

## PLOGGING IS THE NEW JOGGING

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1000 DAYS OF RUNNING!

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SMILE, SHIN UP, AND RUN!

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a report

# THE SIMPLE AND HAPPY SAREE RUNNERS





# MESSAGE FROM THE PRESIDENT

Dear Runners,

Greetings!

Let me begin by congratulating all those who participated in the Hyderabad Runners' Club Run on the 19th February 2023 at the University of Hyderabad. It was heartening to see good numbers in the races – Half Marathon and 10K. A lot of excitement was added by the 5K first timers – the Couch to 5K runners, who did their debut 5K on that day. Their energy was so radiant from day one that we decided to make the 5K at the Club Run a timed one and give them the feel of a Race, and not just a Run! That was a first for us and, of course, for them too. As they say, "Little drops fill a mighty ocean..." I am sure many of the K25K runners who debuted here will not only continue, but enhance their training and will move up the ladder to do 10Ks and Half Marathons in the near future.

We, at Hyderabad Runners, always like to underscore the importance of good training and will shortly be starting the next batch of our "Train & Shine" program. This would lead right up to the NMDC Hyderabad Marathon powered by IDFC FIRST Bank, which is slated for the 26th and 27th August 2023. So, sign up for the training and get set for our annual August extravaganza!

I am happy to share with you that Hyderabad Runners has initiated the formation of a Women's wing, which will be supported by a few Core Committee members and mentors. The Women's wing will focus on health and nutrition, safety, running gear, and other women specific issues which would be helpful to our women runners. We all owe it to them to make the sport and the running infrastructure as friendly as possible.

The recent fatal accident of Mumbai runner Rajalakshmi is fresh in our minds. Our hearts go out to the bereaved family. While this was a case of reckless driving, it is also an indicator to us runners to up our safety precautions. Please run on the right side of the road (against the vehicular traffic), wear bright running apparel, and be more vigilant while running on the main roads. In fact, avoid main roads and highways wherever possible.

Also, with the onset of summer, do take the necessary steps to combat the hot weather while training and hydrate well during the day.

Happy Running

Regards,

**Abhijeet Madnurkar**

President,  
Hyderabad Runners Society



# FROM THE EDITOR'S DESK

Dear Runners.

Summer is well and truly here in Hyderabad, and we trust everyone is taking care of their hydration in the heat.

The Club Run in February was well attended by the running community, and we're now gearing up to launch the NMDC Hyderabad Marathon 2023 powered by IDFC First Bank and we are glad to see runners gathering in large numbers at our Sunday Long Runs.

Hyderabad Runners joins scores of fans in congratulating Nikhat Zareen on her win at the 50kgs finals at the IBA Women's World Boxing Championships last weekend.

Closer home, we are celebrating the International Women's Day this month by featuring the saree runners of Hyderabad in this issue.

Hyderabad Runners has always supported giving back to society in various manners. Read on to learn more about a lake clean-up drive at the Ramanthapur Chinna Cheruvu we supported and the launch of our next edition of the Outdoor Kids program, our way of engaging the little ones during their summer break.

We'll be announcing the dates of our Annual event very soon. We wish everyone the very best as you start your training for the annual festival of runners in Hyderabad.



**Vadali Prasad**

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# COVER STORY

## THE SIMPLE AND HAPPY SAREE RUNNERS

By Amritha Chandramouli

To celebrate Women's Day this March, we feature three women runners from the Hyderabad Runners who are spotted running events in saree. Three of them, with different backgrounds, have their love for saree that brings them together in this article. They do this simply because they love wearing saree, but have inspired many women who are not comfortable in sports gear to engage themselves in this sportive activity in the attire of their choice. It is about wearing what you love and feeling happy.

**Jayanthi Sampathkumar** made it to the Guinness Book of World Records for completing a full marathon in less than 5 hours in saree. It all started by a simple step towards wearing a saree every day, which then progressed to running in a saree, for which, she also started training in saree. There has been no looking back since then. She has done 3 full marathons, 2 50K runs, and more than 4 half marathons wearing saree. She also completed an event in the USA wearing saree. "Some were looking, some were asking me what it was. Everyone is in their own zone. Nobody really says anything. I suppose they are used to people wearing their own/weird costumes." She remarks.



"I am not prescribing women to run in saree. You should feel comfortable running in whatever attire suits you well. Rashes, etc., can happen if you don't wear proper clothing. The whole point is that you should feel comfortable in whatever works well. There are a lot of women who don't like to wear pants, etc. They shouldn't hesitate for just this reason. You can even run. Whatever you are comfortable with is the whole point.

The whole idea is for people to be comfortable while exercising. The most important thing is to get out and exercise. Guinness Record is just one thing. I want to influence and inspire people to wear sarees more often. It is stylish, it is Indian, it is unique to us. It is hard to wear it in cold weather. I am particularly a fan of handloom. Everyone wearing sarees frequently is something that I would like to see. And for people to wear it quickly and comfortably every day. They just think it is too difficult. It is a one-time bad experience which makes them think that saree is very difficult. It deters a lot of people. Our parents' generation wore saree every day. I am sure it is true for most people." Says Jayanthi in the simplest way that it seems totally doable for saree enthusiasts.

"All said and done, you must wear it properly and not get rashes or chaffing. Some fitness clothes are designed to work well with sweating. You should oil yourself well to not get rashes. You shouldn't trip on it. It takes some trial and error to set it. Make sure it is soft and doesn't give you rashes. I always ran only in cotton handloom sarees. But I have seen people wear synthetics as well. But I want to promote handloom sarees. I buy only cotton as I am a vegan. I might have some old silk sarees. People must choose their material wisely.

"It is inspiring. A lot of people have told me that their wives were inspired and started running. Imitation is the best form of flattery. When I see many more women running in saree, it is the best compliment. I see a lot of women running in saree." She adds in contentment.

**Sudha**, from Alwal, took to running in saree in the most unexpected ways. She did her first event, the Whitathon in a saree, simply because she had no time to change and did not want to compromise on her commitment towards her family for a function, nor miss an event. Having enjoyed the experience and seen the impact on others, this was a turning point, and she has been doing events in saree since then.



"Being an Andhra-Telangana girl, I want to promote the Telugu style. People suggest that I try the Marathi style for comfort. It is not appropriate for my friends who are used to wearing the saree Telugu style daily. Telugu style needs holding while running to avoid tripping. With little practice, it becomes very easy.



I wear a lightweight cotton saree which makes it easy. Holding my saree has become easy and comfortable with practice. I am not attempting a higher pace as I don't want to trip. My focus is on the ladies. Men tell me that they will tell their wives to step out in their saree/salwar.

"If the woman is perfectly aware of her health, it will reflect on the family. If your food habits are good, your husband and children will implement the same. Junk, etc., will not be a choice. So, this influences everyone. This inspires me to keep doing it and inspire others. Running, walking and cycling are best (forms of exercises) which need no investment. You just need good shoes and time. Fitness is not sub-zero or size zero. I am not aiming to be slim, but to be active for my family to be active. I want to promote health awareness.

"For one of the events, 35 members of the Alwal Runners group ran in saree. We all wore exactly the same type of saree and went to the stadium in the bus and had a good time. I personally selected a colour for everyone. We had great fun! This is a very big success to our Alwal team. I get good support from all the ladies from the Alwal Runners group to keep doing this. Everyone encourages me in the Alwal team. I am blessed to have this team and be a part of the Hyderabad Runners. Without these two, I would not have gotten any recognition." Says Sudha reminiscing her saree runs.

"Recently I received the titles 'Saree Sudha' and 'Saree Runner from Alwal'. I am very happy with these titles. It feels like I don't want more. I am not a podium finisher. I started running in 2021." She adds with so much joy, accomplishment and fulfillment.

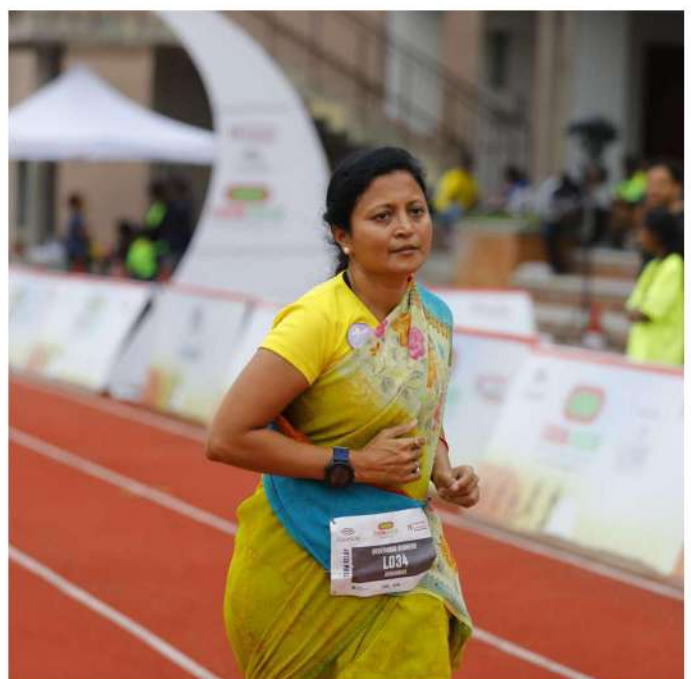
When asked why she thinks women should run in saree, she says, "No need to run in saree. Run just for comfort. Run in whatever is comfortable for you. I am promoting health awareness. I am not imposing this on anyone. Please suit your priorities or preferences." Her immediate target is to run 25K and 30K, be it an event or on her own.

"My mother and mother-in-law wear saree. I ask them to go for a walk. They tell me that saree is a hindrance. I am doing this for such people to bring awareness. There are so many middle-aged women. Some may be allowed to wear tracks, some may not. For them, it would be encouraging that they can go for a walk wearing a saree or salwar. This is for purely awareness. Within my friends circle itself, at least 4-5 people started. They wear race t-shirts on churidar and come

to run. From being addicted to TV, they are running. They started doing events like 5K and above in their comfortable attire. You don't need tracks; you can wear salwar or saree. Do something, walk, do yoga, run. Do it to impact your whole family. If one person exercises, does an activity, the whole family will emulate."

"I started with synthetics but shifted to cotton. Sometimes, my friends gift me saree. I even did TMM 21k where I wore a Mangalagiri cotton saree just to promote health awareness. After 40-45, people ignore their health. They are confined to their work, families, and walls. It is to bring awareness. It is easier for men to workout. I hope this will help women to step out for exercise. I started running in saree in 2022 and there is no turning back. Furthermore, I have done about 12 events/races in saree."

**Meet Kiranmai**, who recently started running in saree. To her, this is very plain and simple. She puts it across in great simplicity. "As a teacher, I wear saree every day. I just thought of wearing it for a run. I wore it once for the Stadium Run. It was not very comfortable, but it was fine. I felt that I was pretty and beautiful in a saree compared to boring pants and t-shirts. Running wearing a saree is definitely challenging. Pace goes down, certainly, but I love wearing saree. It is uncomfortable because of the pleats. Maybe once a year, I would like to casually wear it for runs. Everyone, even girls, said that I was looking gorgeous in the saree. If you are fond of sarees, it is so elegant and good-looking. You will feel really happy. You can even get better timing if you practice in saree."





# CLUB RUN 2023

## A REPORT

By Sagarika Melkote

As is tradition, Hyderabad Runners' calendar of events for 2023 kicked off on 19th February with the Club Run.

The Club Run has always been a much awaited event. With the maximum distance being a half marathon, the run attracts a lot of participants from the twin cities. Since the last few years, the Club Run has also been the "Graduation" run for the Kouch to 5K program of Hyderabad Runners. The "graduates" also run with the half marathoners and the 10K runners, but for a distance of 5 kms.



This year's Club Run was the 14th edition. A slightly balmy start to the day soon turned into a pleasant, windy morning. An energetic Zumba session kicked off the start of the event, and the half marathon was flagged off. The 10k runners awaited their turn in the corral, even as the "graduates" of the Kouch to 5k program started trickling in. Excitement was writ large on their faces as, for the "graduates", this was one special day. Eight weeks of training with experienced members of Hyderabad Runners mentoring them, all led up to this day when they would be running the first ever 5k of their lives. Nearly 750 Kouch to 5K (K25K) participants from about 28 locations across the Twin City were ready and raring to go. Cheering and encouraging them at every step were nearly 50 mentors of the K25K program who would be running alongside their trainees.

The K25K program, since its inception, has been a huge success. And why not? A person who has, perhaps, not even been a regular walker, is transformed into a runner at the end of 8 weeks. The confidence booster part is another story – most K25K participants follow it up with a 10k or a half marathon even at the Hyderabad Marathon. What was heartening was that this year's K25K batch saw double the number of female participants from the last batch. A special medal awaited all K25K participants on finishing their run, not to mention a special graduation day t-shirt as well.



Nearly 2500 runners took part in the half marathon and 10k run. Overall, there were 800 women runners. The coolest sight was a lady running in a saree and pacing for the 10k run! Quite a fashion statement, that was!

The University of Hyderabad (UoH) is a sprawling verdant campus, with lush vegetation. It's paved tree lined roads with restricted or no traffic are every runner's dream. For the most part, there are tree covers and a few short, sharp inclines. All-in- all, the 10k and half marathon routes are a mix of easy to tough, offering a great run experience. Over the years, Hyderabad Runners has been collaborating with UoH, which in turn, has had its students participating in runs and some have been podium finishers, too.



What makes a run memorable? Is it the finisher medal? Is it the cheering along the route? Or is it the post run refreshment? Ticking every box would be the Club Run. To start with, the choice of run distances ensure participation from across and not just restricted to seasoned marathoners. HR's finisher medals have always been unique, to say the least. The volunteers along the route are full of energy, cheering at every step. A hearty, sumptuous breakfast is just what every finisher needs upon completion. Plus the very special lot of K25K "graduates" – the smiles on their faces are enough to make the other runners nostalgic, to reminisce about their own first run.

That is what sets Hyderabad Runners Club Run apart.





# PLOGGING IS THE NEW JOGGING

By Venkat Ankam

Plogging is the act of picking up garbage and litter while jogging or running. It's a fun-filled, environment-friendly, and serious social-activity which can be done along with family and friends. It was first started in 2016 in Sweden, and the word plogging is derived from Swedish verbs *plocka upp* (pick up) and *jogga* (jog).



Plogging facilitates convenience of activity. You don't need to be a jogger or runner. It can be done while walking, biking, hiking, or swimming. It also provides geographical convenience. It can be done anywhere — streets, lakes, hills, trails or wherever you are. It's good for you — improves your health and raises self-esteem, and it's great for the environment — reduces health risks by cleaning up surroundings and running tracks. All you need is a pair of gloves, shoes, and a bag for collecting litter.

Plogging is worldwide movement — over 3 million people have participated in organized or solo plogging events, and approximately 20,000 people plog in over 100 countries every day. Ripu Daman Bevli, introduced the concept of plogging in India, and he is known as the “Plogman of India”. He initiated the **Litter Free India movement**, which combines Swachh Bharat and FIT India missions. The Govt of India supports the plogging movement — a “Fit India Plog Run” was organized under its aegis as part of the Fit India Movement, on October 2, 2019. Pune Ploggers founded by Vivek Gurav is the largest community (500+) of ploggers and has collected more than 40 thousand kgs of plastic.

Kolar-based NGO called Go Plog has collected 16 tonnes of dry waste.

The Hyderabad Runners Society supports plogging with its annual trash run and plogging activities in association with NGOs. Plogging activities were organized at Osmania University, Necklace road, Durgam Cheruvu, Keesara Yadgarpally lake, Mansoorabad pedda Cheruvu, and recently at Ramanthapur Chinna Cheruvu.



Ramanthapur Chinna Cheruvu is a beautiful lake with two temples, a *goshala*, cricket and volleyball grounds, an open gym, and beautiful landscapes to enjoy. Everyday hundreds of locals come to the lake for jogging, running, playing sports, but stinky smell from the lake welcomes them. Locals dump garbage and *pooja* waste wrapped in plastics all over the lake which never decomposes and leads to emanation of foul smell.



Dha3R, an NGO, in association with the Hyderabad Runners Society, organized a plogging activity at Ramanthapur Chinna Cheruvu. More than 50 ploggers from local running clubs and locals in Ramanthapur



joined the event with loads of enthusiasm, and collected a truck load of litter. Collected litter is turned into 3D litter letters (Mana Cheruvu) to create impactful awareness. Floating treatment wetlands, sustainable tools for waste water treatment, are deployed to clean the water naturally, stop water hyacinth, and improve biodiversity. Lakeside breakfast at the end of the event was an icing on the cake. Ploggers left the lake, leaving nothing but their footprints. Overall, it was not just about lifting someone's litter — it was an emotionally uplifting event for everyone that made a significant difference at the lake.

A healthy lake leads to a healthy you. Keeping lakes clean is not only essential for the preservation of the natural ecosystem, but it also significantly impacts our everyday lives, as clean and healthy lakes provide us with safe groundwater, recreational opportunities, and a beautiful landscape to enjoy.

Plogging is simple and yet a powerful trash **pickup** activity — It's the sport that anyone can **pick up**. Let's go plogging, and make our communities a better place to live.





# HR 3SIXTY5

## FEATURED GROUP

### MANSOORABAD MILERS



#### 1. About Mansoorabad Milers

The Mansoorabad Milers group was founded in February 2021, as a baby group of LB Nagar Runners, to take running to local communities and promote fitness and a healthy lifestyle. It all started with a 'Steps Challenge' which attracted over 100+ walkers from different colonies of Mansoorabad. Everyone actively participated in the challenge and it helped kick-start their fitness journeys. Later, for this new group, the Hyderabad Runners' "Kouch to 5K" program helped immensely. Over 40 walkers from the Lake and Deer park registered for the K25K program and finished it successfully. Now, we have 30+ runners from **Mansoorabad Milers** who have finished half and full marathons in major running events. Our 'Steps Challenges', using the Pacer and Impact apps, have become part of our lives now.

#### 2. What sets the Mansoorabad Milers Runners apart?

We are a fun-loving 'local' running community with strong social connections. Most of the barefoot runners in Hyderabad are from our **Mansoorabad Milers**.

#### 3. Who are the regular runners and who are the jokers of the pack?

Our regular Runners are Ankam, Manoj, Raju Palle, Shekar P, Santosh V, Naveen K, Janakiram, Jagadish, Suresh S, Ramulu Goud, Shekar Reddy, Satyam, Rajshekar, Parupally, Vijay, Munugoti, Rajeshwar, Krishna Reddy, Karunakar, Nishanth, Siddharth, Ram, Anji V, Swamy, Gautham, Madhusudhan, Jagan, Janaiah, Karthik, Bhagwanth Rao, Kiran, Raju, Ganesh, Vinod, Ramu, VB Goud, Sravan, Uday, Dinesh, Ramkishan, Teja D.

**Ramulu Goud** not only entertains but throws a daily challenge to the entire group.



#### 4. Favourite running location(s)? Is there a running trail that one can't miss in your neck of the woods?

We run daily at the Mansoorabad Pedda Cheruvu and Mahavir Harina Vanasthali Deer Park at Mansoorabad.

The 2kms mud track around the Mansoorabad Pedda Cheruvu is an ideal track for barefoot and regular runners, with beautiful landscapes around the lake.

Mansoorabad Deer Park trails are a nature lover's paradise. Running in 3605 acres of dense forest along with black bucks and peacocks is intoxicating.

#### 5. Who should the newcomers reach out to?

Shekhar Pannala @ 90301 75535





# HRUMINATIONS

## 1000 DAYS OF RUNNING!

By Saravanan

**The inspiration:** On 17th May 2020, his 503rd day of #IamActiveToday, my friend and fellow runner Vedavyas Buragadda (Veda) was interviewed. In that interview, he explained his running journey, training, achievements and most importantly about his mantra of #IamActiveToday, which is all about being active every day. During that conversation, Veda mentioned, *"In the 24-hour cycle, all you need is 15 min., just 15 min. minimum in a day for yourself"*. This line stuck in my mind. The very next day, I started my own "#IamActiveToday." This is how my journey of running started. In these 1028 days (as of 11th Mar 2023), I was active (run/walk) every single day!

**Initial days:** Initially, I was not sure if I could continue the streak for long but after completing 50 days, I shared this with Veda and started mentioning my Strava updates. Veda was very happy, and he motivated me to continue. Rain or shine, happy or sad, healthy or weak, pumped up or tired, I made sure to spend at least 15 min (run/walk) to tick that day as #IamActiveToday.

**Streak became a habit:** After crossing the first 100 days of #IamActiveToday, it became a habit for me. There were some crazy moments, and some challenging days, that were part of these 1000+ days. During the lockdown, I kept the streak alive by walking inside the house. On rainy days, I would complete my activity in my apartment's cellar or on the treadmill. I also tried many interesting runs at various milestones to keep myself engaged. On day 600, I ran for 6km at 6.00 pace, starting at 6:00 am.



**Challenging days:** A few days, it was a challenge to find time, especially while traveling. On such days, I walked at the airport (after check-in) and railway station. As I was getting close to 1000 days with this level of passion (or madness), I got a big shock on day 996. For some critical medical needs in the family, I was in a hospital for a few weeks around the clock. Even then, I managed to squeeze in my run from the hospital to complete 10km to mark Day 1000 milestone.

**Support system:** Though I am basking in the glory of this milestone, there were many who were behind me in this journey. First and foremost, my family who put up with my craziness, followed by the runners from BHEL Ace Runners, SMR Ace Runners and many more from Hyderabad Runners who stood by me, supported me, guided me, and most importantly encouraged me through thick and thin during these 1000 days. Such streaks would be unimaginable without being surrounded by positive people. A special mention for Vedavyas Buragadda and Leena Roy who gave me company for more than 600 days out of these 1000 days. Thank you all for your constant motivation and support.



**Memorable achievements:** As I look back at these 1000 days, many highlights come back to my memory. These include two Full Marathons, two 50km ultra runs, mentoring for the Hyderabad Runners' Kouch 2 5K program, pacing at NMDC Hyderabad Marathon, RFGC & IDCR, and most importantly the experience of going through the training process for these events. A very satisfying and fulfilling 1000 days.



**Advice to other runners:** If anyone wants to do something similar, please ensure that you have the required running base to begin with. Include strength training/cross-training in addition to run/walk (once in a week at least). Listen to your body all the time and respect its calling. Stop this, if need be, because injury-free running and overall health is more important than these numerical. The moral of the story is, "If I can do this, you can do much more." All the best!

**What next?** My running buddy Veda gifted me this #IamActiveToday mantra, and demonstrated a 1000-days streak. I believe that when a friend shares something, we should return it back in double and spread it across in multiples. That is what I am trying to do!

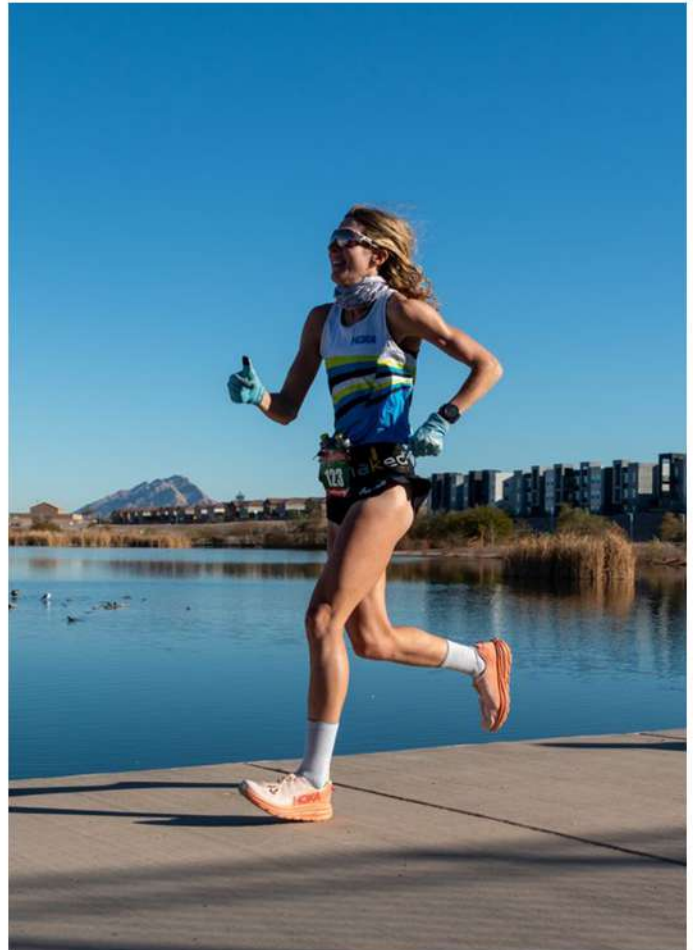
**About the author:** Saravanan is a runner from SMR ACE Runners community, a part of the Hyderabad Runners Society. A working professional and married with 2 kids, he is also a Tamil poet and has recently released his poetry collection 'Nee en vaanamandru kadal' (You are not my sky my sea) at the Chennai book fair 2023.



# RUN FACTOID

## CAMILLE HERRON

By Sunder Nagesh



*PS: Image sourced from Runner's World.*

Camille Herron is now arguably the most famous ultra distance runner after shattering the 48-hour world record at the Sri Chinmoy 48-hour running festival in Canberra, Australia.

Camille, 41, believes that the longer she runs, the better she gets. At Canberra, she clocked a whopping 435.336kms (270.505 miles) as she broke a slew of records en route to her record-breaking run. She ran a total of 1088 laps of the 400 meters track in 48 hours, overcoming sun and rain.

The Oklahoma runner broke the existing 48-hours women's world record of 411.458kms set by Joasia Zakrzewski at the Taipei ultra marathon in February 2023. Camille also broke the all-time American record set by Olivier Leblond in 2017 (421.939kms).

A multiple record holder in the world of ultra running, she has a personal best timing of 02:37:14 for the marathon.



# YOGA FOR RUNNERS

## YOGA FOR PCOS

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.

### What is PCOS?

Polycystic ovary syndrome (PCOS) is a problem with hormones that happens during the reproductive years. If you have PCOS, you may not have periods very often, or you may have periods that last many days. You may also have too much of a hormone called androgen in your body.

### Are there specific yoga poses that can help?

In seeking relief from the pain and other symptoms of PCOS, we recommend the more gentle yoga poses, especially those focusing on stretching and relaxation.

Here are four poses, which can help you cure PCOS.

### 1. Garland Pose (Malasana)

**Utility** - Malasana can strengthen the pelvic floor and abdominal core while opening the hips.

You can use a block or two under your glutes for support until your body becomes familiar with this position.



1. Start with feet about a mat width apart.
2. Bend your knees and lower your buttocks towards the floor to come into a squat position.
3. Bring your hands in prayer position (Anjali Mudra). You can allow your thumbs to touch your sternum to help keep the chest lifted.
4. Press your upper arms/triceps inside your knees and stay engaged with spine straight (elbows press into knees to open the hips).
5. Extend the low back and draw shoulder blades towards one another.
6. Remain in this position for up to 5 breaths.
7. Come out of it by straightening your legs.
8. Repeat the pose for a total of three times.

### 2. Bridge Pose (Setu Bandhasana)

**Utility** - Bridge Pose can calm the brain and reduce stress and anxiety while relieving tension in the back muscles.



1. Start by lying on your back with your knees folded and feet hip-distance apart on the floor.
2. Place your hands, palms down, beside your body.
3. Inhale while slowly lifting your lower back, mid-back, then upper back off the floor (while lifting the pelvic, lengthen from pelvic to sternum).
4. Gently roll the shoulders and bring the chest towards the chin.
5. Keep thighs parallel to each other and the floor, with all four corners of the feet pressed firmly into the ground.
6. Breathe with ease and stay in this pose for 1–2 minutes.
7. Repeat up to 5 times.

### 3. Bow Pose (Dhanurasana)

**Utility** - Dhanurasana may help relieve menstrual discomfort, stimulate reproductive organs, and regulate menstrual flow. According to Bhanote, "It increases circulation to the pelvic region, releases tension from abdominal organs, and also stretches the neck, shoulders, and legs muscles,"

1. Start by lying down on your stomach with your arms on the side of your body.
2. Fold your knees up and reach your hands to hold your ankles.
3. Breathe in and lift your chest up off the ground while pulling your legs up.
4. Hold the pose for 15 seconds, and remember to keep breathing.



- To release, bring your chest and legs back towards the ground, release the hold on your ankles, and relax, face down.
- Repeat for a total of 3 times.



If you cannot reach both of your ankles at the same time, you can do one leg at a time, or use a yoga strap for assistance.

#### 4. Cat-cow Pose (Chakravakasana)

The Cat-cow Pose is also high on Burnett's go-to list for PCOS.



- Get in tabletop position with your palms down, wrists and elbows aligned under shoulders, knees under hips, ankles straight back from the knees. You can curl the toes under or tops of the feet down, as the flow moves you.
- Inhale, bend the elbows, lower the belly, lift the chin and the tailbone simultaneously, moving each of the vertebrae of the spinal column in a wave.
- Reverse the movement on the exhalation by tucking the tailbone and chin, and doming the back as you draw the navel towards the spine as the chin tips towards the chest.
- Repeat for the desired amount of times.

## SOLUTION TO CROSSWORD #15 (DEC 2022)

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<sup>8</sup> A	L	L	A	N	B	O	R	D	E	R
S		E		D			A			Y
E			<sup>9</sup> M	A	R	<sup>10</sup> K	S			K
L			B			N		<sup>11</sup> C		A
<sup>12</sup> I	S	H	A	N	K	I	S	H	A	N
N			P			G		A		E
E			P			H		N		
<sup>13</sup> R	E	B	E	L		<sup>14</sup> T	I	G	E	R

### ACROSS

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

### DOWN

- The woden pin used in row boats to act as a fulcrum for the oar. (5)
- This country offers Gorilla treks. (6)
- 5Dn&14Ac. The nickname of India's No. 1 Chess player. (6,5)
- The footballer captain infamous for his missed penalty shot and thereby his team's exit in FIFA World cup 2022. (5,4)
- The (name given to a) tennis player who plays from the far end of the court, seldom coming towards the net. (9)
- FIFA World Cup 2022's highest goal scorer. (6)
- The only chess piece which doesn't move in a straight line. (6)
- 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](mailto:newsletter@hyderabadrunners.com)



# TRAIN LIKE A PRO

## SMILE, SHIN UP, AND RUN!

By Leena Roy



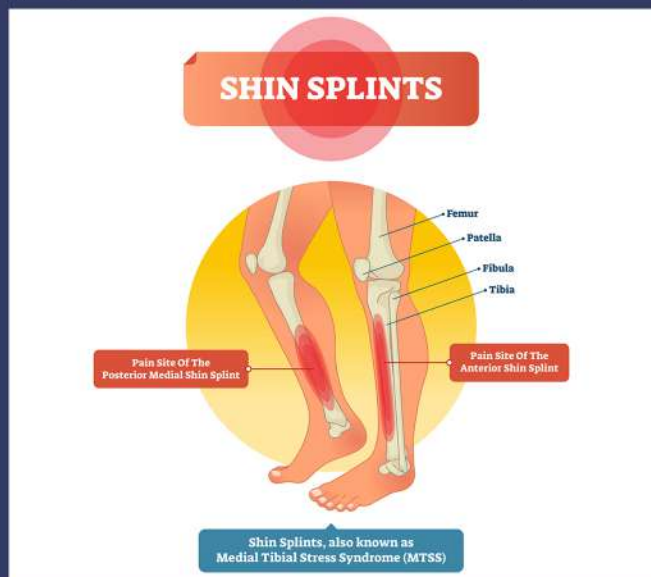
Leena Roy is a professionally certified fitness trainer, marathoner, certified multi-style yoga teacher, and a motivator for women in fitness. A fitness enthusiast and seasoned long-distance runner herself, she enables individuals to workout challengingly and comfortably through her unique and personalized programs.

How do we recognize a runner's legs??? Strong thighs that won't fit into jeans, bruises from bumps, muscular calves that are never covered, toenails or lack of them, the permanent socks super-tan, and oh yes, shin splints!

Though, "tibia" honest, there's nothing "humerus" about shin splints and we runners have got to take all precautions and remedies against them!

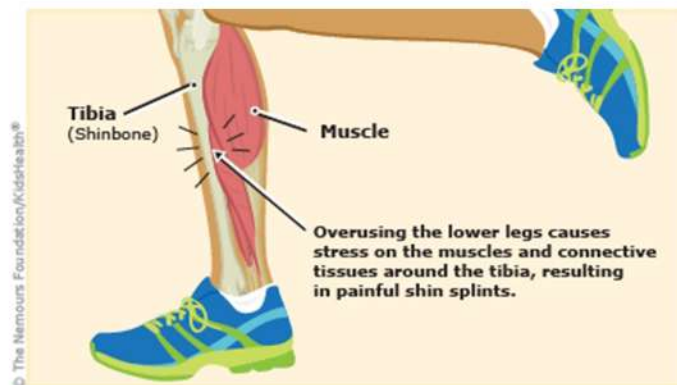
### Shin splints? What's that???

Shin is how we refer to the large front bone of the lower leg. When we overwork the muscles, tendons, and bone tissue of the area causing injury, we go through an agonizing Shin Splint, or the Doctors call it, medial tibial stress syndrome.



### Symptoms

The most common area for shin splints is the medial area (inside portion of the shin) though pain can be felt on the front / outside the shin too. Runners usually experience this first when their heel touches the ground! This pain slowly becomes constant, and eventually the shin becomes too painful to touch.



### Causes

Did you

- Suddenly increase your exercise intensity and/or frequency, or add more mileage?
- Not stretch after a run?
- Ignore tightness in muscles, weak core, ankles, or hip joints?
- Not care about flat feet, less arch, or no arch in your feet?
- Ignore improper lacing or shoes not fitting properly or not providing proper support?
- Run with incorrect form and posture?

If you've answered a yes to any of the above, you have your cause of shin splints.

### Common treatments

First and foremost, decrease the exercise intensity and immediately stop running!

- Rest well
- Use ice pack
- Use hot compression
- Foam roll shins to loosen up muscles
- Shift to more stretching and strengthening exercises
- Wear proper athletic shoes with special arch support

If the shin splints pain does not subside even after 3 to 4 weeks of taking first-hand care, visit your doctor.

### Strengthening exercises to help prevent recurrence

- Calf raises
- Standing Soleus raises
- Ankle inversion using resistance band
- Toe stretch
- Low lunge ankle stretch
- Bridge
- Forearm plank
- Single leg balance
- Pigeon

Use proper athletic shoes and make sure you have a proper warm up prior to the run and a cool down after the run. Stretching, strengthening are equally important to prevent Shin Splints.

**In conclusion**, shin splints are one of the common injuries that we runners experience. We can easily treat them with some home remedies. However, avoid running on hard surface and cross-train with swimming, yoga, etc. during the healing process while slowly building back your running mileage.

*\*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

## WATER MATTERS

By Dr. Lahari Surapaneni



*Lahari is a nutritionist and wellness consultant.*

It is common knowledge that it is important to drink plenty of fluids when the temperatures go up like right now in summers. Staying hydrated is important not only in hot weather conditions, but also throughout the year.

Water is one of the vital nutrients necessary for our health and well-being. An average adult human body contains 50-65% water. Water is required to carry oxygen to various cells of the body, to digest food, absorb and transport nutrients, to keep the movement of food smooth in the intestines and prevent constipation, to flush harmful urea and bacteria from the body through urine; to maintain blood pressure, to regulate body temperature, to maintain electrolyte balance, etc.

The body has no provision for storage of water beyond a certain level. Therefore, the amount of water lost every 24 hours must be replaced to maintain a healthy state of hydration. There is a lot of confusion about how much water one should be drinking. The hydration needs of the body can generally be fulfilled by deciding how much water to drink and when to drink based on thirst. However, the hydration needs change depending on factors such as the ambient temperature, humidity, nature of physical activity and specific health conditions of the person.

Maintaining adequate hydration is especially important during endurance activities such as long distance running and cycling, for management of heat stress and for prevention of exercise-induced muscle cramping. For these reasons, several recent guidelines recommend that the fluid loss during exercise should not exceed 2% of body weight.

Several problems arise from the imbalanced state of hydration, be it dehydration or excessive hydration. Dehydration can cause fatigue, nausea, weakness, muscle cramps, disorientation, slurred speech and confusion, etc. Over-hydration, on the other hand, can cause hyponatremia or water intoxication. The symptoms of hyponatremia often mimic symptoms of dehydration such as fatigue, mental disorientation, gait alterations, breathing difficulty or no symptoms at all, making it difficult to diagnose and differentiate from dehydration without the help of a trained medical professional.



**These general guidelines will help you prevent both dehydration and water intoxication:**

1. There is no 'one size fits all' when it comes to the quantity of water a person should drink on a daily basis. Paying attention to the color of urine can be useful in estimating hydration status. Urine should be pale yellow to almost water in color under normal circumstances.
2. Take small sips of water periodically throughout the day, rather than loading up with large quantities of water fewer times during the day.
3. During workouts or endurance activities such as runs and cycling, drink according to the rate of sweating. The chances of dehydration during an activity lasting less than one hour are very low. So, you don't need to overload yourself with water.
4. Monitor and regulate usage of electrolyte drinks during low intensity, short workouts/runs. Assess your need for electrolytes based on ambient temperature, humidity, rate of sweating, intensity of sweating and also composition of the electrolyte drink. Sports drinks are usually sources of not only minerals but also carbohydrates, which will add excess calories. Limit the intake of sports drinks to occasions where your runs last longer than 60-90 minutes or during high intensity activities at high temperatures.
5. Schedule your workouts or runs to a cooler time of the day to control loss of water through sweating and increased body temperatures.
6. Please continue to hydrate even after you complete the run/activity, as per the thirst signals given by your body. But avoid drinking water in excess to prevent water intoxication. Try to include naturally electrolyte rich fluids and foods like coconut water, milk, buttermilk, onions, tomatoes, cucumbers, watermelon, muskmelon, grapes, apples, etc., throughout the day.
7. Including at least one liquid component such as a porridge, soup, rasam, sambar, pulusu, raita, buttermilk, etc., in your meal can also help you replenish the lost electrolytes and fluid.

A healthy nutritional status which is a result of healthy lifestyle goes a long way in conditioning your body to regulate hydration. Eat well, stay healthy and enjoy your summer runs!



# RUN-TITUDE: MINDSETS OF A MARATHONER

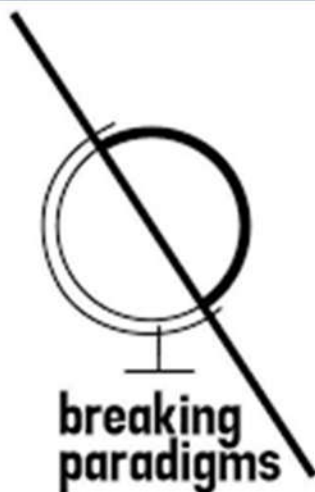
## BREAK THINE RUNNING PARADIGMS

By Revathi Turaga



*Revathi Turaga has 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. She is a psychologist, an author, and the Founder-Director of LearnSprint.*

A paradigm can be described as a certain mode of thinking bounded by particular parameters and criteria. During any situation or problem, while looking for a solution, an individual has certain assumptions that they make, certain pre-set notions and rules that they believe in which guide them to think of possible solutions to that situation. These rules and beliefs are within the stipulated paradigm or thinking of the individual or of the society or the field in which the individual is working. These paradigms, though very useful in resolving situations, many a time also limit one's thinking and perception.



In running, too, we set paradigms, certain rules and boundaries. I can only run this far, only this fast, only at this time of the day, only in a certain environment, only when alone or when with a running buddy, only at a certain weight, etc.

The most powerful examples of breaking paradigms that runners can relate to are that of Roger Bannister who did the first 4-minute mile or that of Katherine Switzer who was the first woman marathon runner, or more recently when Eliud Kipchoge ran the 42.195 km in 1:59:40:2 to become the first human to break the two-hour barrier for marathon!

We see things in a certain way, under certain defined rules. Many a time that helps us find solutions as well as common notations of interpreting situations. However, sometimes, stepping out of these rules and boundaries is what gives rise to innovation, helps us grow and achieve higher heights.

All great inventions and great strides made in this world are children of this fantastic phenomenon of 'breaking paradigms' or that of looking within from the periphery! From a Galileo who thought beyond the accepted norm that the earth is the centre of the Universe, to an Edison who kept thinking beyond what is known in electricity, to the Wright Brothers who chose to look beyond what human beings can do while inventing the technology of aerodynamics, from the challenge of putting a man on the moon to the experiments conducted on the atom by Rutherford, looking beyond paradigms has always been difficult, revolutionary, and has resulted in extremely successful and useful inventions!



So, let us understand that, for all of us, paradigms exist! They are in our minds! They are useful! Furthermore, they help in resolving situations and problems with known tried and tested formulae! Sometimes, paradigms can limit. We need to learn the ability to work with the existing paradigms, whilst also striving to look beyond them for creative alternatives.

So, what is your running paradigm that you vouch to go beyond at this time? How would that positively impact your running and your life? Reflect, and take that next step!



# TRIUMPHANT RUNNING THE PHYSIO WAY

## RUN TALL!

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.*

**"NO SLOUCHING ON THE DESK! Sit up straight and pay attention!"**

Remember teachers screaming at us in our school days, using all their tips and tricks to get us to pay attention???

Well, little did we know, how important that posture was to become for us recreational runners!

As I hear my running coach shouting, **"Don't slouch, back straight, shoulders relaxed, and run tall"**, I cannot but help remember my class teacher's voice reverberating in my mind.

Most of us runners, we often do not follow this form and often tense up our muscles and get stiff due to lack of proper movement, especially in our mid-back aka Thoracic spine.

### The importance of Thoracic mobility

When was the last time you paid attention to your thoracic (mid-back) mobility? For most of us, it's not an active part of their training routine. But it should be.

To understand thoracic mobility, we first have to understand the thoracic spine. Made up of 12 vertebrae, the thoracic spine is positioned between the cervical (neck) and lumbar (lower back) regions of the vertebral column. It is responsible for breathing and postural stabilization the majority of rotation on the horizontal plane.

While 50 of the spine's 70 joints are found in the thoracic region, the neck, upper back, and lower back are the areas we devote much of training to.

However, for injury free running, the thoracic spine plays a pivotal role.

### Effects of poor thoracic mobility

Without thoracic mobility, one's body begins to rely on the lower back, upper back, shoulder joints, elbows, and other joints and muscles for rotation and extension. Overusing these muscles and joints – and using them improperly, as is often the case in these instances – results in pain, inflammation, and injury; the source is often misdiagnosed.

Running form/Posture is one of the most significant aspects of any runner's performance. Incorrect posture leads to poor biomechanics and technique, not to mention injury susceptibility. This 'weakening' is commonly associated with forward head posture, elevated and rounded shoulders, hyperextension of the upper cervical vertebrae, change in lumbar curvature, pelvic tilt, and weakened core and pelvic floor.

Labored breathing affects your performance, posture, and energy because you will need to draw in air from somewhere as the diaphragm and lungs may not function to their fullest due to hypomobile mid-back and so your body reverts to its secondary respiratory muscle - the shoulders.

### Importance of the diaphragm

The diaphragm has two roles for breath - respiration and stability. If either role is providing more support when breathing, that means the other role has been compromised. For example, let's say you're breathing heavily during a workout. This means the diaphragm is using its respiratory role more than its stability role, and there is no leverage left for stability. In this case, putting your hands on your knees will lower the requirements for the stability role and help make it easier to breathe.

Even runners with the strongest core can struggle with diaphragm stability as it regulates pressure. While a strong core helps you get through a tough workout, it's your breathing strategy that will determine how much air you're drawing into your lungs.



## How to improve thoracic mobility

The Thoracic Spine can be mobilized and strengthened by regularly following simple exercises.



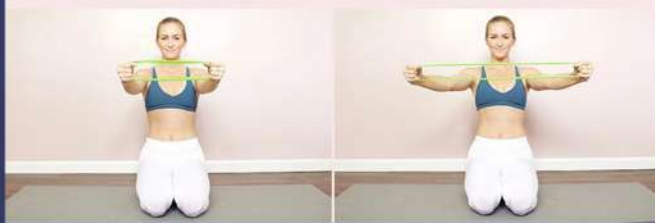
HORIZONTAL FOAM ROLL | 1 MIN



CAT-COW | 8 BREATHS



TABLE TOP TWISTS | 8 REPS PER SIDE

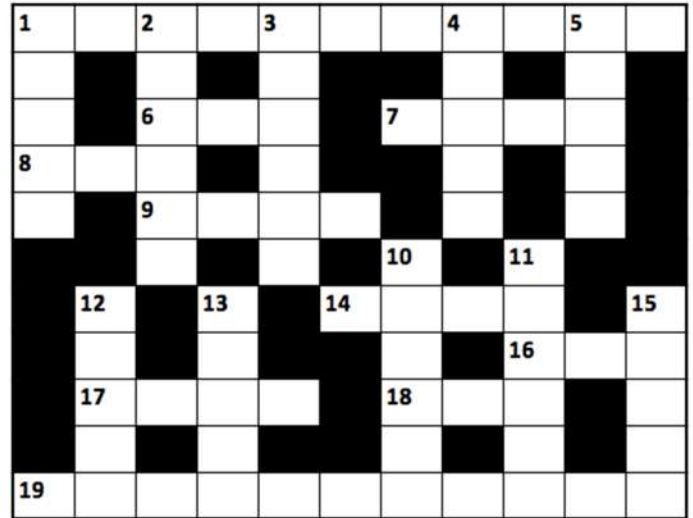


You may also get/yourself assessed by an NKT Practitioner (Neuro Kinetic Therapy Practitioner). NKT allows an assessment of how your brain is cheating, or compensating, around an area of your body and, in turn, teach your brain how to return balance to the system. Then, appropriate exercises can instill better movement patterns to help enforce support long term.

*\* If you experience any high pain/discomfort, do not experiment. Consult your physical therapist, with or without a doctor's note.*

# CROSSWORD #16 (MAR 2023)

## WOMEN AND SPORTS



## ACROSS

1. The first Indian female wrestler to win a medal at the Olympics. (6,5)
6. The youth wing of the Indian Armed forces. "Unity and Discipline" is their motto. (1,1,1)
7. The Payyoli Express. (4)
8. Bobsleigh, Curling, Luge - all require this surface. (3)
9. Amanda \_\_\_\_\_. Australian paralympic swimmer and cyclist. (4)
14. Steffi Graf's husband admitted to using this banned substance. (4)
16. The shortened term used for the native Australian. (3)
17. Mrs Kapil Dev. (4)
18. The predetermined number of strokes required by an expert golfer to complete a hole. (3)
19. The WR holder for women-only marathons. (4,7)

## DOWN

- 1 & 12. The highest ranked Indian female tennis player ever. (5,5)
- 2 & 13. The youngest ever to become a Chess Grandmaster in 2002. (6,5)
3. Rani Rampal, Savita Punia, Sushila Chanu - all play this game. (6)
4. The State of Hima Das and Nayanmoni Sakia. (5)
5. The country which produced the first woman to break the 4 min barrier in 400m Freestyle Swimming. (5)
- 10 & 11. The first Indian to get 100 wickets in T20 Cricket. (6,6)
12. See 1 Dn
13. See 2 Dn.
15. The middle name of Anju and Robert George. (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](mailto:newsletter@hyderabadrunners.com)



# CURRENT HR ACTIVITIES

## SUNDAY LONG RUN (SLR)

**02<sup>nd</sup> April, 2023 – 05:15 AM**

SUNDAY LONG RUN

Location 1: Gandipet, Near ORO Sports Village,  
Shankarpalli Road

Organized by: Alkapoor Runners

Location 2: Near Ministry of Corporate Affairs,  
Bandlaguda, Tattianaram

Organized by: LB Nagar Runners

**09<sup>th</sup> April, 2023 – 05:15 AM**

SUNDAY LONG RUN

Location 1: Gachibowli, Near My Home Vihanga

Organized by: My Home Vihanga

Location 2: ECIL Officers building, ECIL

Organized by: ECIL Runners

**16<sup>th</sup> April, 2023 – 05:15 AM**

SUNDAY LONG RUN

Location 1: Kothaguda, Near HITEX Main gate

Organized by: Hi-Tec City Runners

Location 2: Kakatiya Park, Habsiguda

Organized by: K-Runners

**23<sup>rd</sup> April, 2023 – 05:15 AM**

SUNDAY LONG RUN

Location 1: Kukatpally, Near Pragati Nagar

Organized by: Pragati Nagar Runners

Location 2: Osmania University

Organized by: OU Runners

**30<sup>th</sup> April, 2023 – 05:15 AM**

SPECIAL RUN

Location: Shamshabad

Organized by: Indira Park 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: Yalamanda Rao N @ 8790729000

## OUTDOOR KIDS PROGRAM:

Hyderabad Runners is launching its popular 'Outdoor Kids program' from 17th April onwards.



### DETAILS:

Duration - 8 Weeks

Start Date – Monday 17th April 2023

End Date – Sunday, 11th June 2023

Fee Rs 1000 (Inc taxes)

Venue/Location – Hyderabad (across Multiple locations)

### TRAINING FEE INCLUDES:

- 8 Weeks Training
- T-shirt
- Summer Camp Log Book
- One Goodie (Last year we gave baggage tag)
- Bib, Graduation Run, Medal & Breakfast
- Free Finisher Photos

For more details visit: <https://www.hyderabadrunners.com>

## HR TRAIN AND SHINE: STARTS FROM APRIL 2023

### Build Endurance with Train & Shine Program

The new edition of the Hyderabad Runners' Train and Shine program starts from 1st April 2023.

New or returning to running? Hyderabad Runners training program has helped thousands of runners to train with scientific methods of training and accomplish their running goals.

The program is very important for runners in building a strong core, stability, mobility, and helping in building strength and endurance so that runners can stay injury-free. Through this program, one can learn the drills and techniques to be a better runner.

Proven training that gets you from where you are now to where you want to be, and guidance to help you make more strategic decisions and avoid costly training errors. The Hyderabad Runners' Train and Shine program precisely helps in doing the same.

Registrations for the 2023-2024 training program are NOW OPEN!

To know more details about the training locations, fee & more, click here: <https://www.hyderabadrunners.com/training/>



## HR ANNUAL NIGHT 2023: APRIL 2023

The much awaited Annual Runners' night of the Hyderabad Runners shall happen in April; stay tuned for the details on the date and venue.

## COMMUNITY RUNS:

### Plogging at Ramanthapur Chinna Cheruvu: MARCH 2023

A lake plogging drive was organized at the Ramanthapur Chinna Cheruvu on the 26th March by the LB Nagar Runners in association with the Hyderabad Runners and Dha3R NGO.

100 bags of legacy waste were collected by all the volunteers. Apart from this, exclusive bins were set up for waste disposal. Floating treatment wetlands and trash booms were set up in the lake to oxidize and clean pollutants in the lake.



### Lake run at Shamirpet:

A lake run was conducted by the Secunderabad Runners on the 26th March. This was part of the Sunday Long Runs being conducted by the various chapters of the Hyderabad Runners. The run started from the Celebrity resort and runners went to the Shamirpet lake and then ran on the ORR service road and finished their runs at the Celebrity resort.



### Hyderabad Runners Society

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