

**RUNNING  
NEWS**  
from around  
the world

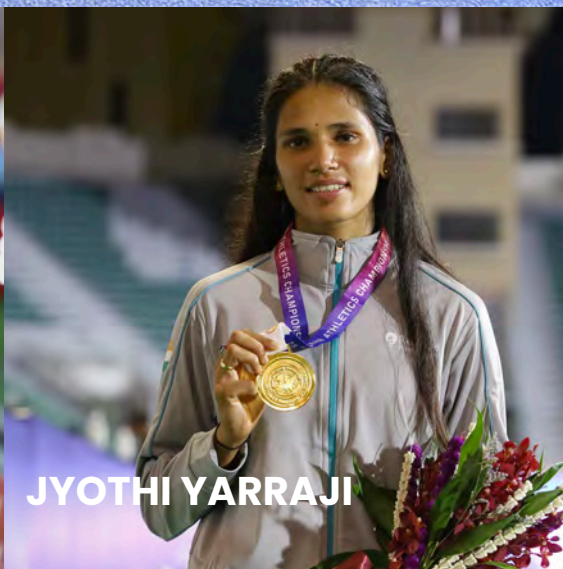
## RUN & LEARN

CPR Sessions at the Sunday Long Runs

**MY TREK**  
To Everest Base Camp  
(EBC)--Arya Tati



**FAITH KIPYEGON**



**JYOTHI YARRAJI**

# RUNNING NEWS

## FROM AROUND THE WORLD – JULY 2023

### Western States Endurance Run (WSER)

Western States Endurance Run (WSER) – One of the oldest and the most competitive ultramarathons in the United States took place on the weekend of June 24th. The most incredible story of the event was **Courtney Dauwalter's** record shattering performance. Dauwalter broke Ellie Greenwood's 11 year old course record by more than an hour, finishing at 15:29:33. She also became the first woman in WSER history to break the 16 hour mark and finished 6th place overall.

**Tom Evans** from the United Kingdom came first in the men's field. With a timing of 14:40 it was the fourth fastest men's time at WSER.

**Hardrock 100 miler – Courtney Dauwalter** didn't stop with WSER, she also won the **Hardrock 100** on the July 15-16th weekend. She finished 102.5 miles in 26:14:12, a **new course record**. She surpassed the earlier record that she had set in 2022 (26:44:36). The men's category was won by **Aurelien Dunand-Pallaz** from France who finished the distance in 23:00:30



(Pic courtesy: Facebook page of Courtney Dauwalter)

**Women's Mile record** – Kenya's **Faith Kipyegon** broke the women's mile record at the Diamond League in Monaco. She ran the distance in 4:07:67 beating Sifan Hassan's record that was set in 2019. Faith is on a record-breaking spree this year and she has already set new records at 1500m and 5000m.



(Pic courtesy: Runner's world)

Marathon world Record holder **Eliud Kipchoge** announced that he will participate in the Berlin Marathon on 24 Sep 2023. If Kipchoge wins, he will become the first athlete in history to win the Berlin Marathon five times.

**Asian Athletic Championships:** In the Indian athletic scene, we saw some incredible performances at the Asian Athletics Championships at Bangkok.

**Jyothi Yarraji** made history by winning India's first gold ever at the Women's 100m hurdles.

**Abdulla Aboobacker** won gold at the Men's triple jump. **Parul Chaudhary** won Gold at the 3000m steeplechase event.



(Pic courtesy: Twitter handle of Reliance Foundation)

The Asian games shall be the next stop for the Indian athletes. **Asian games** shall be held this year at **Hangzhou** from September 23rd to October 8th.



# CURRENT ACTIVITIES OF HYDERABAD RUNNERS

## Sunday Long Runs in August

**06th August 2023**

**MARATHON DRY RUN SUPPORTED BY OPTUM**

Location 1: Necklace road MMTS station (05:00 AM)

Pin: <https://goo.gl/maps/ceqZfsMmfaJqIfVF8>

Location 2: HITEX Campus (06:15 AM)

Pin: <https://goo.gl/maps/f2jDV1d4CqMboMch8>

Organized by: Hyderabad Runners

**20th August 2023. 05:15 AM**

**MARATHON PROMO RUN BY CENTRO**

Location 1: Centro Grande, Jubilee Hills

Pin: <https://goo.gl/maps/oNcPnzJJVDn8sAwX6>

Organized by: Hyderabad Runners

**26th August 2023. 05:30 AM**

**NMDC HYDERABAD MARATHON 2023  
POWERED BY IDFC FIRST BANK - 5K RUN**

Location: Hitex

Pin: <https://goo.gl/maps/f2jDV1d4CqMboMch8>

Organized by: Hyderabad Runner

**27th August 2023. 05:15 AM**

**NMDC HYDERABAD MARATHON 2023 POWERED BY  
IDFC FIRST BANK - MARATHON, HALF-MARATHON, 10K**

Location 1: People's plaza, Necklace road (05:00 AM)

Pin: <https://goo.gl/maps/ZIHLZGLm9TLCBGk7>

Organized by: Hyderabad Runners

Location 2: HITEX Campus (07:00 AM)

Pin: <https://goo.gl/maps/f2jDV1d4CqMboMch8>

Organized by: Hyderabad Runners

For any queries on Sunday Long Runs, please visit

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

Alternatively, you can also write to

[executive@hyderabadrunners.com](mailto:executive@hyderabadrunners.com)

or call Yalamanda Rao N @ 8790729000

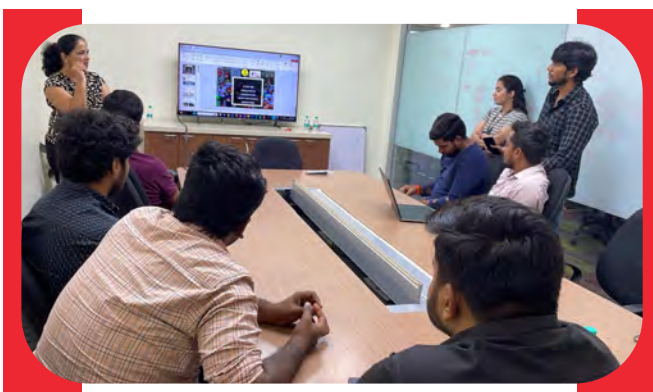
## Marathon edition of the k25k program

The marathon edition of Hyderabad Runner's flagship, the K25K (Kouch to 5K) program commenced from 17th July at 20 locations across Hyderabad. This time, it's a 6-week program that'll culminate with the 5K event of the NMDC Hyderabad Marathon 2023 powered by IDFC First Bank. The program is yet another attempt at bringing more people to adopt a healthy lifestyle via running. Over 350 new runners are now a part of this program. The rains played a spoilsport initially but the program has picked up well after the 1st week.



## Corporate Talks

Hyderabad Runners Society has been facilitating motivational and educational talks at various corporate offices that register in large numbers for the Hyderabad Marathon. The purpose is to inspire, encourage, and educate their employees to participate in the race and to adopt a fit lifestyle. Long hours of sitting and a lack of adequate movement often mars one's health and this needs an intervention in some manner. Thus every year, runners walk into organizations and speak with the employees on various facets of running and fitness. Continuing the tradition, a 6 member team of senior veteran runners is currently visiting various corporates in and around Hyderabad to spread the message of fitness and physical health. It's heartening to see the corporates imbibe the sessions and take steps to change their lifestyles. Gearing up to this year's Hyderabad Marathon, our speakers have given talks in over 12 corporate offices.



## CPR Training Sessions for Runners: 16th July 2023

First responses to any medical situation have proven to be life-saving and any such responses should be learnt by as many people as possible. CPR (cardiopulmonary resuscitation) is one such life-saving procedure that's done when someone's heart stops beating suddenly. It's important that as many people know how to do this procedure. Taking this idea forward, Care Hospital (medical partners for the NMDC Hyderabad Marathon 2023 powered by IDFC First Bank) have started to visit our Sunday long run (SLR) locations to impart CPR training to the runners. These sessions have been enriching and enlightening for the runners.



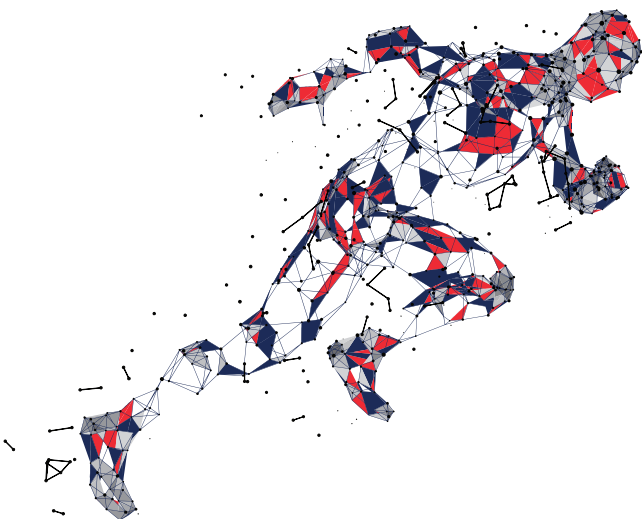
## IDFC First Bank's "Always you FIRST" PROMO RUN : 30th July 2023

As one of the main sponsors for the Hyderabad Marathon, IDFC First Bank (in partnership with the Hyderabad Runners) presented the first sponsor supported run in a series of such runs lined up for the forthcoming Hyderabad Marathon. Nearly 1000 runners enrolled for this run that brought about a mini event-like experience for everyone, weeks before the tentpole event. Jalavihar on the Necklace road was the venue for this event and the weather was just near perfect.



## Corporate engagement activities

Hyderabad Runners Society has always welcomed the opportunity to help bring changes in lifestyle of the general populace. Carrying the same zeal forward, this month HRS conducted sports activities in Microsoft & Infosys office campuses. We interacted with their employees and encouraged them to take part in fitness and fun challenges like pushups, squats, planks, etc. The winners were awarded with goodies and everyone was given an opportunity to register for the NMDC Hyderabad Marathon 2023 powered by IDFC FIRST Bank.

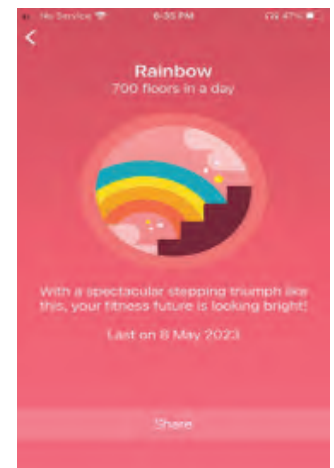
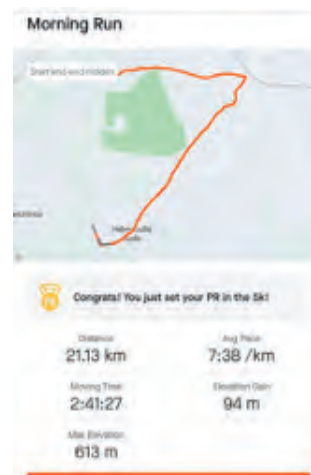


# MY TREK

## TO EVEREST BASE CAMP (EBC)--ARYA TATI



Another Person who shaped me for the hike was my running coach, **Siva Swaroop**. Siva came up with a plan to help strengthen my legs, body, and mindset. Some of the most fun parts of training for Everest base camp came within the week before my trek - My all-time high run, and my all-time high floor record. I ran my first half marathon in just over 2h 31 minutes so I'd felt ready for the trek. Another was my all-time floor record of mine, where I climbed 700 floors in a day.



The journey to the Everest Base camp is like no other. The unparalleled views matched with the isolated layout of the plains and the atmosphere make it a thrill to anyone. My name is **Arya Tati**, I am 15 years old, and on a mission to conquer the mother of mountains, **Everest!**

### Training

My journey started where all journeys begin; training and I trained hard. The training was undoubtedly an essential part of my journey to the Everest base camp. If I hadn't put in the hours, I simply wouldn't have been able to endure the distance. I approached my trainer to customize my training plan specific to EBC and he, along with my running fraternity, shaped me before and during my mission.

The last 3 months, before my hike, were brutal as I had to train every day, adding more distance, floors, and hours every week. Thankfully I had a lot of help from my team members, and they pushed me to better heights. Two of my mentors, **Sowjanya** and **Raju** constantly coached me and were a great help. Whenever I had to go for a run, they'd always be ready to run with me or hike with me.

### The Journey

The trek was to start on the 16th of May 2023; so I along with my father and 6 of our run mates went on. It was supposed to be a 14-day trek, spanning 140km and taking over 100 hours in total.

We arrived in Nepal on the 15th of May in the evening and the trek was supposed to start the next day after catching a small flight to Lukla. However, trouble struck, with bad weather and flight delays. After waiting close to 9 hours in the airport, we decided to head to another city called Ramechhap to get a flight to Lukla. The trek started the following day.

Going up I felt confident as I believed I had prepared enough, and the trek went well for the first few days. The first day was easy and quite fun, as you get to go to the official **Gates of Everest** which marks the start of the journey.

Compared to the first day, I had assumed the second day to be easy; but it was anything but that. A whopping 150-meter incline for the tallest bridge! The **Edmund Hillary Bridge** was a sight to see, getting there took a toll on my legs. It was one of the toughest days of the trek, as we covered about 800 meters of total elevation that day. During this time, Abhi and his father were of great help.

While Abhi made me laugh, his father was amazing. At the age of 62, he was hiking EBC and ahead of the pack, the quickest and most agile in our group! It was astonishing to see him walk briskly ahead of us while we walked slowly.

On day 6, we arrived at a place called Dingboche. Everyone in my group was drained by now. Thankfully the next day was an acclimatization day which meant that we would go up to train our lungs and come back down. It was quite an easy trek, but what made it special is the detour we took; which was to a beautiful monastery at around 4900m elevation. The view was stunning, and the atmosphere there was like no other.

### Basecamp

As the days passed by, I couldn't help my imagination ignite to view the base camp. The days following the 2nd day weren't as bad, and I was thankful for it. On Day 10, we had a 10-hour trek to the base camp. We started from our tea house around 7:00 AM. It was a 3.5-hour trek from the teahouse to the lunch place, which was quite tiring; but we still had over 6 hours to go! Eventually, we made it, and the view was simply glamorous. We took several pictures, and I was super proud of myself!

### A scary encounter

However, the scariest part was yet to come, and it could have been my last. On the way to the teahouse for lunch, I came across a line of jaffas (big buffaloes). Usually, this is not a problem but I was at a dangerous spot when I encountered them. One side of me had a steep cliff with no support, and the other was a cliff 200m straight down. The jaffas remained calm, all of them except the last one which charged at me! Thankfully, my savior **Satya** pulled me up just in time, and I was out of danger. If not for Satya, I would have been seriously injured. It's definitely one of the scariest incidents of my life, and I will never forget that he picked me up in the nick of time.

### A memorable trip

My journey to Everest Base Camp was not merely a physical adventure; it was a thrilling experience that taught me valuable life lessons, but above all, it taught me that through hard work and will, anything is possible. It's a wonderful feeling to have made it to the base camp; one that I will never forget.

**Arya Tati** is in Grade 11 (AS-Level) Cambridge, at Kennedy High, the Global school. He is passionate about running, trekking and other adventure sports. He is part of the BHEL ACE Runners group. The entire trek to the Everest Base camp took 14 days.



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