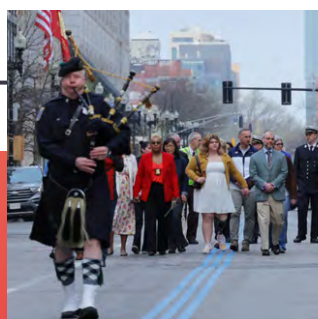




## ACTIVITIES



### Current activities of HR

Sunday long runs  
HR Anniversary Run  
Special Run

[READ MORE](#)

### Major running events

TCS London Marathon,  
Boston Marathon:  
Ooty Ultra 2023, Tokyo  
marathon 2023

[READ MORE](#)

### HR3SIXTY5

Panchajanya Runners,  
predominantly known  
as Panchajanya Fitness  
Freaks (P2F)

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### Factoid

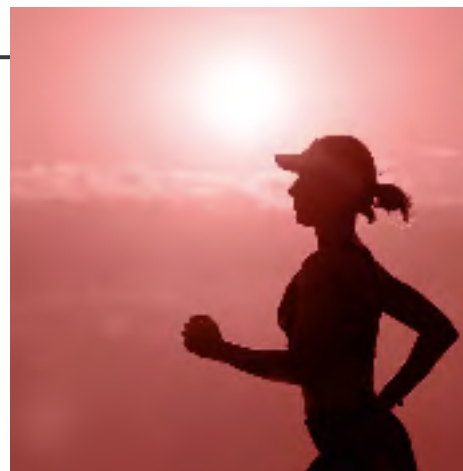
A decade of the  
Boston Marathon  
Bombings

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### 5 Running Tips

Summers are here  
and hydration is a  
very important

[READ MORE](#)



### Meet Our Editorial Team

Amritha Chandramouli  
Revathi Turaga  
Sagarika Melkote  
Samuel Sudhakar  
Shalini Sinha.....

[READ MORE](#)



# CURRENT ACTIVITIES OF HYDERABAD RUNNERS

## SUNDAY LONG RUNS IN MAY

**07th May, 2023. 03:00 AM**

**CHUDAILATHON 2023**

Location: KBR Park (From KBR park to the Mornington Cemetery in Secunderabad)

Organized by: KBR Runners and Secunderabad Runners

**14th May, 2023. 05:15 AM**

**SUNDAY LONG RUN**

Location 1: Gachibowli (near Lanco Hills)

Organized by: Lanco Runners

Location 2: Mantrala Cheruvu, DRDL

Organized by: Midhani-DRDL Runners & LB Nagar Runners

**21st May, 2023. 05:15 AM**

**SUNDAY LONG RUN**

Location: Lumbini Park, Khairatabad

Organized by: Sanjeevaiah Park Runners

**27th May, 2023. 05:30 AM**

**HR ANNIVERSARY RUN**

Location: Sanjeevaiah Park

Organized by: Sanjeevaiah Park Runners

**28th May, 2023. 05:15 AM**

**SPECIAL RUN**

Location: Masjid Gadda Urban forest

Organized by: Midhani-DRL Runners & LB Nagar 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 SUMMER CAMP 2023

Hyderabad Runners launched its popular 'Outdoor Kids program' from 17th April onwards



### DETAILS

**Age group** – 6 to 12 years

**Duration** – 8 Weeks

**Start Date** – Monday 17th April 2023

**End Date** – Sunday, 11th June 2023

### 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

To register, please visit:

<https://www.hyderabadrunners.com/>



## HR TRAIN AND SHINE STARTED FROM APRIL 2023

### Build Endurance with Train & Shine Program

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

**16 WEEKS OFFICIAL TRAINING PROGRAM FOR NMDC HYDERABAD MARATHON POWERED BY IDFC FIRST BANK**

**10% DISCOUNT**

**PROGRAM DETAILS**

- STARTS - MONDAY 8TH MAY
- ENDS - 03RD SEP 2023
- DURATION 16 WEEKS
- FEE - RS 4000

**ON NMDC HYDERABAD MARATHON 2023 ENTRY**

**JOIN NOW**

**FOR MORE INFO**

**START TRAINING TODAY**

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!

**We have now opened a new 16 weeks program leading up to the NMDC Hyderabad Marathon 2023 powered by the IDFC First Bank.**

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

## COMMUNITY RUNS

### Panchajanya community run -2023:

The Hyderabad Runners supported the community run of Panchajanya Runners held on 2nd April at Miyapur where over 260 new enthusiastic runners of the community participated.



## NMDC HYDERABAD MARATHON 2023 POWERED BY THE IDFC FIRST BANK

Registrations for the much awaited NMDC Hyderabad Marathon 2023 powered by the IDFC First Bank opened recently with an Early bird offer from 15th April to 30th April.

**REGISTRATIONS ARE OPEN NOW!**

**Marathon Date :**

5K Fun Run - 26-Aug-2023  
10K, Half Marathon and Full Marathon - 27-Aug-2023

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

To register, please visit:  
<https://nmdchyderabadmarathon.com/register/>



# MAJOR RUNNING EVENTS ACROSS INDIA AND WORLD

## IMPORTANT RUNNING EVENTS

### January

**Tata Mumbai Marathon (TMM)** returned to its regular format for the first time in 3 years. The event was held on 15th January.

Anchalem Haymanot (02:24:15) and Hayle Lemi (02:07:32) from Ethiopia won the women's and men's elite category events at TMM 2023.

### February

The 6th edition of the **Tata Ultra** was held on 26th February starting from Lonavala. Over 2500 runners took part in this event. Anjali Saraogi (04:22:52) and Deepak Bandbe (03:43:06) won the 50K category in men's and women's events.



PS: Pictures sourced from the Twitter handle of the TCS London Marathon.

### March

The **Tokyo marathon 2023** was held on 5th March. The 16th edition of the event saw 38,000 runners run through the streets of Tokyo in perfect weather for the marathon. Rosemary Wanjiru from Kenya won the women's race with a timing of 02:16:28. Deso Gelmisa won the men's event with a timing of 02:05:22.

**Barkley Marathons:** Known as the toughest endurance run in the world, The Barkley Marathons was held between March 14 to March 16. For the first time since 2017, the race had 3 finishers this year.

Aurelien Sanchez came first followed by John Kelly who became a two-time finisher and the third person to record more than one successful finish. Karl Sabbe finished third with less than seven minutes to spare.

Besides the finishers, Jasmin Paris became the second woman ever to start the fourth loop of the five-lap event but ultimately time out.

With a record number of participants in the fourth and fifth loops, the 2023 race was one of the best and most exciting editions of this race.

### April

**Ooty Ultra 2023** on 2nd April, 2023: What started as a training run for the Comrades marathon has come to become the Ooty Ultra now. In its 6th edition, the event saw a large participation from the running community across the 4 race categories - 90K, 60K, 30K and 15K.

Sugourav Goswami won the 90K race with a course record timing of 10:29:11.

**The Buddha Trails** was organized on 8th April starting from Rimbick in Darjeeling (West Bengal). In a race where the distances were shortened due to the inclement weather, Lipi Kalita from the Hyderabad Runners community won the women's category in 53 kilometers with a timing of 11:11:10.

In the 30 kilometers category, Smita Chamling from the KBR Park runners group came 3rd with a timing





### **Boston Marathon**

On 17th April, the 127th edition of the Boston Marathon was held. The Boston marathon is the oldest and most popular of the road Marathons.

This year's event generated a lot of interest with Eliud Kipchoge making his debut on the course. The women's race was also eagerly watched as it had one of the deepest women's fields ever assembled for this event. It was a pleasant day for a race with a slight drizzle.

Evans Chebet from Kenya was the winner of the event. With a timing of 2:05:54, he beat his own timing from last year to retain the title. The pre-race favorite, Eliud Kiphcoge had to settle for a fifth place on his debut at this course.

The women's race was very exciting to watch with a really strong pack until the 40km mark. Hellen Obiri

### **TCS London Marathon**

The 43rd running of the London marathon took place on the 23rd April. A sensational Sifan Hassan from Netherlands won the women's race with a timing of 02:18:33. The men's race was won by the 23-year old Kelvin Kiptum from Kenya with a timing of 02:01:25. Both the wins were special in their own way with Sifan running her maiden marathon and Kelvin becoming only the second man behind Eliud Kipchoge to have two sub 02:02 marathons.

The event had a record number of finishers - 48,599.



PS: Pictures sourced from the Twitter handle of the TCS London Marathon.





## PANCHAJANYA RUNNERS

### Q. ABOUT PANCHAJANYA

Panchajanya Runners, predominantly known as Panchajanya Fitness Freaks (P2F), started in January 2017 as part of Hyderabad Runners' Couch to 5k program with Anil Kuppa as the mentor. The Panchajanya community was built in 2016 in Madinaguda (Miyapur). Initially starting off with around 15 members, the group now has over 50+ members. After COVID, the group was more motivated by the addition of Srinubabu Gonapa, who encouraged many more residents to take up an active healthy lifestyle.

Success stories are abundant within the group, with many members reducing significant weight, improving their half marathon timings under two hours, and adopting a consistent and disciplined lifestyle. For instance, Sujeeth Talluri, one of the runners from the P2F group, reduced his weight from 84.5 to 68 by showing up on all days with the group. He also improved his running significantly by bringing down his HM timings from 3 hours 5 minutes to 1 hour 53 minutes within four months.

Along with the others in the group, he is now dedicatedly training for having a fantastic first Full marathon in August.



### Q. WHAT SETS THE PANCHAJANYA RUNNERS APART?

What sets Panchajanya Fitness Freaks apart from other running groups is their methodical, disciplined approach to training and their ability to achieve results without a professional dedicated trainer. Despite lacking the guidance of a coach, the group has developed a weekly training schedule that

includes yoga, strength training, speed runs, and long runs, and they follow it consistently to achieve their fitness goals.

Another notable achievement of the group is their successful event organization skills. Despite having zero prior experience in organizing events, they managed to conduct the Panchajanya Run, a 2k and 5k race with over 250 participants from their community. This event was a huge success in the area, and it is a testament to the group's dedication and ability to work together as a team.

Overall, Panchajanya Fitness Freaks have proved that with discipline, dedication, and teamwork, they can achieve great results even without the guidance of professional trainers or event organizers.

### Q. WHO ARE THE REGULAR RUNNERS AND WHO ARE THE JOKERS OF THE PACK?



Prominent runners are Anil Kuppa, who is a veteran with Hyderabad Runners; Home Prakash Gubbala, who is the running champ in the group with many half marathons and two full marathons in four hours under his belt; and budding runners with significant half marathon times like Sujeeth Talluri, SrinuBabu Gonapa, Su dhakar Thaduvai, Satyanarayana Chopperla, and Raju GLN. Sudhakar and Yugandhar B are the ones who chirp the group with their witty liners and funny stuff.



### FAVOURITE RUNNING LOCATION(S)? IS THERE A RUNNING TRAIL THAT ONE CAN'T MISS IN YOUR NECK OF THE WOODS?



P2F's go-to run location is Janapriya West City, which is a 1.6 km loop with good greenery. The group does their long runs mostly with Hyderabad Runners SLR; else, BHEL is the preferred Sunday long run location.



### Q. WHO SHOULD THE NEWCOMERS REACH OUT TO?

Anil Kuppa - +91-9959788827



# RUN FACTOID

## A DECADE OF THE BOSTON MARATHON BOMBINGS



The third Monday of April is celebrated as St. Patrick's day with great fervour in the Massachusetts area of the US. It's also the iconic Boston Marathon Monday, a race that has been happening for nearly 130 years.

On 15th April, 2013, Boston was rocked by a couple of bomb explosions near the finish line of the Boston Marathon. A bomb blast at any marathon was unheard of until then. 3 people lost their lives including a kid. A police officer was killed by the bombers in the aftermath of the killings. A year later, another police officer lost his life due to the injuries he suffered as part of the manhunt. In this bombing, over 260 people were injured too.

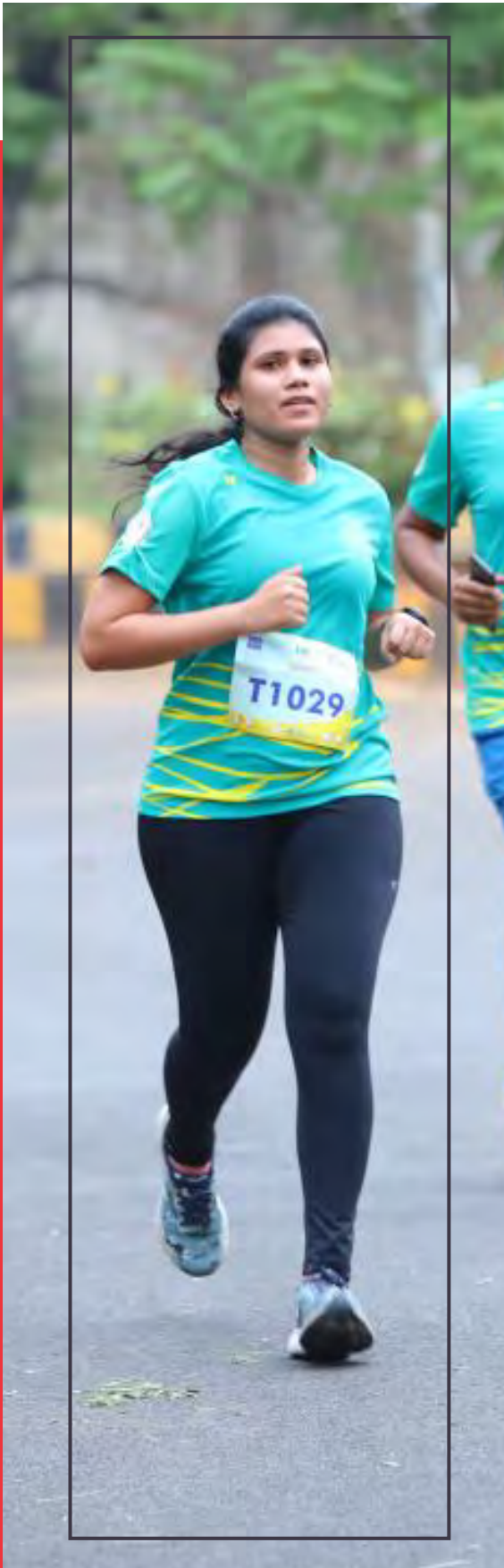
The city of Boston hence solemnly remembers the 15th of April as One Boston Day by marking a series of social and commemorative events every year. This year too, Boston remembered the ones who lost their lives on that fateful day. This year marked the 10th anniversary of the incident.



PS: Pictures sourced from [www.pbs.org](http://www.pbs.org)



# 5 RUNNING TIPS



## RUNNING TIPS

- **Hydration:** Summers are here and hydration is a very important part that runners shouldn't ignore. Hydrate at regular intervals to replenish the lost nutrients.
- Important to **warm-up and cool-down** before and after your runs. A warm-up activates your muscles and the post-run stretches help the muscles to relax.
- Like in life, **monotony isn't good** in running too. Include different kinds of runs in your training, for it covers all the muscle sets in your body and it beats monotony. One has to practice speed and endurance in equal measure.
- **Strength training:** Include Strength training as part of your training. This is crucial to your training regimen as it helps to overcome your weaknesses and to build strength.
- **Strides:** Include strides at the end of every run; they help in your form, biomechanics and improve your speed too.
- **Foam roll:** Foam roll important muscle sets after your runs. Foam rolling helps in hastening the recovery process. It helps to loosen the tight muscles (post run) and aids in blood flow.

# MEET OUR EDITORIAL TEAM



## EDITORIAL TEAM

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**Revathi Turaga**  
**Sagarika Melkote**  
**Samuel Sudhakar**  
**Prasad Vadali**

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 Hyderabad, Telangana, 500089.

## HYDERABAD RUNNERS' SOCIAL MEDIA HANDLES:



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<https://twitter.com/hydrunners>



<https://www.youtube.com/channel/UCuQaK7xkmqtbqA2tDWxPuFA>

