervention on the track all through the 24 hours of the event.
8. The organisers promise better volunteer management this time around. The volunteers are segregated better this time around to serve runners at all times.
9. There shall be more efficient food management this time around.

## Volunteers:

Volunteering for such an event gives a ring-side view of everything at such events. This shall equip the volunteers better to prepare for their future events. This time around, there are over 50 volunteers being spread across multiple teams. They are being divided across multiple time slots to support the runners. The race director and the captains are planning to have a couple of zoom meetings with all the volunteers to have everyone up and running on their roles and responsibilities. The volunteers shall be present at the venue from 04:00 PM on 10th December (Saturday) and they shall be present until after the event is over at 06:00 PM on the 11th December (Sunday).



### Medical facilities:

Like any event of the Hyderabad Runners, this one shall also be completely supported by qualified medical teams. Dr. Madhumati Sanjay herself is a doctor by profession and she's an ultra runner herself - she's the best qualified to lead the medical initiatives at the Stadium run 2022. A big medical tent is being set up for the event just beside the running track. This shall serve as the main medical facility for the event. The medical support is by the **Care Hospital**. There shall be 4 doctors from the Care Hospital in the medical tent and they shall be in charge of everything. They shall be aided by the nursing staff and the medical team volunteers.

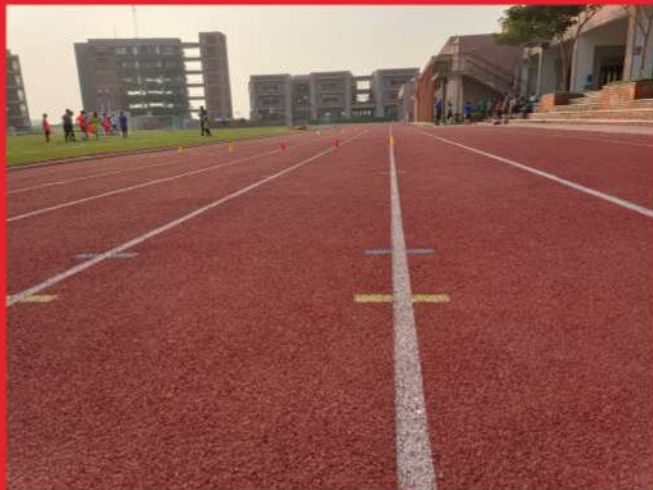
### Food:

**Fusion 9** is the food partner for the event. Each runner from the relay run category shall be given a food coupon that can be redeemed at the food counter/cafeteria meant for them. The volunteers shall also be given food coupons. For the 12 hours and 24 hours solo runners, a dedicated food tent shall be set up serving meals and food all throughout. Additionally this time around, there shall be a provision to buy food at the food counter. The relay runners, the cheering group, basically anyone can buy food at this food counter.

SAG support for all the participants shall be on the lines of any Hyderabad Runners' event.

### Weather:

This is probably the best weather for any running event in Hyderabad. Last year, the Stadium run was held at the end of the monsoon season with the runners witnessing sun and rain during last year's event. This time around, the weather is expected to be more chilly. With the venue located far from the city, expect the weather to be colder. Runners and the cheering squads are advised to be prepared accordingly to tackle lower temperatures.



### Awards & Prize money:

A total prize money of INR 2,64,000 is up for grabs for the top finishers at the Stadium run 2022. Like all Hyderabad Runners' events, this one also shall have equal prize money for men and women. For the 24 hours solo run event, the top 3 finishers in the men's and women's categories shall be awarded INR 30,000, INR 20,000 and INR 15,000 respectively. Likewise, the top 3 finishers in the 12 hours solo event, shall be awarded INR 20,000, INR 12,000 and INR 8,000 respectively. The podium qualification distance for the 24 hours solo run category is 150 kilometres and for the 12 hours solo run category is 80 kilometres.

The top 3 teams in the relay event shall be awarded INR 20,000, INR 10,000 and INR 8,000. Additionally, there shall also be prize money of INR 5,000 for the individuals clocking the maximum distance in the relay event.

### Numbers:

With the event date announced quite late, the number of solo runners is a tad low but the organisers are confident of getting more solo runners by early December (3rd Dec).

There has been a very good response for the relay teams though. The rules were modified this time around as the organisers allowed a minimum of 1 man/woman for the relay team (comprising 6 team members) against a minimum of 2 men/women the last time around. It's heartening to see a few teams have more than 1 woman runner.

### Current count:

24-hour solo runners: 05 (at the moment)  
12-hour solo runners: 16 (at the moment)  
Number of relay teams: 72 in total

The registrations for the various categories shall be closed very soon. So hurry up and register for the event if you haven't already done so. This is arguably a very good chance to finish the year on a high, a runner's high

Overall, the organisers promise a better, progressive, fair and fun race experience this time around. Here's wishing the very best to all the runners, volunteers and the organisers.

PS: The author would like to thank Vijay Yargal for sharing his thoughts on the event and also thank Yalamanda for the pictures.



# UPLIFTING THE SPORT ECOSYSTEM

By V. Vijgeesha

On your mark, get set, GO! What's the first image that these words and the gunshot conjure up in your mind? A deep brown running track, athletes on their fours, intent faces ready to dart like Cheetahs? Also, thousands of pairs of eyes starring, unblinking, at the pairs of legs covering the lanes rhythmically setting the track on fire?



But, since when has this image been etched in our memories; of athletes in a stadium with access to synthetic running tracks, good shoes, and a coach yelling motivational words, amongst others? If you have been a regular follower of sport and tracked news from the field, then you will know that until not so long ago, sportspeople across the country did not have and still do not have generic quality facilities even within the same game. Someone in a city can run on tracks; someone from the hilly regions still trains on the mountain-sides due to lack of the same. Some could be enrolled in training programs making it easier for them in the selection process; some others get their moment to shine after years of grinding in different places. There are heart-wrenching stories aplenty, steeped in sheer hardships, of athletes who aspired and dreamt, but did not let the conditions deter them. Avinash Sable's story is a case in point. The steeplechaser, from Beed, Maharashtra, who finished second in the 3000m event at the Birmingham Commonwealth Games 2022, becoming the first non-Kenyan to win a medal since 1994!! The Outlook reported- "Brought up in penury, Avinash Sable ran when walking would suffice." He would carry out most of the activities, including covering a distance of six kilometres from his home to school, running. Both ways, every day, for years.

Do you remember the image of a guy holding up Perry, the CWG mascot, in his left hand because his right arm was held up in a cast? It was Sanket Sagar, the weightlifter who won the silver medal in the 55kg clean and jerk event. The 21 year old, would wake up at 5:30AM each morning, beginning his day by serving tea

to customers at his father's 'tapri' in Sangli, Maharashtra. Sanket neither had a sponsor nor was financially well off before getting into TOPS (Target Olympic Podium scheme). "His father would take care of his sport by borrowing and we would take full care of his diet and exercise. Sometimes his father could return the money, sometimes not, but we never let it become a hindrance in Sanket's training," said his former coach.



9 out of 10 stories involve the Physical Education Teacher or other teachers at schools and colleges, or the coach or mentors identifying the ability of a child to excel in a sport. Vandana Rao, an athlete who excelled in the 80's, came from a privileged background. While she was a gifted runner, her father opposed her participation in competitions due to family-held traditions. It was her sports teacher who persuaded him to let her explore her talent.

The combination of thoughtful, kind, generous coaches and strong willed sportspersons shaped by adversities has given India some of its best athletes, which isn't to say is ideal. But it is a reminder of the reality nonetheless.

On the other end of the spectrum is Neha Goyal. A hockey player from Haryana, a state known for producing a disproportionate number of players in all games, told Scroll in an interview - "Hockey mein itna interest nahi tha, kisi game mein matlab interest nahi tha (I didn't have any interest in hockey, nor in any other sport for that matter). Our family was very poor. But a friend had told me, that if I played hockey, I will get shoes and good clothes, so I went and told my mother that, 'mummy, main ground mein jaoonga toh kapde aur joote milenge,' and she told me to go ahead." The ground she went to is an academy at Sonapat run by Pritam Siwach and her husband, both ex-hockey players who have groomed umpteen hockey players. Today, Neha is a force to reckon with in international women's hockey. She has more than 100 international



caps with the Indian Women's team playing in the midfield and the forward line with aplomb. Deservingly, Pritam won the Dronacharya award in Hockey.

In a discussion with a friend, an ex-hockey player, about the support, facilities, and gear provided during his time, mentioned that the team had to wear shin pads with bamboo jutting out and goalkeepers having to don a kit made of bamboo as opposed to today's branded synthetic foamy kits.

Pleas for sponsorship even in elite games like Tennis, Badminton aren't sparse, and often find space in newspapers. PSU's like ONGC, IOC, and private entities step up and do their bit.

Now, if a running meet is here, can HR be far behind? NO! In addition to creating a running culture and ensuring it spreads far and wide, the Hyderabad Runners Society, an NGO, has done its bit in investing towards the future of athletes -in-competition from the state. Amongst many other instances of sponsorship by HR, one from the recent times, shines bright.

HR contributed the sportswear kit (a pair of jersey, track suit and one bag) to the athletes from Telangana who took part in the National Junior Athletics Meet which was scheduled from 10-Nov-2022 at Guwahati, Assam. 81 athletes received these kits on 07-11-2022 at Olympic Bhavan, Telangana State Sports Authority office by Hyderabad Runners Society represented by Mr. Abhijeet Madnurkar (President), Mr. Venu Gopal Penumetcha (Treasurer), in the presence of Mr. Stanley (Chairman, Technical Committee, Athletic Federation of India), Mr. Saranga Pani (Secretary, Telangana Athletic Association). This expression is in line with the organization's objective of catering to public good and making the running ecosystem a better place.

Goodwill gestures such as these go a long way in a sportsperson's career acting as confidence boosters, and of course the apparel would serve them well. They age well in their memories as well.

The athletes earned laurels for the state and themselves in bounty as you can see below, making it possible to envision a promising future with them showcasing their potential and fulfilling dreams of representing India at the highest echelons. Don't we all wish to see, as a member of HR put it, "a PT Usha" emerge from amongst these athletes? That would be terrific!





# HR 3SIXTY5

## FEATURED GROUP

### ALWAL RUNNERS CLUB

#### 1. About Alwal Runners

We the Alwal Runners are a family of tightly knit, cohesive running, multitasking and multi-talented people who are passionate about running, motivating fellow runners and making them smile. It started in 2020 as a small group comprising under 10 members, and has now grown by leaps and bounds constituting more than 100 Runners across categories. Our training ground at Bhavans is one of the fastest growing centers of the Hyderabad Runners Train and Shine program. We have also collaborated with our parent group for facilitating the provision of covid vaccination. We maintain a good rapport with other running groups, not hesitating to support them in whatever way we can. We have a strong women's running team that has been exemplified as a paradigm of dedication and motivation. Our youngest runners are Dr Meena Ghosh, aged 63, and a 10k podium finisher, and Kriti and Natalie, both 11 years old. Apart from winning several podiums, Alwal Runners have been actively involved in flagship events like KouchTo5k, Kids Run, Womens Run and NMDC Hyderabad Marathon, both as volunteers and participants. Many have graduated from 5k to 21k, 42k and ultra marathons as well. Our Runners will be participating in the stadium relay race, 12 hr solo, and border ultra in the days to come.



#### 2. Who are your regular runners? Who are the jokers in the pack?

Most of our runners are regular. However, we like to be jokers once in a while to keep the momentum of our group upbeat :)



#### 3. Favorite running location?

We are fortunate to be surrounded by greenery. We love running in the cantonment and near Rabbit Park.





# HRUNIMATIONS

## THE ENDURANCE RUNNER PLAYING FOOTBALL

By Amritha Chandramouli

The FIFA World Cup 2022 is as interesting as it can ever be in gathering an audience to enjoy watching the sport. As an endurance runner how do you relate to footballers? We bring to you something to ponder on as you enjoy seeing them play. Their journey, routine, and schedule are not very different from the endurance runners. Playing the sport is indeed their full-time job. The time pro-footballers invest in training is more than any of us who must report to work. Work is of course anything not sportive unless you deliberately "run" late just for the fun of it.

They have a solid diet that focuses on nutrition. They nourish themselves with whole foods, un-refined, un-processed, carbohydrates, fats, and protein. And hydration of course, is as important to them as it is for a marathoner. They include swimming and running as a part of their training. They cross train. They add on a lot of strength training with considerable time in the gym. They add in physiotherapy for recovery and rehab. They spend a lot on apparels to avoid injury.

They train for kicking, heading, and tackling under the supervision and guidance of a trainer, which is the only contrast to a long-distance runner. Their training is wholesome that contributes to a perfect fitness to play the sport and be well prepared for the D-Day. They also have off seasons when they are not playing where they can cut back on the rigid routine of training and relax a bit.

Besides the football itself, doesn't such a personality ring a bell with the runner's soul within you who is training similarly for events? When was the last time you went out to play football? Would you consider playing football once a week for the spirit? For the fun? For the love of the game? For added training? Give it a thought! We hope and wish you to have as much fun playing football as you have in watching the players aesthetically scoring the goals.

# RUN FACTOID

## CHEATING IN MARATHONS

By Sam Sudhakar

Bib stealers. Course cutters. Bib mules. The lengths to which some runners cheat knows no bounds. For a sport with few material rewards, marathon running has produced some illustrious cheats. Earliest cases of cheating can be traced back to the 1800s. A story was published in the Washington Post in the year 1894 about a six-day race that occurred in 1880. Two business associates Mark Thall and James Henry Love organized this race in Denver.

The race was held inside a big tent on a track that went around the periphery of the tent with seating in the middle. There were sixteen runners at the start. On the race day, the seating was full and the race had begun with a runner who went by the name Rocky Mountain Sam taking the lead and maintaining it until day four.

On day four, a rookie runner by name Bill Daly caught up with Rocky and maintained a swift pace. Rocky was giving it all but couldn't maintain his lead. Daly was running as if he had just started the race.

On the last day, a large crowd gathered to watch the finish. Despite heavy backing for Rocky Sam, Bill Daly amazed everyone with his speed and won by over 40 miles.

Rocky Sam wasn't convinced and asked for an investigation. It turned out that Bill Daly had a twin brother Jim Daly. Bill would walk during the course of the race until he got tired and then he would go into the recovery tent, and in an hour or so, Jim would come out and then repeat the same pattern.

After a thorough investigation, it turned out that one of the organizers, Thall, was a part of the hoax. Thall and Love were known as "hustlers" and were involved in organizing races as early as 1879 in San Francisco and were known to run away with the participation proceeds. Thall was once arrested for running off with \$85 of the proceeds.

These days, after almost every major race, especially the Boston Marathon, a handful of participants are found to have cheated. Very rarely it is for material gain but most times it is for bragging rights on social media.





# 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 second 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.

## ANANDA BALASANA - HAPPY BABY POSE



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

- Lie flat on your back on the floor or a mat.
- With your head flat on the mat, bend your knees towards your chest at a 90-degree angle. Face the soles of your feet up towards the ceiling.
- Reaching forward, grab and hold the inside or outside your feet. Spread your knees apart, shifting them toward your armpits.
- Flex your heels into your hand and gently rock from side-to-side (like a happy baby). Remain in this position for several breaths, inhaling and exhaling deeply.

**HYDERABAD RUNNERS**

# 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

[www.hyderabadrunners.com](http://www.hyderabadrunners.com)



# TRIUMPHANT RUNNING THE PHYSIO WAY

## RUN TALL WITH YOUR CORE

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.*

*"You run from your core and not just with your legs"*

Endurance running is not about just having a strong core, rather it is about having a balanced one too!

### Running and your Core

Your Core is important for balance and posture. Imagine running with no core whatsoever; it would be like trying to stand a piece of spaghetti on its end - totally impossible. Your Core provides stability and neutralizes the rotational movements of the upper body, keeping you upright and enabling your lower body to propel you forwards in the most effective way, wasting minimal energy.

What is the first thing that flashes when I say "Core"? Six packs? Crunches? Planks? That is not necessarily the case! While the abdominal muscles are certainly an important part of the core, it comprises much more.

### The Powerhouse

The Core is the powerhouse, the center of gravity of the body where all movement begins. It is composed of as many as 35 different muscle groups connecting your trunk, pelvis, and spine to each other and the rest of your body. Let me simplify this and divide them into four regions; *back extensors, abdominal, lateral trunk muscles, and the hip muscles.*

These muscles sync with each other and work towards stabilizing our spine, besides helping in proper breathing.

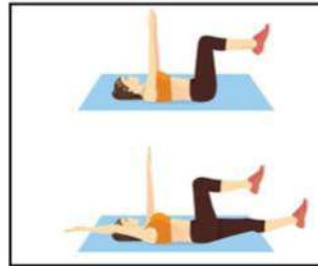
No single exercise is going to be good for all athletes. Some athletes may need attention given to one muscle group, while others may need to develop a different set of muscles. I'd recommend a thorough assessment to know if your core and other muscles are firing and in sync with others.

### Muscle Balance – an example

A common issue which runners and triathletes deal with are tight hip flexors. We have discussed this in the previous editions. However, imagine your hips rotating out, arching your back, and exaggerating the curve of your lower back. This will deactivate some of your muscles and make you more inefficient, slower, and prone to injuries in running.

In such cases, you would want to avoid exercises that target extending muscles to prevent making this more pronounced.

### Few exercises I strongly recommend



Lying dead bug



Bear hold / bear crawl

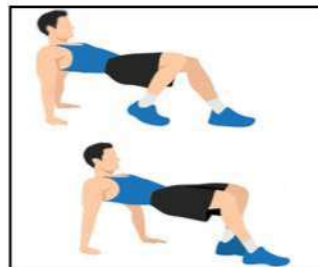


Table-top walk – front, back, side



Single leg kneeling



Loading the back leg in the given position

*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

## UNLOCK YOUR HIP FLEXORS

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.

"I know I should be stretching, but I just don't have the time."

"Oh! Groan! Stretches again!!! No, please. NOOOOOO..."

Oh, how much do we as runners relate to these thoughts! Unless, of course, it is a butterfly posture stretch! that we jump into and happily flutter until our thighs can touch the ground!

However, as any CSO (Chief Stretch Officer) will tell you, this simple exercise works on a critical muscle group for us runners!

Be it in running, walking, jumping, hiking, skating, skiing, or in many other sports, and even in a simple stand upright posture... our **hip flexors** play a vital and important role.

### Hip flexors muscle group

What are hip flexors and what muscles does it include?

Hip flexors are the muscles that surround the ball and socket joints that connect the legs to the upper body and are vital for the movement of the lower body. The muscles included are:

- The iliopsoas: The two muscles (iliacus and psoas) to support your lower back.
- The Rectus Femoris: Connects the pelvis to the knee.
- The Sartoris: Helps increase flexible movement in legs, originates on the front of the top of your pelvis.
- The Pectineus: Helps with thigh movement.

### How do hip flexors become tight for runners?

- Usually when runners engage their hip flexors without any counter exercises
- Impacts those with a weak core
- Runners with structural issues, like having a tipped pelvis or one leg naturally longer than the other
- Those with poor posture, leaning forward or towards the side of the body
- Everyone who focus excessively on lower body exercises like squats, deadlifts

### Symptoms of a tight hip flexors injury

- Lack of mobility when you attempt to run, jump or kick
- Sudden pain in the hip, pelvis and groin area
- Pain in your glutes or core
- Losing strength in the groin area
- Swelling or bruising on the hips or thighs
- Limping
- Lower back pain
- Difficulty in standing up

### Hip flexibility stretch 1: The Butterfly

Back straight, lower your upper body as to bring your head as close to your toes as possible.



### How to strengthen hip flexors

We can improve and strengthen our hip flexors by following the exercises below during the strength training routine.

- Seated butterfly
- Bridge pose with all its variations
- Pigeon Pose (Try to roll the pelvic towards the ground)
- Mountain Climber
- Lunges (Lower lunges)
- Straight leg raises
- Donkey kicks
- Clamming
- Hip adduction and abduction
- Bridge pose figure four

### Basic Hip Flexor Stretch

- Stand in a lunge position with your right foot forward
- Lower your left knee to the ground and push your hips forward
- Reach up with your left arm towards the right
- Hold for 30-45 secs on each side, until you feel some release of the hip muscles

Hip flexors thus play an important role for runners to maintain the stability, mobility and strength of the muscles and help to avoid common injuries. It is important that a runner should focus on this as it is one of the core areas that helps in keeping a body fit for running for a longer period in life.

*\*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

## BEING IN THE PINK

By Dr. Lahari Surapaneni



*Lahari is a nutritionist and wellness consultant.*

To be in the pink means to be fit and in good health. The colour pink and its various hues naturally present in some foods offer excellent set of nutrients that contribute to our good health. Let us look at few recipes that have pink foods as their star ingredients.



### Beetroot-oats pancakes

Beetroot is probably the first thing in foods we will recollect when anyone says pink foods. Beetroot gets its bright pink from compounds called betanins. Betanins are reported to have antioxidant activity. Research suggests that consuming beetroot in our regular diet helps in reducing oxidative stress, improve digestion and regulate blood pressure. Oxidative stress is a result of various biological processes. High volume and intensity of training could also contribute to the increase of oxidative stress in runners. Reducing oxidative stress helps in faster recovery, reduced chances of injury and ultimately improved performance.

### Ingredients:

Coarsely blended oats – 1 cup  
Rice flour – 2 tbsp  
Curd – 1/4 cup  
Grated beetroot – 1/2 cup  
Finely diced green chillies – 2 tsp  
Cumin seeds – 1/2 tsp  
Water – as needed  
Salt – per taste  
Oil – as needed

### Cooking steps:

- Take a bowl and mix all the ingredients except oil to get a pancake batter consistency.
- Heat a pan and coat with oil.
- Pour a ladle of batter and spread a little for desired pancake thickness.
- Add few drops of oil around the edges. Cook on both sides.
- Serve hot.



### Dragon fruit smoothie

Dragon fruits that are commonly available have pink skin and white flesh with black seeds inside. There are certain varieties of dragon fruit that have bright pink flesh. This color is due to high levels of betacyanins. Betacyanins are touted to have excellent anti-oxidant capabilities. Dragon fruit is also rich in vitamin E and lycopene. The crunchy seeds that offer a contrasting texture to the soft pulp are also a good source of essential fatty acids. Dragon fruit is a source of both soluble and insoluble fibers that helps in keeping the gut healthy. The natural sweetness of dragon fruit makes it an excellent substitute to the sugar laden processed desserts.



### Ingredients:

Pink dragon fruit, cut into cubes – 1 medium  
Frozen banana slices – 1/2 banana  
Water – as needed

### Steps of preparation:

Blend the dragon fruit cubes, frozen banana and water to make a smoothie of desired consistency. No additional sweetening agents are needed as both banana and dragon fruit are naturally sweet.



### Red cabbage berry salad

Red cabbage and mulberries, both contain flavonoids and anthocyanins that are potent antioxidants. Anthocyanins also reduce risk of heart disease and aid in managing healthy blood pressure. It also contains a compound called sulforaphane that has anti-inflammatory and cancer fighting properties. Red cabbage also has vitamin K which is crucial in maintaining healthy bones. All the other vegetables used are rich sources of vitamin C.

### Ingredients:

Shredded/grated red cabbage – 1 cup  
Mulberries – 1/2 cup  
Diced cucumber – 1/2 cup  
Strips of yellow capsicum – 1/2 cup  
Salt – to taste  
Pepper – to taste  
Olive oil – 1 tsp  
Lemon – to taste

### Steps of preparation:

Add all the ingredients in a large bowl. Toss well to mix. Chill in refrigerator and serve cold.

Enjoy!

PS- All the lovely (and healthy) dishes above have been prepared, clicked and relished by the author. (Burp!)

# RACE REVIEW

## ANTARCTICA MARATHON 2022

### A TRIP OF A LIFETIME

By Malathi Latha Kandukuri, as told to Sujai SyrilRaj

When an irritating reporter demanded to know why mountaineer George Mallory took all the trouble to climb Mt. Everest, he simply replied, *'Because it is there!'* That might have surprised the reporter, but I am sure the answer would resonate well with us runners.

Once the running bug bites, we find ourselves constantly looking for exploring exotic locales through runs.

Speaking of exotic, few experiences could match running a Half Marathon at Antarctica, the far end of the earth! That's precisely what Malathi, a runner from Hyderabad Runners completed on January 28th, 2022.



### The motivation:

Growing up, Malathi always dreamt of joining the army. After becoming an army officer at 24, she chased adventure at every opportunity. Although she is no longer with the army, she continues to seek new adventures. When some friends were discussing a marathon in Antarctica, Malathi was interested in joining the team.

### Travel preparations:

Registrations for the expedition + race opened in 2016/2017. Malathi was not aware of the event then. Due to the COVID-19 pandemic, the event was postponed until 2021. This turned out to be lucky for her. She managed to get a slot three months prior to the event due to a cancellation by a runner. The travel needed VISAs from at least 4 countries.

Due to COVID restrictions, the consulates were closed during that time and getting a VISA in such short notice seemed impossible.



Unfazed, Malathi, along with her husband managed securing the VISA's with determined follow-ups , petitions and DMs to social media handles of the consulates.

#### Getting to Antarctica:

Reaching Antarctica was more challenging than the race itself. One must take 4 flights (Hyderabad to Dubai to Amsterdam to Buenos Aires to Ushuaia) to reach Antarctica. She had to survive multiple COVID tests and remained double masked through the entire trip. The last stretch of the journey from Ushuaia in Argentina to Penguin Island in Antarctica was by sea.

This voyage passes through Drake Passage, a body of water that marks the intersection of the cold Antarctic Ocean with the warmer Atlantic and Pacific oceans. This passage is known for rollicking conditions and strong westerly winds, called the Roaring Fifties. Even the most talented sailors consider the Drake passage a lifetime achievement. She had to cross it twice for this race!



#### Race preparations:

The gear was expensive but worth the investment. Malathi kept herself warm with multiple layered clothing and the parka's provided by the tour operators. The location was close to sea level and thus there was no need to spend time on altitude adjustment. Wearing warm clothes was adequate for the run.

#### Race day:

150 runners participated in the race, five of whom were from India. Many were above fifty and there were three in their seventies who raced that day. After a back breaking journey through multiple countries and enduring a voyage in bone-chilling cold, it was time to relish the terrain.

Malathi took it easy, stopping at various places to take captures of the scenery around.

*'I enjoyed the place and running by the glaciers and the freshwater streams. The chill air and the scenic views were a great experience',* she recalls her running experience.



#### A memorable experience:

"It costed a bomb. But the experience and the memories that I created was worth it. I also managed to bring back glacier water from the Antarctic as promised to my 8 year old, navigating through all the immigration challenges." That's how she summed up this experience of a lifetime.

#### More details:

The entire expedition took 18 days. The tour was organized by Marathon Tours and Travel (<https://www.marathontours.com/>) in collaboration with Albatross Expeditions.

Runners interested in this race can check the website(<https://www.marathontours.com/races/antarctica-marathon-and-half-marathon-2023-8746>) and can discuss with Malathi (+91-90520 06644). for any further information.



# RUN-TITUDE: MINDSETS OF A MARATHONER

## RUN THE RACE – THE 6 HATS WAY

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.*

How to plan for a good run? Oh, a question that has as many expert runners answering as those many asking!

Now, I am no marathoner and no expert to answer this from a running fitness perspective, but can view this from a strategic planning perspective and bring in an interesting view...

Edward de Bono is known as an amazing thinker who created many techniques for creative as well as for critical thinking. Among those, the technique of Six Thinking Hats stands out in terms of ease and benefits of application. So, what is this framework, and how can it help us runners plan a good run?

|  |   |
|--|---|
|  <b>Process</b><br>Planning for action.<br>What type of thinking is needed?<br>Thinking about thinking. |  <b>Creativity</b><br>Ideas, possibilities,<br>pie-in-the-sky alternatives.<br>Imagining all kinds of solutions. |
|  <b>Facts</b><br>What do we know?<br>What do I need to find out?<br>Objective information and data.     |  <b>Benefits</b><br>Positive points.<br>Why an idea may be useful.<br>Logical reasons are provided.              |
|  <b>Feelings</b><br>Current feelings.<br>Intuition, hunches, gut instinct.<br>No reasoning needed.      |  <b>Cautions</b><br>Weaknesses, risks,<br>difficulties, dangers.<br>Logical reasons are provided.                |

As a concept, there are 6 hats that represent 6 types of thinking:

1. **Blue Hat for facilitation:** We focus on controlling our thinking and managing the decision-making process. You have an agenda, you ask for summaries, and reach conclusions.
2. **Green Hat for creativity:** We explore a range of ideas and possible ways forward.
3. **Red Hat for intuition:** We listen to our feelings and our gut without having to justify them logically.
4. **Yellow Hat for optimism:** We look at issues in the most positive light possible and accentuate the benefits.
5. **Black Hat for critical judging:** We stay cautious, assess risks and employ critical judgment to explain concerns.
6. **White Hat for data:** We gather information and use the data for planning.

To plan a good run, here is how you think over the major factors using the hats in this sequence...

- **Blue Hat** – Set goals, targets, and timelines to cross each mile marker, etc.
- **Yellow Hat** – Answer the question as to why this run is important for you, what wishes are you fulfilling with it. Understand that it is the purpose and not the end goal that drives us, and be clear as to how you add value to your life by completing this run.
- **White Hat** – Gather as much data as you can about the run – the route, where aid stations are, what the tougher areas of the routes are, who are the pacers and what are their opinions, the views of any other runners who have run this race earlier, etc.
- **Green Hat** – Come up with ideas on how to train, how to pace yourself, what hydration and other support you wish to use, etc.
- **Black hat** – Look for possible obstacles and hurdles, where you may hit a wall or get a cramp, what muscles seem to be weaker, which are the tough points in the route, and other possible risks.
- **Green Hat** – Re-think on the ideas and plan to fit them into overcoming the above potential hurdles.
- **Blue Hat** – Decide action points, which aid stations to stop at, what km to hit in how much time, whose support to take en route etc., and move forward.
- **Red Hat** – Breathe in, feel the exhilaration, and get set go...

*Take 30 to 45 minutes of time and visualize your run with this sequence and see how it accentuates your already set training regime and propels it into a hyperdrive of achievement!*

*Wear the 6 hats... enjoy your run in the sun!* 😊



# 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 & 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 Hill Park + 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)

### DECEMBER 4TH – Time 5.45 AM

PEBL CITY ANNIVERSARY RUN  
ORGANISED BY PEERAMCHERUVU RUNNERS

### DECEMBER 10TH & 11TH – Time 5.45 AM

STADIUM RUN - GAUDIUM SCHOOL CAMPUS - for registrations visit: [www.hyderabadrunners.com](http://www.hyderabadrunners.com)

### DECEMBER 18TH – Time 5.45 AM

MY HOME VIHANGA ANNIVERSARY RUN  
MY HOME VIHANGA, GACHIBOWLI

Location 1: My Home Vihanga, Main Gate  
Location 2: SHANTI VANAM, CHENGICHERLA, NEAR UPPAL

Organized by UPPAL RUNNERS

### DECEMBER 25TH – Time 5.45 AM

NAGOLE FOREST RUN  
Organized by L B NAGAR RUNNERS

### JANUARY 1ST 2023 – Time 5.45 AM

NEW YEAR CELEBRATION RUN

Location: KBR Park Main Gate  
Organized by KBR Runners

For any queries on Sunday Long runs: Please visit [www.hyderabadrunners.com](http://www.hyderabadrunners.com)

Write to: [executive@hyderabadrunners.com](mailto:executive@hyderabadrunners.com)  
Call: Mr. Yalamanda Rao @ 8790729000

## MANSOORABAD LAKE PLOGGING

On early Morning of Nov 13th in association with Dha-3r NGO we successfully completed the lake cleaning and plogging event at Mansoorabad Pedda Cheruvu. About 70 people participated in this activity with support from Hyderabad Runners. HR provided cleaning tools, T-shirts and breakfast.

### Plogging Pictures :

<https://drive.google.com/drive/folders/1YU6-OcSYf-IUJ52RS61PWtAxlguHwYA-w>

## PREMIETON RUN

Hyderabad Runners supported in Organizing the Premieton Run on 13th Nov 2022 on Cable Bridge, Madhapur. 800+ runners have participated in the event.





## KIDS RUN 2022

The Kids Run, 2022 is scheduled for 24th December, 2022 at the Hitex Exhibition Centre. Registrations are open with 3 categories: 1K Rabbit Run, 2K Lion Run, 4K Cheetah Run.

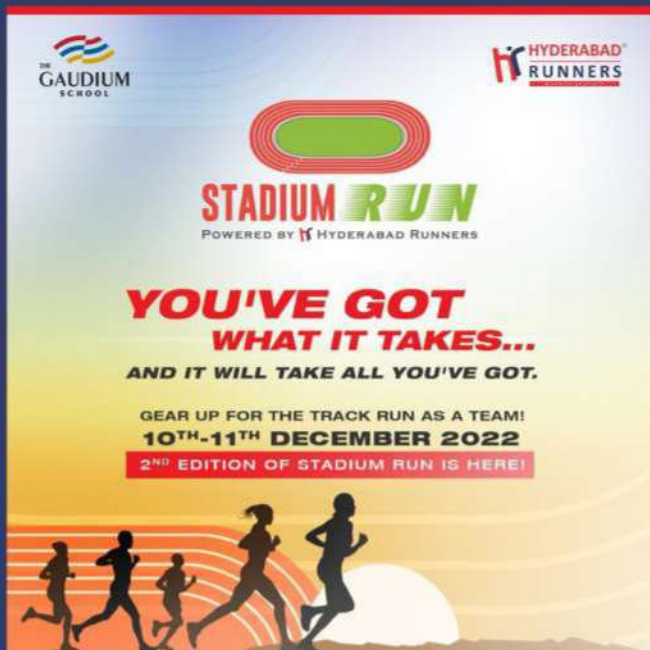
Details: <https://www.hyderabadrunners.com/kids-run/>



## STADIUM RUN 2022

This Year we have the 2nd edition of the Stadium Run with 5 race categories: Relay Day Run, Relay Night Run, Solo 12 hrs Day run, Solo 12 hrs Night Run, & Solo 24 hrs Run. The event is scheduled for 10-11th December, 2022 at the Gaudium Sportopia, Velimala Village, Kollur. We have received 70 teams registered for the Relay. Registrations are open for Relay Day Run as well as the Solo categories.

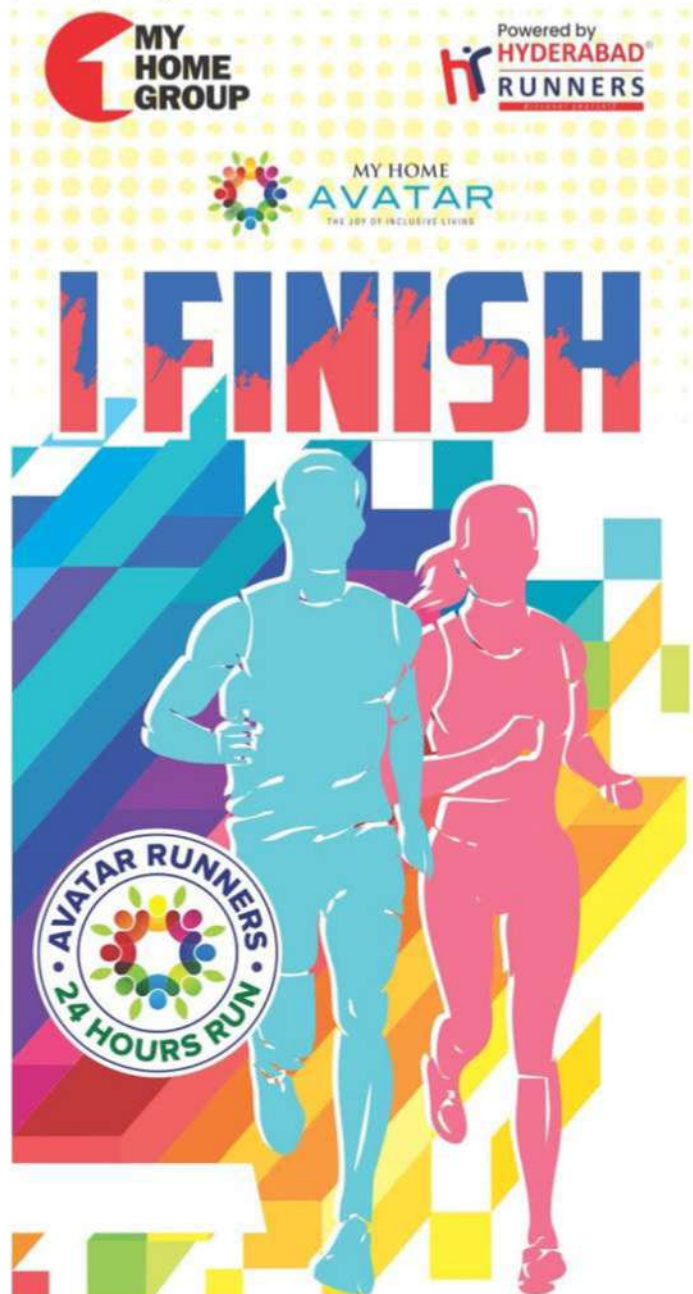
<https://www.hyderabadrunners.com/stadium-run/>



## MY HOME AVATAR RELAY RUN

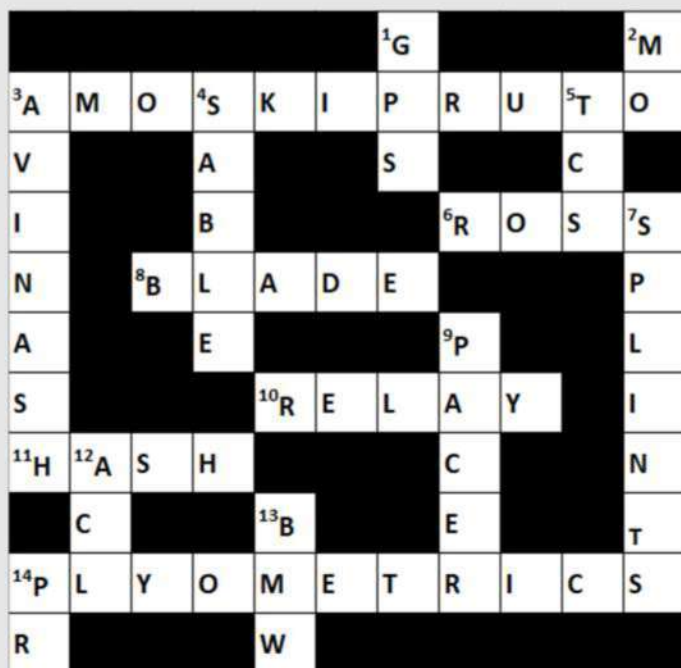
My Home Avatar is a vital part of the HR community. The runners of My Home Avatar, with the support of HR,

organised their 2nd edition of the 24 hours Relay Run in their community on 12th Nov 2022 with about 500 participating in the event.





## CROSSWORD #14 GEN SPORT (NOV 2022)

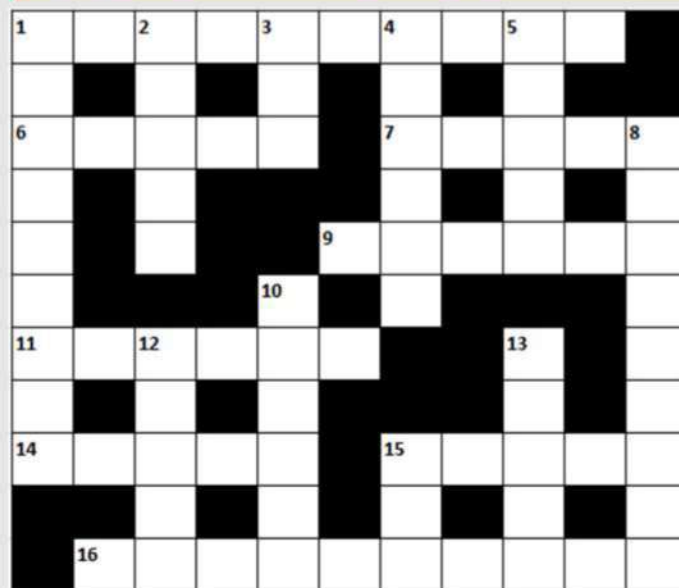


### ACROSS

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)



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)

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 Dhyana 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)

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

Email to: [newsletter@hyderabadrunners.com](mailto:newsletter@hyderabadrunners.com)