

CURRENT ACTIVITIES

A snapshot of
all that's been
happening at HR

RUNNING EVENTS

Important running
events in May



SAFETY FIRST

IMPORTANT GUIDELINES TO BE FOLLOWED BY ALL RUNNERS

SAFETY FIRST!

Among a myriad of challenges for a person who steps out in the morning for their walk, run or jog, safety appears to be predominant. News of people losing their dear ones while they were out doing their regular activity, does leave a lump in the throat. Although there is no way to be 100 percent safe from any such occurrences, some tips might be useful. Without quoting the actual news that inspired us to put the below together, here are some pointers that you might want to consider.

1) Irrespective of the time of the day, run in the direction opposite the traffic flow.

2) While schedules of life often force many to choose to run in the nights, or begin their dry runs for HMs or FM's at an early hour in the morning (sometimes even before the sunrise), not all areas might be compatible and safe to run.

What can you do in such situations?

- Inform your running group about your plan and seek out a partner. Most often, you don't have to ask. Keeping the news around in view, someone will jump in for sure.
- Do share your live location with the group so at least one or two people can keep track of your movements.

3) If choosing to run in the night, ensure that you wear neon bibs or any bright-colored clothing.

Here, this becomes pertinent for cyclists, too. Ensure that your cycle has its reflectors in place. Wear your helmets.

4) Charge your devices, especially your phone, fully, prior to your run.

5) While music helps make the runs feel effortless, it is more important to keep yourself open and alert to sounds around, not just of vehicles but also others, such as animals, etc. There are also high chances of losing your way if you are running in a new place when immersed in music.

6) If you are on a vacation and are at a new place, it is but natural that you would want to get in a quick exploratory run.

Ensure that you research about the area a bit and head out if you feel comfortable enough. Avoid isolated areas at all costs.

7) Keep handy the contacts of the police from the jurisdiction of the area you run.

8) Check that you do not have anything expensive on you. Phone is unavoidable for most.

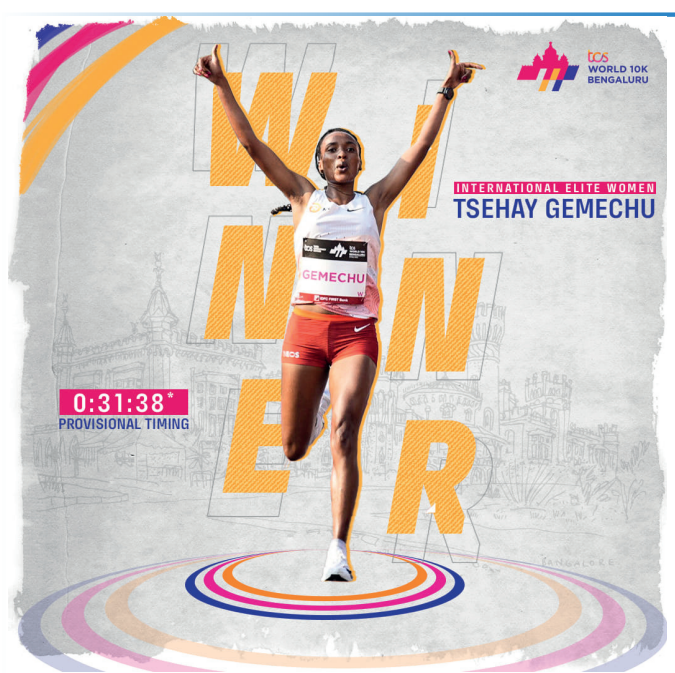
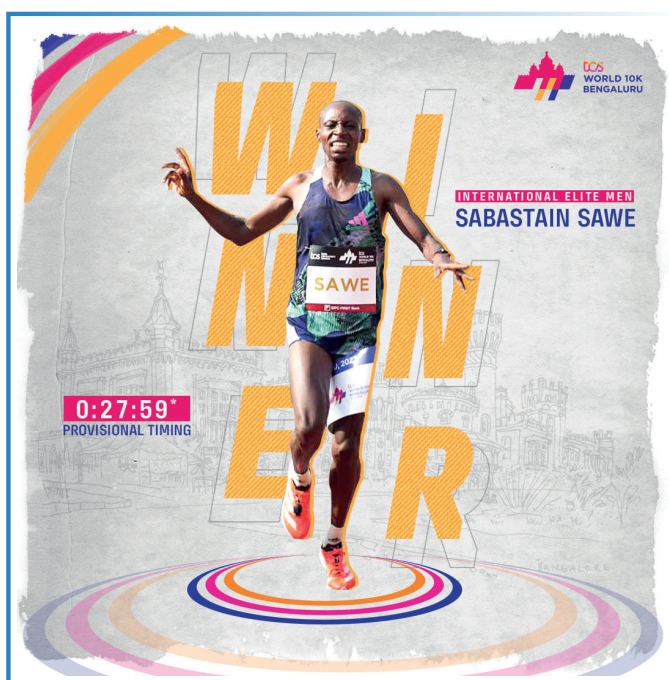
9) Any leering, jeering, or if your intuition senses any unpleasantness around, do not hesitate to alert the passers-by. Yell and call for help.

10) As the race season begins and the preparations spill into the monsoons too, avoid stepping into puddles as it poses a risk of coming into contact with fallen/dangling electric wires.

Here's wishing you safe runs! All the best



IMPORTANT RUNNING EVENTS



PS: Pictures sourced from the Facebook handle of the TCS World 10K.

MAY

TCS World 10K was held on 21st May 2023. This was the 15th edition of the event. Over 27,000 runners participated in the event across multiple race categories – open 10K, Majja run, Senior citizens' run, champions with disability. The event also had a virtual run format for the people who couldn't make it to the marquee event. This is the 10K qualifying race for those runners aiming to complete a Procam slam.

Sabastian Sawe of Kenya won the men's 10K race with a timing of 00:27:58 while Ethiopia's Tsehay Gemechu won the women's 10K race in 00:31:38.

Murli Gavitt won the Indian elites' men's category with a 00:29:59 finish, while Tamshi Singh won's the women's race with a 00:34:12 finish.



Whitathon, an LV Prasad Eye Institute's annual fundraiser event, was held in the Hyderabad University campus on 21st May. The event saw over 2500 runners participate across all race categories – 10K, 5K and 3K. This was the 5th edition of the event that focuses on raising awareness and funds for early diagnosis and treatment of Retinoblastoma (eye cancer in children). The DGP (Director General of Police) of Telangana, Anjani Kumar, flagged off the race. Anand won the men's 10K race with a timing of 00:44:36 while Yankey Dukpa won the women's 10K race with a 00:49:95 finish time. The 5K timed race was won by Mohd. Yunus and Pinki Kumari with finish timings of 00:23:22 and 00:31:03, respectively.

CURRENT ACTIVITIES OF HYDERABAD RUNNERS

Sunday Long Runs in June

04th June 2023. 05:15 AM

SPECIAL RUN

Location: Masjid Gadda Urban forest

Pin: <https://goo.gl/maps/tkZdUwLdd5LJdk9s8>

Organized by: Midhani-DRL Runners & LB Nagar Runners

11th June 2023. 05:15 AM

SUNDAY LONG RUN & OUTDOOR KIDS RUN

Location: TS Forest Academy, Dulapally

Pin: <https://goo.gl/maps/Fkh2dVDsTmBNTm4r7>

Organized by: Kompally Runners

18th June 2023. 05:15 AMV

Location 1: PBEL City

Pin: <https://goo.gl/maps/PZCxWcdPztPUYo8X6>

Organized by: Peerancheruvu Runners

Location 2: Rabbit's Park

Pin: <https://goo.gl/maps/Vj47FpsYQceB7xX6A>

Organized by: Secunderabad Runners

24th June 2023. 05:30 AM

HR MEET & GREET RUN

Location: Botanical Gardens

Pin: <https://goo.gl/maps/w32ZZqCmDp9mfafE8>

Organized by: Botanical Gardens Runners

25th June 2023. 05:15 AM

SPECIAL RUN

Location: ECIL Officer's Association premises

Pin: <https://goo.gl/maps/3rfondWDXzxn3b67>

Organized by: ECIL Runners

For any queries on Sunday Long Runs, please visit: www.hyderabadrunners.com
Alternatively, you can also write to executive@hyderabadrunners.com
or call Yalamanda Rao
No: 8790729000

Outdoor Kids Summer Camp 2023

The Outdoor Kids program is now reaching its business end, the final celebratory run shall happen on the 11th June at the TS Forest Academy in Dulapally. The program is underway in 20 different locations all around Hyderabad.



Also, as part of the Hyderabad Runners' outreach program, we've now extended the HR Outdoor kids program to three government schools in Banjara Hills/Filmnagar and the Miyapur areas. The program aims to be a platform for underprivileged children to experience the joys of an active lifestyle while promoting a sense of camaraderie and personal growth. There are over 200 such kids attending this program in this edition from these three different locations.



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 on 1st April 2023. Training is currently underway at 13 locations across Hyderabad.

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/>

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

10% DISCOUNT

ON NMDC HYDERABAD MARATHON 2023 ENTRY

PROGRAM DETAILS

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

JOIN NOW

FOR MORE INFO

START TRAINING TODAY

Community endeavors and group runs

Chudailathon 2023

The 10th edition of our popular midnight run, the Chudailathon was held on 7th May. This is our own Halloween, the runners' way. The run started from the KBR park and ended at the Mornington Cemetery in Trimulgherry. The event was supported by KBR Park Runners, Sanjeevaiah Park Runners, and Secunderabad Runners who provided SAG stations through the route. Runners had to cover a total distance of 16 kilometers to reach Trimulgherry.



Community connect



A community connect program was held on the 13th May at T-HIVE in the Galleria Mall near the HITEC City metro station. Over 45 runners, mentors, and trainers from different running groups attended the meeting. The program covered the collective achievements of the running community in the last year. It also served as a platform to deliberate on the current items in the HR calendar along with ideating on probable ideas for the upcoming year.

HR Annual Awards Night

The 10th edition of the Hyderabad Runners' Annual Awards night was held on 27th May at Hotel Daspalla in Madhapur. Awards were handed over in nearly 40 different categories. Stay tuned to the June's edition of our Rendezvous newsletter for extensive coverage of the event.

Village Run

A special 'Village Run' was organized by the Indira Park Runners on 30th April near a farmhouse in Shamshabad and over 350 runners participated in this run. A CPR session was conducted by Yashoda Hospital after the run. Runners were provided with breakfast and a finishers' medal. The event also rang in the 3rd anniversary of the Indira Park Runners group.



Apart from these events, Hyderabad Runners extended support to the annual Whitathon event conducted by the LV Prasad Eye Institute. The 5th edition of the event was held on 21st May at the Hyderabad University campus and over 2500 runners participated in it.

NMDC Hyderabad Marathon 2023 powered by IDFC First Bank

Registrations for the NMDC Hyderabad Marathon 2023 powered by IDFC First Bank are underway across 4 race categories – 5K, 10K, Half Marathon, and Marathon.

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

SAVE THE DATES
26 - 27 AUGUST 2023

Category: Marathon | Half Marathon |
10KM Run | 5KM Run

REGISTRATIONS OPEN



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Hyderabad Runners' Social Media handles



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Instagram: <https://www.instagram.com/hyderabadrunnerssociety/>



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