



CURRENT ACTIVITIES
OF HYDERABAD RUNNERS

HR ANNUAL AWARDS NIGHT
2023

A TALE OF
TWO CITIES

IN THE HEAT OF SUMMER
KIDS SHINE

HR3SIXTY5

TRAIN LIKE A PRO
RUNNERS AND BALANCING
EXERCISES!

FACTOID

Dear Comrade...

Hari Prasad Ghanta

PRESIDENT'S MESSAGE

Dear Runners,

Greetings,

Hyderabad Runners turned 17 this year! We celebrated this occasion with a 5K run on the 27th May 2023 and also had the Runner Awards Night on the same day. The Awards Night, more popularly known as the Runner's Evening, was hosted in a grand manner, and deservedly so, since it made its comeback in the physical avatar after a gap of 4 years. The evening was also a witness to the non-running side of the runners – be it their skill in music, dance or humour! It was heartening to see the vibrant energy of the runners present, and the cheer for the award winners was deafening. I take this opportunity to congratulate all those who won the awards this year and to those who made this grand evening possible. We had our graduation Run for the OK (Outdoor Kids) program in June 2023, which was conducted in the scenic Dulapally forest where almost 800+ kids participated. As a part of this program, Hyderabad Runners Society supported almost 150 under-privileged kids at 4 different locations. These kids started their fitness journey with our program and we hope they continue this endeavour. This start of their running journey was also supported by World Boxing Champion and face of the Hyderabad Marathon, Nikhat Zareen, through her winnings from Kaun Banega Crorepati. Hyderabad Runners Society thanks her for this gesture. We look forward to widening the reach of this program. The NMDC Hyderabad Marathon 2023 is just around the corner, with the D-days being 26th and 27th August 2023. While the preparations are on from our side to give you runners a memorable and unique experience, we also hope that your training is shaping up well. We would shortly be starting a K25K program to coincide the graduation day with our 5K run on the 26th August. I look forward to you all being a part of the NMDC Hyderabad Marathon in whichever way you choose – as a participant / organiser / volunteer / cheering team.

Yours sincerely

Abhijeet Madnurkar

President,
Hyderabad Runners Society



EDITOR'S MESSAGE

Dear Runners,

The peak summer heat seems to be just behind us (is it yet 😊) and we're gearing up for the upcoming running season. Our Hyderabad Marathon is usually the season opener and we're leaving no stone unturned for our event. Did you know that Hyderabad Runners just turned another year and turned 17 in May? This edition is a special one as we cover three important events – the Outdoor Kids finale, the Comrades Marathon runners, and the 10th HR annual awards. We had 10 runners running the Comrades Marathon this year from Hyderabad (unprecedented, yes!). This summer season has been long and unrelenting, and runners all around got a chance to nurse their niggles and put the base miles in bank. The base training phase is an essential part of a runner's regimen, one that shouldn't be ignored at all. We had a slew of events at the Hyderabad Runners in the last quarter, just in the last month or so, we had over 5 important events – beginning with our anniversary run, the Annual Awards night, the Summer Camp Finale, participation in the Telangana run, et al. Did you all notice that a **Special Run** has now been added to our monthly running calendar at the Hyderabad Runners. Additionally, a **Meet & Greet** run has now been added too – for the newbies and the enthusiasts to meet the experienced runners. In addition to the aforementioned specials, this edition includes most of our regular articles. We're skipping the Crossword this time around; it'll be back in the next edition. We're thankful to everyone who has been pitching for the articles. In the **HR3SIXTY5**, we cover the **Alkapoor Runners** who have grown from strength to strength in the recent past. Hope you are all training well for the NMDC Hyderabad Marathon 2023 powered by IDFC First Bank. Take care of yourselves and take additional care while you run in the rains. Hope you have a good time reading the articles we've put up for this edition. As always, we're looking forward to hearing from you all.

Cheers.

Sunder Nagesh K

Editor,



HR ANNUAL AWARDS NIGHT 2023

- **Sunder Nagesh K**

Do runners always only run ? Don't they have anything else to do ? Don't they party? We're sure that a lot of runners have come across these questions many times; sometimes from our close ones too. And we would've answered them in our own way.

The Annual Awards Night is a little secret of the running community, where runners come together to let their hair down as they celebrate their and the community's achievements over the past year(s).

Hyderabad Runners has been holding the annual awards night for the running community for well over a decade now. It's the time when the running community comes together to let their hair down and meet their fellow runners, albeit in different attires. The annual awards night is a very important event in the Hyderabad Runners' annual calendar and one that's looked forward to by one and all. The event sees the coming together of the old and new members of the Hyderabad Runners community.

This time, the annual awards ceremony was held on 27th May 2023 at Hotel Daspalla in Madhapur. This was the 10th edition of the Awards Night and the first in-person such event since 2019. The 2020 edition of the Annual Awards ceremony was held online. There was no such celebration in 2021. COVID did play havoc in the celebrations, just like everything else in our lives.

The evening saw a celebration of dance and music - yes, runners also sing and dance in addition to running 😊 The evening saw runners dressed in their best outfits, having a ball. **Sagarika Melkote** and **Prashant Ivaturi** played the hosts for the evening as they engaged with the community in a convivial manner.

The evening saw some runners who sang on the dais while some others danced on the stage. The **ECIL Runners** set the stage on fire with their rocking dance while **Hariharan** garu brought the house down with his quirky take on running and life (and on how to balance both). It's always a joy to listen to him, sharing his tidbits from a life lived well.

Through the evening, a total of **44 Awards** were given. Sharing the categories and the award winners below.

Community Awards

The awards for the **Best running group** was won by the **BHEL ACE Runners** and the **ECIL Runners**. The awards for the best upcoming running groups were won by the **Hitec City Runners** and the **Alwal Runners** groups.



BHEL ACE Runners have been a behemoth in that part of the city; they have been instrumental in mentoring newer running groups that have come up around in that area. They also have been every bit successful in getting employees of BHEL to incorporate fitness as part of their corporate regimen. The ECIL Runners have been extremely successful in keeping the HR flag high in the Eastern side of the city with their achievements and their work closely with ECIL. It's good to see ECIL employees being an active part of their group



The award for the best **Upcoming running community** was given to the **Aparna HillPark Runners**.

The awards for the **Best Corporate running group** was shared by **Verisk Analytics India Private Limited** and **Planon Software Services Private Limited**.

Mentors

Mentors have always played an important role in spreading the word about the Hyderabad Runners Society. They have been our eyes and ears on the ground and they are a very important cog in the success of Hyderabad Runners.

The award for the **Best Mentor (Male)** was given to **Sravan Dwibhashyam** from the Nallagandla Runners. The award for **Best Mentor (Female)** was shared by **Deepthi Vijayakumar** (Alwal Runners) and **Aditya Devi** (Mokila Runners). Sravan has been very actively involved in the K25K program, the HR Outdoor Kids program along with being a flag-bearer of the social outreach program of HR. Deepthi has been instrumental in shaping the success of the Alwal Runners while Aditya has been holding fort at Mokila, inspiring people through her own achievements.

Group awards

While running is an individual sport, one also needs a partner to just be with, to train with and to celebrate the small wins and the big ones too. Reconising such running partners, the award for the **Best Runner Duo** was given to **Gargi Biswas Dey & Suman Ojha** from the Alwal Runners.

Aren't Runner couples the best kind of couples? It always feels good to see a couple run together, bringing the best in each other as they crush their own goals together. As they say, it always takes two to tango, it's also true that the best couples bring the best out of each other. Recognising the couples who made their mark, the award for the **Best Runner Couple** was shared amongst three couples - **Rohit Nalavade & Tulika Jaokar, Hari Pashikanti & Neeraja Pashikanti** from Secunderabad Runners and **SLN Gupta & Subha Srikakulapu** from the Hitec City Runners.

A family that runs together also stays together. The award for **Best Running Family** was shared by **Vikram Goud & Family** and **Praveen Bishnoi & Family**. These people have inspired others to bring their families also into the running community.

Individual awards

As much as runners want to run with their friends and partners, they also want to better themselves and in the process, they also end up being better than others too. And such achievements bring joy and happiness to everyone. Such instances also highlight the hard work put in by such individuals, the dedication, the discipline, the perseverance, the journey that someone undertakes to become a better version of themselves.

It's always great to see and celebrate such individuals who've had breakthrough year(s) of training.

Debut awards

The Award for **Best Debut Half-marathon (Female)** was won by **Pinki Kumari** from Aditya Imperial Heights runners. The award for **Best Debut Half-marathon (Male)** was won by **B Venkat Reddy**.

The award for **Best Debut Marathon (Female)** was won by **Sanyuktha Palad** while Vinayak Sharma walked away with the **Best Debut Marathon (Male)** award.

The award for **Best Upcoming Runner (Female)** was won by Bhavani Ravula from the LB Nagar Runners. The **Best Upcoming Runner (Male)** was shared by **Prabhhash Jain** and **Rishi Athelli**.

The award for the **Most Improved Runner (Female)** was shared by **Sayeeda Abrar (KBR Runners)** and **Suman Ojha** (Alwal Runners). The award for the **Most improved Runner (Male)** was shared by **Madhur Dixit and Anand Raman**. (LB Nagar Runners).



The award for the **Best Runner (Female)** was won by **Vishwa Sanghavi**. She has been at her best in the recent past and it has been a joy seeing her progress in the recent past. She has trained really well and her race execution has really been on target for most races.

The award for the **Best Runner (Male)** was won by **Aswini Acharya**. Ash has been setting blazing paces at most runs and he has come a long way from being a novice. He's very meticulous in his preparation and is seen imparting knowledge to his fellow runners. He has also been a K25K mentor and has a razor sharp focus on his runs.

Hall Of Fame

Hyderabad Runners Society started in 2007 and some people started running much before that while some incorporated it as they took to life. The **Hall Of Fame** award was given to **Devyani Haldar** and **Soma Jaganmohan Reddy**. Devyani ran her first marathon around the dawn of the century, much before almost all of Hyderabad knew of a marathon. She's the first Comrades marathon runner from Hyderabad. She has run a slew of marathons and multiple ultra runs. Jagan has been one of the fastest runners in Hyderabad for some time now and he's a Boston Marathon runner too. He has raced multiple world majors and is considered to be one of the fittest runners in the community.

Special Recognition

In addition to the above, **Special Recognition Awards** were given to runners who went a mile ahead than most of us and achieved some rare feats in their running journeys. These include:

Dr G Sudhakar, Nagabhushana Rao Chalamalasetti, Preetham Akula, Subham Mishra, Chiranjeevi Kondapaka, K V B Reddy, Poonam Metta, Sunima Dila and Man Singh.

Special Recognition (Volunteering)

Volunteering has always been at the heart of the Hyderabad Runners community and some of us have put their hands up more often than others and such individuals were awarded for their thankless efforts. The award for Special Recognition (Volunteering) was given to **Mohd Abdulla, Abhinav Pathak and Venkat Katari.**

Best Trainer

All runners need a good trainer who helps them in more ways than one and goes out of their way to help individuals in achieving their goals and becoming the best version of themselves.

Hyderabad Runners has always had a good trainer community and it sometimes becomes difficult to pick the best trainer. The award for the **Best Trainer** was given to **Devendra Mittal.**

The awards distribution concluded with the awards for the Best Runner (Female) and Best Runner (Male). **Ravi Setlem, Giridhar Kolanupaka** and **Venugopal Raju Penmetcha** were also felicitated for their contributions to the cause of Hyderabad Runners over the years.

A special buffet was in place for everyone, courtesy the chefs at Hotel Daspalla. After the awards, the dance floor was open to everyone.

Hearty Congratulations once again to all the winners and to everyone who helped in putting up the show.

A TALE OF TWO CITIES

- **Sagarika Melkote**

The allusion here is not to the famous Dickensian novel of the same title, nor to the two cities of London and Paris, as featured in the book. The two cities are, in fact, Durban and Pietermaritzburg in South Africa and the tale is that of a race which was first held in 1921. An ultra marathon of roughly 90 kms, covering the distance between the two cities, conceptualised with the aim of "celebrating mankind's spirit over adversity". To run this distance in 12 hours, where the course can be either uphill or downhill is definitely not for the faint-hearted. To add to this, there are five sets of hills on the way and a number of cut off points at various distances which a runner must reach at a specified time, in order to continue, failing which, he/ she is liable to be pulled out of the race! Sounds near impossible, right? This is what "the ultimate human race", the **Comrades Marathon** is all about.

A punishing race, designed to test the limits of human endurance, determination, perseverance and what have you, the first edition of the Comrades Marathon had just 48 runners. Today, nearly 20 thousand runners from across the globe participate annually. Indian presence at Comrades has been growing year-on-year; 2023 had nearly 400 Indians participating. So, what makes a runner aspire to run Comrades? Simply put, it's to "boldly go where no man (woman) has gone before", as the opening line of the old television series Star Trek goes. It's about a triumph – a triumph of the never-say-die human spirit. It's a test – a test to see if limits exist only in the mind. It's about going one step further, it's about.....well, the reasons are endless but for an Indian, maybe "yeh dil maange more" would describe it best.

Hyderabad Runners have been participating in the Comrades Marathon since 2015, when **Devyani Haldar** became the first runner from Hyderabad to do so. When she was pacing for the full marathon at the Hyderabad Marathon in 2014, she met pacers from Mumbai who had completed Comrades.

Till that time, Devyani had run marathons but had never attempted more than a full marathon distance.

The Mumbai pacers motivated her to sign up for the next year and also helped her with a training plan. The race that year was an "up" run from Durban to Pietermaritzburg, where the course is all uphill. Devyani says the decision to do Comrades was "basically to challenge myself." That was the first Ultra of her life. A veteran of 10 ultra marathons now, the most notable among them being the 100-mile Hell Race and the 12-hour Stadium Run, Devyani initially started running to beat stress. Now, she says it's "part of her life". From Kolkata and 52 years of age, she is a scientist by profession and likes to call Hyderabad Runners her family.



If you thought, finishing the Comrades Marathon is the ultimate feather in a runner's cap and a tick on the bucket list, you couldn't be more wrong. Well, while it is just that for a lot of runners, there are some for whom, once is not enough. Again, a case of "yeh dil maange more"? Very possibly, yes.

Naresh Ayyagari ran the Comrades Marathon for two consecutive years – 2022 and 2023. His reasons for running it again in 2023 are, in his own words – "I didn't have any friends from Hyderabad to celebrate finishing Comrades in 2022, so with nine runners from Hyderabad participating in 2023, it was an easy decision to give the back-to-back finish a go!"

From being a "typical obese IT guy" who ran the 10 km category a few times at the Hyderabad Marathon, to being a Comrades conqueror, Naresh's running journey has been quite amazing. Quite by chance and on the suggestion from a friend, he attempted the half at the Hyderabad Marathon in 2016.

On the Gachibowli flyover, he thought he was going to die but somehow, he huffed his way to the finish line in 3 hours 15 minutes. One year later and about 20 kg lighter, he clocked 2 hours 7 minutes on the same course. There was no looking back after that and he averaged 4 hours 15 minutes on all the full marathons he ran. He attempted an ultra in 2019 but had a DNF. A meeting with some Comrades finishers on a Sunday run was all the push that Naresh needed to register for Comrades in 2020. With the COVID situation, he had to defer his entry to 2022 and the rest is history.

Naresh recalls being egged on by the 12-hour pacer when he thought of giving up at 40 km in 2022. Another pleasant memory is that of a young girl offering him a Snickers bar, when he initially refused her offering of a beef roll on the course. He says the thought of the beer waiting at the finish line was what probably pushed him through the last few kilometres 😊!

Comrades is one very tough race. Of that, there is no doubt. There is also no doubt that a debut at Comrades can go any which way, despite best efforts. Yet, there are some runners who have debuted at Comrades with a bang. Forty-year-old **Hari Prasad** not only ran Comrades for the first time in 2023 but in the process, set a record! He became the fifth-fastest Indian to complete the race in the record time of 8 hours 17 minutes and 31 seconds.



Hari Prasad was bitten by the running bug in 2018. While he had been a sportsperson through his school and college, running was new to him. Once he started, his life began to revolve around all things related to running. Along with some friends, he adopted a routine of running one ultra marathon and one road race every year.

Even though he had done two ultras prior to Comrades, the tagline of Comrades “the ultimate human race” fascinated him. His co runners in Hyderabad who had previously run Comrades helped him make up his mind and he signed up for the 2023 edition. Proper, structured training and a positive attitude is the key – “Believe in the process you follow, enjoy the journey, learn from the mistakes, and get better,” in his own words.

Extremely modest about his record at Comrades, Hari Prasad says he doesn’t believe it to be a very significant thing, given the context of the logistics involved in organising such events and the number of participants. However, he was happy to have completed the run in a good time and considers himself lucky to have had a good day without any major issue. For Hari Prasad, training is the most important part of race prep and a big learning process. Because of this, he was comfortable throughout the race and never had a doubt of completing it. The run was enjoyable and relaxed as he and KVB Reddy tagged along for most part of the run, chatting, cursing and joking all the way through. He is thankful for the support from his wife and children, and the sacrifices that they have had to make for giving away the weekend outings, to aid his training and recovery.

Another debutante at Comrades this year, 38-year-old **Sandeep Voggu** started running, clocking 2 km a day from 2016 for two years. He followed it up with 10K in 2019, increasing his mileage gradually till 2020, but then COVID hit and the momentum was lost. Restarting with determination, at the end of 2020, he set running targets for himself for every year till 2025. After his first full marathon in 2021, he followed it up with 9 ultras.

The target for Sandeep in 2023 was to train and complete a half Iron Man, but his running buddies had their sights set on Comrades and so Sandeep changed his plans. He had previously done the Malnad ultra of 100 km in 2022, so Comrades did not appear too daunting. Setting himself a time target of 9 hours and 30 minutes for the race, a twisted ankle at 22 km threw a spanner into the works. It was just determination to overcome the pain and the company of a fellow runner, Kiran N, that took him through the next 67 km.

Sandeep believes good training is a must to conquer the miles. Determination, grit come next, and a little bit of craziness is also needed for an Ultra. In his words, "the Comrades course in itself is not a monster as it looks, anyone can run with proper training and the right mindset". It is not for nothing that the Comrades Marathon is called "the ultimate human race". According to Wikipedia, the race is said to be embodied by attributes of camaraderie, selflessness, dedication, perseverance and ubuntu.

Running Comrades is an experience in itself, an experience which, according to those who do it, breaks down every mental barrier, coupled with the ecstasy of accomplishing something that one thinks one is not capable of.

After a DNF at Comrades in 2009, Amit Sheth and his wife Neepa became the first Indian wife and husband team to finish the Comrades Marathon together in 2010. Subsequently, Amit went on to pen his running experiences and the lessons learnt thereof in a book "Dare to Run", with focus on the Comrades Marathon. Other runners have called it a life-changing experience, an incredible journey, etc. Be that as it may, the reasons for coveting a Comrades Marathon medal are as many as they are varied. The common thread that seems to run through them all is the victory of overcoming fear and apprehension to accomplish something, seemingly out of reach till then..

Nelson Mandela once said – It always seems impossible till it's done. The Comrades Marathon, coincidentally but befittingly held in Mandela's own country, exemplifies the great man's words.



List of runners from the Hyderabad who participated in the Comrades Marathon 2023 edition

- Hari Prasad
- K Vijaya Bhaskar Reddy
- Jagdeep Singh
- Vinayak Sharma
- Sandeep Voggu
- Kiran Nanduri
- Chiranjeevi Kondapaka
- Rajesh Duraiswamy
- Naresh Ayyagari
- Sunder Nagesh K

IN THE HEAT OF SUMMER, KIDS SHINE

- **Shalini Sinha**

On 11th June 2023, the Telangana State Forest Academy in Dulapally in the Northern side of Hyderabad was abuzz with the excited chatter of kids from all across Hyderabad. It was the culmination of the 2-month-long **Outdoor Kids (OK)** Summer Camp organised by the Hyderabad Runners (HR).

Outdoor Kids (OK) Summer Camp is a couch-to-playground project that promotes the Hyderabad Runners' core vision of "physical activity and healthy lifestyles" amongst the children outside of school time. The goal of this program is to make kids mentally and physically aware of themselves and their strengths. Started in 2017, this program has been a great success. Over the years it has seen the participation of kids from various communities increasing. This year, the program was conducted in a total of 21 locations - 17 HR training locations and 2 government schools and 2 NGOs.



The Outdoor Kids summer camp also provided the Hyderabad Runners a perfect platform to get kids from a few Government schools and informal learning centers that work for educating school-dropouts to be part of the program. A total of 800 children were a part of the summer camp this year, of which 150 were from government schools and informal schools run by NGOs.

The kids from the NGOs were mostly those who had to drop out from schools for various

reasons and the NGOs were supporting them to continue their education. Hyderabad Runners, in partnership with two NGOs, Kriti Social Initiatives and Chotuu Ki Education, worked tirelessly with these children to be a part of the program and gain benefits from it.

The government/NGO-run schools covered in the OK Summer Camp in May-June 2023 are

- Government Primary School, NBT Nagar,
- Banjara Hills
- MGN Government Primary School, Shaikpet
- Chotuu ki Education school, Matru Sri Nagar, Miyapur
- Chotuu ki Education school, Jeedimetla

About 150 kids from these 4 locations participated in the Outdoor Kids Summer Camp and were trained by physical education trainers from Fitness Gurukul, the trusted training partner of the Hyderabad Runners. The kids had a lot of fun playing traditional games like Kho-kho, Kabaddi as a group. The training locations were closer to their school/living areas, and this made it easier for the children to attend the morning sessions regularly. Volunteers from Hyderabad Runners community also participated in these sessions to guide and participate in the program.



The kids were excited to be a part of the program, and some of them even said that being part of it "improved their memory" and they "will definitely join again next year". They were also all praises for the trainers and said that the trainers made the sessions fun. When asked if there was anything they would like to improve, the suggestions they provided were very valid. For some schools, there is not enough open ground; hence the sessions were held on the terraces. The students of this particular school (Hakimpet) said if some of these sessions can be held in the open ground, it would have been better. The children especially enjoyed the graduation ceremony held at Telangana State Forest Academy,

The children especially enjoyed the graduation ceremony held at Telangana State Forest Academy, Dulapally. Even though some of them had to get up at 3:00 AM/4:00 AM to travel to the designated location, they were not complaining.



Hyderabad Runners not only organised the program, but they also, for the first time, distributed school bags and shoes to the participating kids of all these four government schools. The Hyderabad Runners Training Team, Staff, and Volunteers was led by Sravan Swibhashyam who coordinated and executed this program. The shoes were sponsored by Walkaroo Footwear who came forward with this donation.



Success of the program

Hyderabad Runners has extended the OK kids program to the government schools for a few years now and each year, there have been improvements made to the program. The kids from these schools have been very appreciative of this initiative. Sharing a couple of inputs from these kids here:

"Attending this Summer Camp with our friends early in the morning helped us to feel energetic and fresh during the day. It also helped in our improved memory and focus while studying." -

Pallavi from MGN School Camp

"During school time we are usually with our classmates, but in this camp we got the opportunity to play with our seniors also. It was a different experience and I enjoyed it. The trainers helped us a lot to know the basics of the games and explained them very well." -

Pavan from NBT School Summer Camp

SOLUTION TO CROSSWORD #16

1S	A	2K	S	3H	I	M	4A	L	5I	K
A		O		O			S		T	
N		6N	C	C		7U	S	H	A	
8I	C	E		K			A		L	
A		9R	I	E	D		M		Y	
		U		Y		10D		11S		
	12M		13H		14M	E	T	H		15B
	I		U			E		16A	B	O
	17R	O	M	I		18P	A	R		B
	Z		P			T		M		B
19M	A	R	Y	K	E	I	T	A	N	Y

Across

- The first Indian female wrestler to win a medal at the Olympics. (6,5)
- The youth wing of the Indian Armed forces. "Unity and Discipline" is their motto. (1,1,1)
- The Payyoli Express. (4)
- Bobsleigh, Curling, Luge - all require this surface. (3)
- Amanda _____. Australian paralympic swimmer and cyclist. (4)
- Steffi Graf's husband admitted to using this banned substance. (4)
- The shortened term used for the native Australian. (3)
- Mrs Kapil Dev. (4)
- The predetermined number of strokes required by an expert golfer to complete a hole. (3)
- 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)
- Rani Rampal, Savita Punia, Sushila Chanu - all play this game. (6)
- The State of Hima Das and Nayanmoni Sakia. (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)

Prashant's crossword will be back in our September edition!

CURRENT ACTIVITIES OF **HYDERABAD RUNNERS**

SUNDAY LONG RUNS IN JULY

02nd July 2023. 05:15 AM

SUNDAY LONG RUN

Location 1: Botanical Gardens

Organised by: Aditya Imperial Heights (AIH) Runners

Location 2: Indira Park, Lower Tank Bund

Organised by: Indira Park Tribe

09th July 2023. 05:15 AM

SUNDAY LONG RUN

Location 1: Ratnadeep supermarket, Nallagandla

Organised by: Nallagandla Runners

Location 2: Arts College, Osmania University

Organised by: OU Runners

16th July 2023. 05:15 AM

SUNDAY LONG RUN

Location 1: BHEL International Club

Organised by: BHEL ACE Runners

Location 2: Bhujal Bhavan, Bandlaguda

Organised by: LB Nagar Runners

23rd July 2023. 05:15 AM

SUNDAY LONG RUN

Location: Hyatt Place

Organised by: KBR Runners, Hitec City Runners

29th July 2023. 05:30 AM

HR MEET & GREET RUN

Location: KBR Park

Organised by: Hyderabad Runners

30th July 2023. 05:15 AM

SPECIAL RUN

Location: Bhagyanagar Nandanavanam, Peerzadiguda

Organised by: Uppal Runners

MILESTONE RUNS AND EVENTS AT THE HYDERABAD RUNNERS

HR Anniversary Run – 27th May 2023:

Hyderabad Runners turned 17 last month and a celebratory run was held at the Necklace Road. The run started and finished at Jalavihar. A special commemorative cake was cut after completion of



The Hyderabad Runners would like to congratulate all its patrons, members, and runners on this occasion. The community has grown by leaps and bounds since then, and it has grown into a very vibrant one that is now spread throughout the length and breadth of the city.

HR Annual Awards Night – 27th May 2023



The 10th edition of the Hyderabad Runners' Annual Awards was held at the Daspalla Hotel on 27th May. The event was attended by over 200 runners from the community. It was the first such in-person event after 2019. Over 40 winners were recognised for their contributions and achievements. Hearty congratulations to all the winners and to everyone who made this possible.



Summer Camp Finale at RRC – 30th May 2023



South Central Railway Sports Association's Summer Camp was conducted in May month. Over 460 kids were a part of this summer camp across 10 disciplines like athletics, basketball, chess, footballs, cricket, gymnastics, etc.

As part of the summer camp's itinerary, a 2K run was organised on 30th May at the RRC grounds. Hyderabad Runners Society supported this event by giving away finishers medals to each of the participants.

Around 12 volunteers from the Hyderabad Runners led by the president, Abhijeet Madnurkar, were part of the event.

Jungle Run at Masjidgadda Urban Forest – 4th June 2023



A new destination SLR came up in the run calendar this season – this was the Jungle Camp site at

Masjidgadda near Tukkuguda. Over 150 runners were a part of this event. It was great to see the runners get their families as well for this run. The adventure activities inside the premises were quite a draw and the children did have a good time there. It was a welcome break for everyone from the cityscape. LB Nagar Runners and the Midhani-DRDL Runners group organised this run.

HR Outdoor Kids Finale at TS Forest Academy – 11th June 2023



Hyderabad Runners conducted its annual Outdoor Kids Summer camp program spanning 8 weeks from late April till early June. The final 5K run was held at the Telangana State Forest Academy in Dulapally on 11th June. 800 kids were a part of this program, including 150 kids from 2 government schools and 2 NGOs in Hyderabad. It was a joy watching all the kids during these 8 weeks. As part of the Summer Camp they learnt new skills, honed old skills, faltered yet got up, had a lot of fun, discovered themselves. The program was led by volunteers from the Hyderabad Runners Society. They were aided by trainers from Fitness Gurukul, our training partners.

Telangana Run at Necklace Road – 12th June 2023



Hyderabad Runners took part in the state government's 'Dasabdi Utsavalu' marking 10 years celebrations since the formation of Telangana. As part of this, the government conducted a run on 12th June covering the 2K and 5K categories. Over 6000 runners participated in this run. Hyderabad Runners supported this endeavour by contributing logistically to this event. HR also helped in planning and managing the route.

FACTOID

- Sam Sudhakar



STAIRWAYS TO HEAVEN – RUN TO THE SUN

Widely regarded as one of the greatest rock songs of all time, Stairway to Heaven is a song by Rock band Led Zeppelin, released in late 1971 and then there is another Stairway to Heaven, literally.

4261 steps

780 meters elevation (1.3 km)

Average slope 71% & maximum slope of 89%
That's the route to STAIRWAYS TO HEAVEN by Raiffeisen (The Raiffeisen Group is a leading Swiss retail bank)



Stairways to Heaven is the toughest Vertical Race in Europe!

The endurance race takes place on the steps alongside the Ritom funicular railway in Canton Ticino (Southern Switzerland). With such a brutal steep course, an average slope of over 70%, the race is more of a climb.



The run takes place in the month of May and only 100 bibs are available and is organised between 10 AM to 2 PM. The runners go in single file, in 45-second intervals, since the staircase is narrow.

The route is well secured with trained mountain personnel.

The lone refreshment station is located at the top cable car station.

There are a few places where spectators can watch the race: at the start, from the road in one of the places where it crosses the route or the area of the top cable-car station.

Descent to the departure area is done individually by marked paths or cable car free run when the race is finished.



HR3SIXTY5

GROUP NAME: ALKAPOOR RUNNERS



Alkapoor Runners group is one of the newest running groups on the running scene in Hyderabad and it's heartening to see them grow the way they have. We wrote to them to answer a few questions about their group. Sharing some excerpts here (in their own words):

1. About Alkapoor Runners.

In the recent past, Alkapoor Township Runners group has become a hub of health and wellness, with the rhythmic sound of pounding footsteps echoing through its streets as our group conquers new milestones. The energy and enthusiasm we bring to each run are contagious, inspiring others to lace up their shoes and join in the pursuit of fitness and well-being.

From humble beginnings with just 5 people on 2nd January 2023, our running group has now grown into a vibrant community of 100+ members. This speaks volumes about our dedication, passion and the positive impact we have had on those around us.

Within the bounds of Alkapoor Township, we are not only transforming the physical landscape but also the lives of those who have embraced the joy of running. The support, camaraderie and sense of belongingness in our group are truly remarkable. Together, we have created a tight-knit community where every member feels valued and motivated to push their limits.

Our running group has become more than just a collection of individuals pounding the pavement.

It is a family, united by a shared passion and a common goal of improving their health and overall well-being. In a world where connections can sometimes feel fleeting, our group provides a sense of belongingness that is both empowering and uplifting.

2. What sets the runners of Alkapoor Runners apart?

Alkapoor Township runners stand out for our sense of community bonding, shared passion for fitness, community growth mindset, resilience, active support system, inclusivity and positive impact. Our shared values and dedication to personal and collective growth make us a truly exceptional group, leaving an enduring impression on the running community and beyond.

We have fostered a strong sense of community and camaraderie. We support and motivate each other, creating an inclusive environment where everyone feels welcomed and encouraged. This bond goes beyond running, extending into various aspects of their lives.

Alkapoor Township runners have a genuine passion for fitness and well-being. They understand the importance of leading an active lifestyle and prioritising their health. This dedication fuels their commitment to regular running and inspires others to join in their pursuit of physical fitness.

We embrace a growth mindset, constantly seeking improvement and personal growth. We set goals, challenge ourselves, and consistently strive to surpass our limits. This mindset fosters an environment of continuous learning and self-development within the running group.

Running is not always easy, but Alkapoor Township runners embody resilience. They understand that progress comes through perseverance and overcoming obstacles. Whether it's running longer distances, improving speed, or overcoming personal setbacks, they face challenges head-on and emerge stronger from each experience.

At the Alkapoor Runners, we actively support each other's progress and celebrate individual achievements. Whether it's cheering during races, organising training sessions or providing encouragement during difficult times, we create a network of unwavering support that propels each member forward.

We welcome individuals from diverse backgrounds, ages and fitness levels. We understand that running is for everyone, and strive to create an environment where all members feel comfortable and valued. This inclusive approach enriches the running experience and promotes unity within the group.

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

Like any large running group, we have our own regulars and not-so regulars. The regulars in the group inspire others to be more consistent.

Amongst us, the regular runners include Abhinav, Arun, Dibon, Triveni, Sugyani, Biren, Raja, Raj, Amalay, Shreekant, Momy, Harish, Sravan, Rajashekar.

We hope that more runners join this list of regulars.



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

Alkapoor Township spans across a total area of approximately 400 acres and we have a 5 km running route inside the township with a lot of greenery throughout the track. Alkapoor Township is well known for its public parks. It has more than 24 parks which are named after freedom fighters; these parks are used by joggers/runners. Our group's daily activities happen at the Mahatma Gandhi Park.

Alkapoor is very near to the Military area and Narsingi areas. We use these for our tempo runs. Hills too aren't far for us, we go there for our hill repeats. We also cycle regularly around these areas.

The newly upcoming cycling track along the ORR is also closer to our area. We use these routes for our regular SLRs. While some of us run the long runs, the others come forward with the SAG support.

5. Who should the newcomers reach out to?

Abhinav – 9703047184



NUTRITION



ENERGY GELS AND THEIR ROLE IN ENDURANCE RUNNING

Eating a healthy diet during training is an important aspect of preparation for a marathon. Fuelling strategies used during the race also play a role in optimizing race day performance. Our bodies draw energy to run from both carbohydrates and fats during a run. We have a good storage of fat in our bodies to support a run, but fat takes longer to burn and provides the energy needed. So, carbohydrates stored in our body in the form of glycogen and carbohydrates we provide during fueling become the two main sources of energy for us during a marathon. An endurance runner burns off stored glycogen reserves in the body in about 60-120 minutes, depending on the speeds of their run. In order to keep the energy levels up beyond this point, it is important to provide sources of energy that give instant energy to continue throughout the race. This is where energy gels can help.

Energy gels are gaining prominence in the area of both fuelling and refueling during races. Energy gels are designed to provide a quick and easily digestible source of carbohydrates, electrolytes and sometimes caffeine. Here are some key points about energy gels:

1. Purpose: Energy gels are primarily used to replenish glycogen stores and provide a boost of energy during long-distance running. Glycogen is the primary fuel source for muscles, and as it depletes during extended exercise, energy gels can help maintain performance and delay fatigue.

2. Carbohydrate content: Energy gels typically contain a high concentration of carbohydrates, usually in the form of glucose, maltodextrin or a combination of both. These carbohydrates are rapidly absorbed by the body and provide an immediate source of energy.

3. Electrolytes: Many energy gels also include electrolytes like sodium, potassium and magnesium. These minerals help maintain proper fluid balance, aid in muscle function and prevent cramping. Electrolyte replenishment becomes crucial during prolonged exercise, especially in hot and humid conditions when sweating is more significant.

4. Caffeine content: Some energy gels include caffeine as an additional ingredient. Caffeine can enhance endurance performance by reducing perceived exertion, increasing alertness, and stimulating the central nervous system. However, individual caffeine sensitivity varies, and it's important to assess your tolerance before relying on caffeinated gels during a marathon.

5. Timing and consumption: Energy gels are typically consumed during the run, spaced out at regular intervals. The exact timing and frequency depend on personal preference, the gel's instructions, and individual energy needs. It's essential to drink water along with energy gels to aid digestion and prevent dehydration.

6. Practice and experimentation: It's recommended to train with energy gels during your marathon preparation to understand how your body responds to them. Different brands and flavours may have varying tastes, textures and effects on digestion. Finding the right gel that suits your needs and doesn't cause stomach discomfort is crucial for race day performance.

7. Compatibility with other nutrition: Energy gels can be used in conjunction with other nutrition strategies like sports drinks, energy bars or real food like banana, watermelon, muskmelon, pineapple, dates, raisins, etc., depending on individual preferences and requirements. It is important to maintain a balanced approach and consider your overall nutrition plan for optimal performance.

Remember, while energy gels can be beneficial, they are not a substitute for proper training, hydration and overall nutrition. It's always recommended to consult with a sports nutritionist or healthcare professional to tailor your fuelling strategy to your specific needs and goals. And, more importantly, give yourself ample time during training for trying various fueling options to figure out what suits your needs and meets your requirements most for the race day.

RUN-TITUDE MINDSETS OF A MARATHONER: RUN... TO BECOME A BETTER LEADER!

Leadership! One role almost every one of us wants to work on at some point of time in our career... to create a larger impact, to make strategic decisions, and work with people and help them grow *and succeed*.

"Now, just a minute Revathi", you may say, "this is a runners' magazine, not a human resources journal! Why then are we talking about organisations and leadership?" you may ask. This is because excellent runners have the potential to make for excellent

leaders! Or may I say, one way to learn to be an excellent leader, is to practice excellence in running!

So, how do running and leadership relate? What are those leadership mindsets and how do we, as runners, have an innate ability to grow them? There are so many traits and qualities of leadership that we as runners show at our best. Here are some of them:

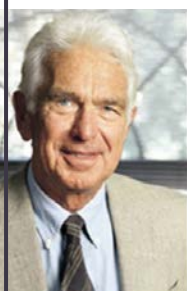
- **Manifesting a vision:** Runners know how to create a long-term vision. As we start with a 5km we start thinking about where we want to be a year from now to where we want to go 3 to 5 years from now to full marathon and ultra runs. Transferring this skill to being a leader helps us look at where we need to take our teams – it gives us and them a direction
- **Setting realistic goals:** Runners know how much to stretch based on where we are today, what are the potential risks of injuries, and how to navigate ourselves to get there within realistic timelines. This can be so powerful for leaders to support their teams to achieve their targets as per timelines
- **Agility to pivot:** Most marathoners I know say that their first plan of graduating to a marathoner from a 5k never went as they planned for it. They got hit, they faced struggles, they had to circumvent and pivot each time to keep on their path. Businesses always often face unprecedented crises and as leaders we have to learn how to pivot and innovate to keep moving forward
- **Celebrating small wins:** Success at work does not happen in a few days or weeks or months. Success takes time. As runners, we know that even if our sights are set on a marathon goal, we need to celebrate those small wins that happen in between – that heart rate drop, that shaving off of time, that extra km we could run, every medal we don, every race we finish – we celebrate them all. Think all the small wins you could get your teams to celebrate
- **Overcoming failure:** Ever met a marathoner without a DNF or who did not hit the wall or feel their legs give away at some point of time in some race or the other? Yet, we get back up and get back on the road and get back to another race! As leaders, we need to understand the fears and concerns of our team and help them to be resilient enough to look beyond failures and keep moving. Transferring this skill from running to leadership can have a deep positive impact on their risk-taking abilities and attitudes

From setting goals, being organized and methodical in your strategies, constantly motivating self and others, working together as a team, ability to perform under pressure, increasing confidence levels, adapting to situations, practicing excellence, managing stress and priorities – there are so many more qualities that we as individuals strive to imbibe on a daily basis that just seem to flow with us while we practice running...

Running a race and running a team or a business have so many similarities. It is time to take all those qualities that we manifest whilst running and implement them when leading teams!



Revathi Turaga has 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. As a psychologist and the Founder-Director of LearnSprint, she also writes various journal articles and newspaper columns and is the author of the books "You have the Power" and "Unlock – tinker your thoughts".



While great leaders may be as rare as great runners, great actors, or great painters, everyone has leadership potential, just as everyone has some ability at running, acting, and painting.

— Warren G. Bennis —

AZ QUOTES

RUNNERS AND BALANCING EXERCISES!

TRAIN LIKE A PRO

Ever been to a circus or a street show, and watched in awe as the person, stick in hand, easily walks on a thin rope up in the air and balances themselves with ease?

Does it take you back to those childhood years where you jumped up onto a small ledge or parapet and tried walking on it one foot at a time, arms flailing outwards, and body see-sawing left to right, all trying to balance yourself to walk through????

If you tried that today, as a long-distance runner, how easy or tough would you find it to be?

Running is a dynamic forward movement where, at any time, there is only one foot on the ground. Every stride we run, we need to balance ourselves on one leg, and then stabilise through the various joints. Balancing exercises are thus an essential component of a runner's training regime.

Runners though, in general, love to work for endurance, strength and flexibility by working out with weights, practicing yoga and Pilates and so on... and rarely focus on the importance of balancing exercises!

What are balancing exercises and why are they important for runners?

Balancing workouts for runners involve a combination of different variations and types of exercises that target various aspects of fitness, including strength, flexibility, endurance and coordination.

A well-rounded exercise program for runners should include the following components:

1. Running: Of course, running is the primary exercise for runners. It's important to gradually increase your running volume and intensity to avoid injury and improve your performance.

2. Strength training: Strength training can help prevent injuries by improving your muscle strength and endurance. Focus on exercises that target the lower body, such as squats, lunges, and deadlifts, as well as exercises for the core, such as planks and Russian twists.

3. Flexibility training: Flexibility training can improve your range of motion and help prevent injuries. Incorporate stretching exercises for the major muscle groups, including the hamstrings, quads, hips and calves.

4. Balance and coordination training: Balance and coordination training can improve your running efficiency and reduce the risk of falls and injuries. Exercises such as single-leg squats and lateral hops can help improve your balance and coordination.

The last one is usually given the least importance. It however is important for runners to give it the priority it deserves and include it in their workout regimes.

List of balancing exercises for long distance runners

Here are some balancing exercises one can include in his/her training:

- Single leg balance
- Single leg knee to chest
- Leg swings
- Single leg squat and reach
- Walking on the toes forward and backward
- Standing split

Conclusion

Balance is a complex combination of muscle strength and coordination. Balancing exercises help to improve one's ability to run easily on different and uneven surfaces. Lack of balance increases risk of injury. Improving balance can increase the ability of the proprioceptors in feet and legs to anticipate movement changes so that runs are smoother and faster.

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



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.

NECK – THE NEGLECTED PIECE OF THE RUNNING PUZZLE!

TRIUMPHANT RUNNING: THE PHYSIO WAY

“Aah! My neck hurts”, suddenly my co-runner muttered while running. He turns and looks at the physio in me, puzzled, “But, isn’t running a sport that mainly uses the legs? Why then does my neck strain off late???”

He is not alone in this! So many runners I speak to speak of this unthinkable and unfathomable link between running and pains in their neck that presumably have nothing to do with running!

Reminds me of the butterfly effect... how a butterfly flapping its wings in one part of the world can cause devastating consequences in another part. Rather, in more practical terms, how something small and insignificant at one place can cause a major change in circumstance at another place! Sounds ridiculous??? Ever heard the story of this aspiring young artist filled with optimism who was rejected twice from the Academy of Fine Arts, Vienna in 1905, who went on to trigger the biggest war that almost ended all wars?? Yes, the story of Adolf Hitler! The butterfly effect may have its own way of showing up anywhere, anytime... and the same goes for within the human body too!

Running with wrong posture and without proper preparations can cause not just pain in one’s legs but also in the neck!!!

So, if this seemingly ridiculous neck pain sounds familiar, and you often wonder what’s causing this pain and more importantly how to stop or prevent it, do not worry! You are not alone.

Let me help you understand this...

Although your lower body does most of the work while running, your upper body is also an important piece of the puzzle.

If you’re feeling any sort of soreness or pain in your neck and shoulders while running, know that there could be many (running and non-running) causes that you need to address. Below are a few such reflections for yourself.

Posture

One of the most common causes is poor posture while running and other day-to-day activities as well.

Especially for runners who spend long hours behind the desk, leads to forward head posture, which eventually translates into the running form. Adding logging miles to this indirectly irritates the cervical spine by changing centre of gravity.

Gazing Down at The Ground

Although the eyes are not talked about much when it comes to running technique, the rest of your body will follow your gaze. Gazing down flexes your neck too.

Excessive movement in the Arms

When you excessively move your arms, you’ll more than likely experience undue strain on your shoulders and neck.

Clenching Your Fists

Clenching your fists while running creates tension that travels up your forearm and upper arm and neck.

Log in enough miles, and this tension can cause drastic stress on your arms, shoulders and neck, which impacts how you run.

Dehydration

When your body is dehydrated, your muscles, ligaments and tendons get tighter, which can contribute to neck pain.

Staying well hydrated keeps the discs between the vertebrae well lubricated, key for maintaining disc height and spinal alignment. Thus, the weight distribution will be even.

Direct Injury to neck

when you have actually hurt your neck—or the muscles and joints surrounding it—while doing something else.

THE FIX

Can we actually eliminate a butterfly effect? Maybe entirely not. But we can potentially pause and minimize the damage that can happen to a distal part of our body by following some precautions:

- Maintaining optimal posture while working, exercising, running helps to balance the muscles and counteract excessive loading.
- Exercises to strengthen neck n spine, besides proper ergonomics at the workstation.
- Tuck your chin in and keep your gaze up toward the horizon while running. By doing this, your body will be directed according to your line of sight.
- As a rule, keep the movement of the arms smooth, loose, but in control. Keep in mind that the movement is taking place at your shoulder, not your elbow.

- Imagine holding an A4 sheet in your hands between your forefinger and thumb and don't want to drop it as you run, practicing this eventually will help reduce tension in the shoulders due to clenched fist.

Drinking plenty of water throughout the day should help keep your body well hydrated not only around your runs but throughout the day. Make sure you check your urine colour as a standard hydration check.

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



Dr. Shruti Desai is the Founder of The Panacea Centre with over 11 years of experience. She is a certified yoga & Pilates instructor, and Hyderabad's first NKT certified practitioner.

YOGA FOR PCOD

- Pratibha Agarwal
Director and Instructor Anahata Yoga Zone

The 9th International Yoga Day passed by us a few days ago. The last edition of the newsletter brings to you, 'Yoga for PCOS'. In this edition, we will discuss 'Yoga for PCOD'. PCOD currently affects 1 in every 10 women across the world. The prevalence rate of PCOD is also high among Indian women.

What is PCOD?

In this condition, the hormones of a woman go out of balance which creates various symptoms, including the absence of ovulation, irregular menstrual cycle, difficulty conceiving, weight gain, acne and hirsutism.

Yoga and PCOD

Relaxation is the key to treating PCOD. Ensure to relax in each asana by coordinating it with breathing. Take long and deep breaths as you perform each posture.

Here are 4 asanas, to help you manage PCOD.

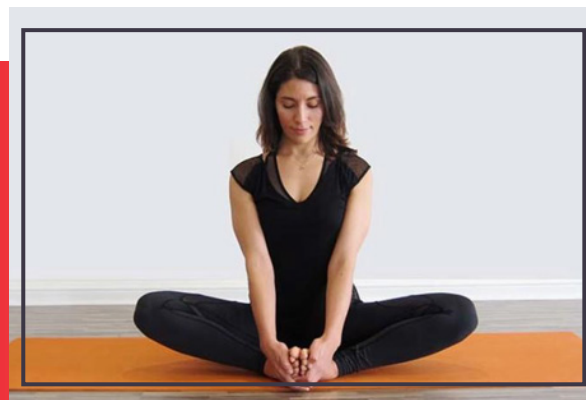
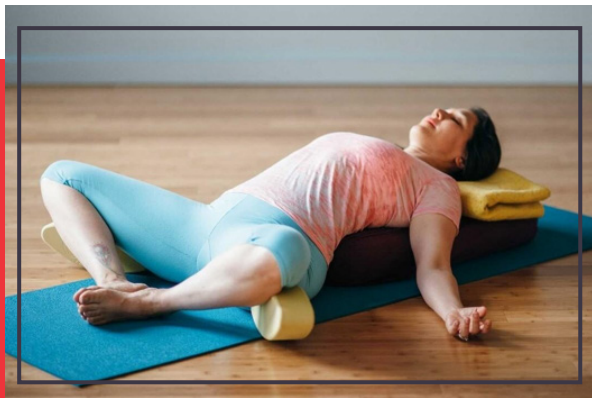
1. BUTTERFLY POSE

Tips for practicing Butterfly Pose:

1. Sit on the edge of a cushion or folded blanket. This increases comfort and makes it easier to sit up straight.
2. To increase the intensity of the stretch, position your feet closer to your hips.
3. For more comfort, place cushions or blocks under your thighs or knees.
4. Sit against a wall for spinal support.

To do Butterfly Pose:

1. Begin in a seated position.
2. Gently bend your knees and press the soles of your feet together.
3. Interlace your fingers around the pinkie-toe side of your feet, or place your hands on your ankles or shins.
4. Lengthen your spine and broaden across your chest.
5. Draw your shoulders down and back.
6. Stay in this position for up to 5 minutes.
7. To release the pose, extend your legs forward and lean back on your hands.



2. SUPTA BADHAKONASANA

1. Lying on your back, bend the knees and bring the bottoms of the feet together. Bring the feet to the floor with the heels close to the hips. Let the knees open wide apart.
2. Inhale and slide the arms along the floor up over your head. Place the palms together, crossing the thumbs.
3. Breathe and hold for 4–8 breaths.
4. To release: exhale and gently release the arms and legs.

3. BHARADVAJASANA

1. Start with a seated position. Bend both knees towards your left buttock and place both feet next to the left buttock. Place the ankle of your left foot on the arch of your right foot. Press your knees together. If you tend to tilt here, then place a blanket underneath your right buttock.
2. Now, place your left palm on your right knee. Stretch your spine and inhale.
3. Exhale and turn your torso to the right. Move your right shoulder back. Place your right palm on the floor/blanket behind your right buttock. If the floor is too far due to which your spine is curved or shoulders are drooping, then keep a block just behind the right buttock and rest your right palm on this block. If you do not have a block, you can use a thick book, a jar or a cooking pan placed upside-down!
4. Inhale, press both hands down and raise your spine and chest.
5. Exhale, and look over your right shoulder.
6. Hold the pose as long as comfortable while breathing normally.
7. Return and repeat on the other side. Relax.



4. SURYA NAMASKAR

Pose 1: Prayer pose – Pranamasana.

Stand at the edge of your mat, keep your feet together, and balance your weight equally on both feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in a prayer position.





Pose 2: Raised arms pose – Hasta Uttanasana

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.

Pose 3: Hand to foot pose – Hasta Padasana.

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.



Pose 4: Equestrian pose – Ashwa Sanchalanasana

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

Pose 5: Dandasana

As you breathe in, take the left leg back and bring the whole body in a straight line.



Pose 6: Ashtanga Namaskara

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

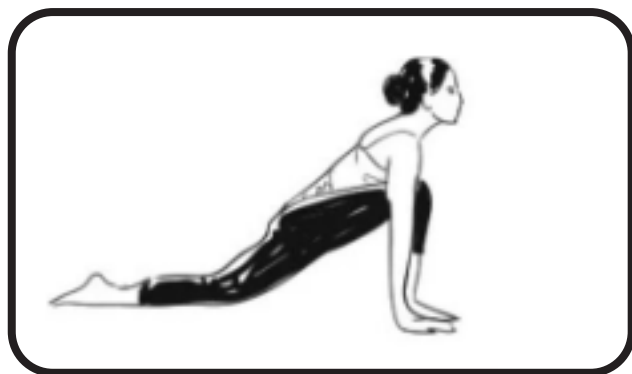
Pose 7: Cobra pose – Bhujangasana

Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.



Pose 8: Adho Mukha Svanasana (Downward facing dog pose)

Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose.

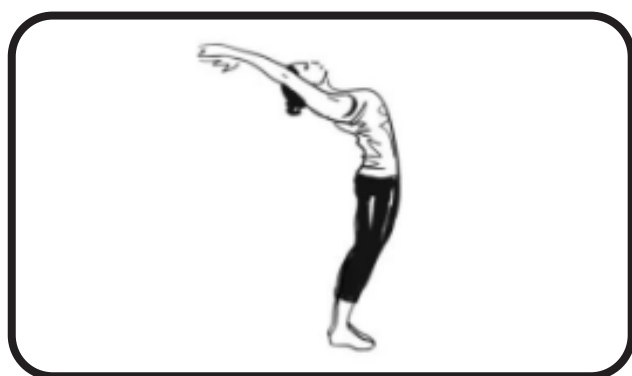
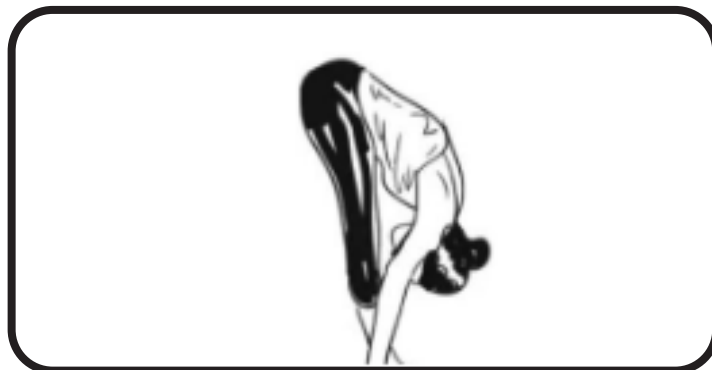


Pose 9: Equestrian pose – Ashwa Sanchalanasana.

Breathing in, bring the right foot forward in between the two hands. The left knee goes down on the floor. Press the hips down and look up.

Pose 10: Hastapadasana (Standing forward bend)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if nec-

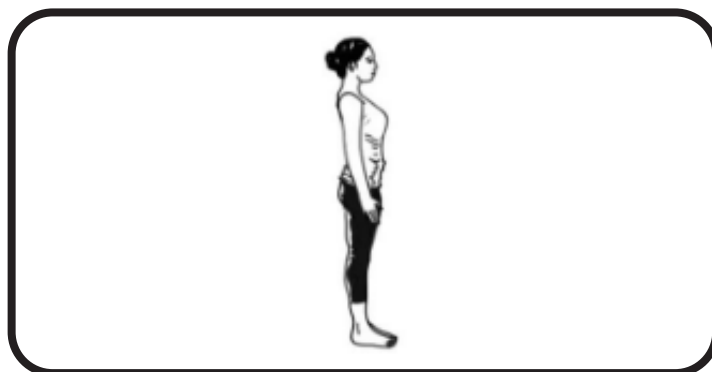


Pose 11: Raised Arms Pose– Hasta Uttanasana

Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.

Pose 12: Standing Mountain pose – Tadasana.

As you exhale, first straighten the body, then bring the arms down. Relax in this position and observe the sensations in your body



EDITORIAL TEAM

**Amritha Chandramouli
Prasad Vadali
Revathi Turaga**

**Sagarika Melkote
Samuel Sudhakar
Shalini Sinha**

**Sujai Antony
Vijigeesha Veluri
Sunder Nagesh K (Editor)**

ADDRESS

Hyderabad Runners Society
Apmas Building, 3rd Floor,
Hig Huda Colony, Next to Light & Light,
Tanasha Nagar, Manikonda,
Hyderabad, Telangana, 500089.

Phone Number: +91 9701055611

Email: newsletter@hyderabadrunners.com

