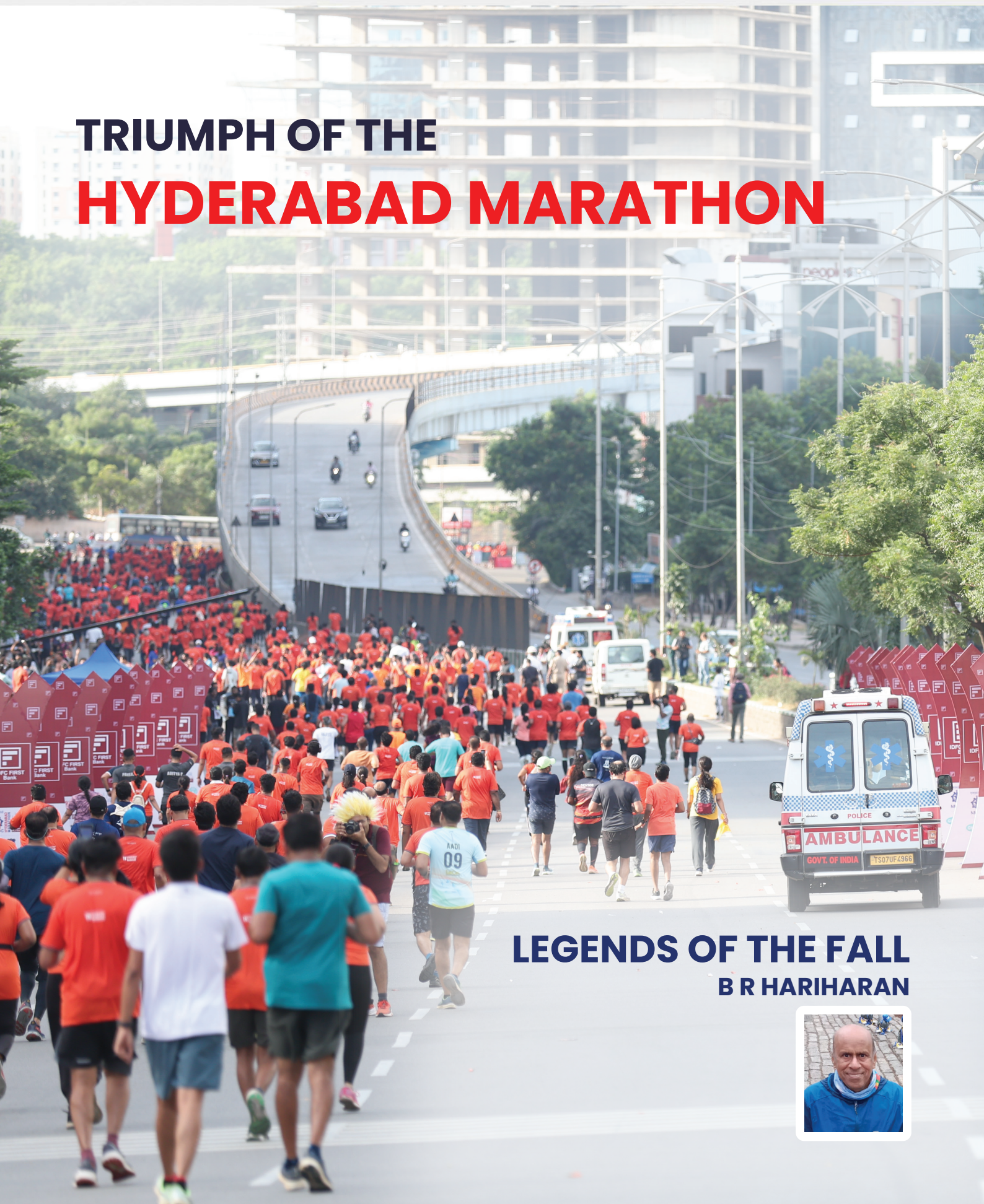


# RUNdezvous

SEPTEMBER 2023

**HYDERABAD**  
**RUNNERS**  
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## TRIUMPH OF THE HYDERABAD MARATHON



**LEGENDS OF THE FALL**  
**B R HARIHARAN**





# PRESIDENT'S MESSAGE

Dear Runners

The running season has started with a bang! August saw the 12th edition of our Marathon, the NMDC Hyderabad Marathon. With almost 22000 runners participating and about 4000 volunteers encouraging them in various ways, this has become the most popular sporting event of the state! It is quite heartening to see the growing support from the city, the government and the civic authorities too. This year saw the weather gods being a bit kind to the runners and with the races starting 30 minutes earlier than in previous years, the course record definitely was up for the taking. The new course record is 2:23:38 by Gopi Thonakal. I take this opportunity to congratulate all the participants who completed the race successfully.

The action at the Berlin marathon last week was spectacular. All eyes were on Kipchoge to better his own World record of 2:01:09. We did get a new World Record, but that was in the women's race, by Tigist Assefa, who beat the previous WR by over 2 minutes, to finish with a time of 2:11:53. And come to think of it, she is a former 800m specialist. What a transformation! Some of our Hyderabad Runners were in Berlin for the race and we will wait for them to come back to Hyderabad to regale us with their Berlin experience, before moving the focus to the Chicago Marathon or even the ICC Cricket World Cup!

Meanwhile, here at Hyderabad Runners, it's back to our training program – Train and Shine. Our "Beyond the Track" webinars are garnering good attention. In recent times the spotlight has been on cardiac health. We had a doctors' panel discussion in August as a Health Awareness interaction, with specific focus on cardiac health and recovery, which was well received. All the webinars and recorded sessions are available on our FB page for viewing. We have started running programs in five government schools too - supporting them with trainers, training programs and some running related gear. We plan to increase the scope of such programs going ahead.

Wish you all a great running season ahead.

Yours sincerely  
**ABHIJEET MADNURKAR**  
President

Hyderabad Runners Society



# EDITOR'S MESSAGE

Hello everyone,

Trust you're all well and are excited to read the latest edition of our newsletter

This edition has exciting specials covering the just completed **Hyderabad Marathon** (the facts and the numbers around it), an article on the running-machine called **Hariharan** (HHRan) who completed his 250th timed event with the latest edition of the Hyderabad Marathon. Plus, we've **Javhara** taking us to the roof of the world by sharing a note on her experience of running the Ladakh marathon.

Apart from these, we've our usual articles; plus the crossword makes a comeback too.

Our articles viz. Runtitude, Train like a Pro and Triumphant Running: the Physio way cover ways in which we can become better runners - physically and mentally.

In the Yoga section, we get to know how to pose like warriors. In the Nutrition section, **Lahari** answers a few queries from runners.

We hope you enjoy reading these articles. Do let us know your honest feedback on our content; we are always open to any kind of feedback.

Cheers !!

**SUNDER NAGESH K**  
Editor



# LEGENDS OF THE FALL: B R HARIHARAN

Sagarika Melkote

Year on year, as we celebrate the success of yet another edition of the Hyderabad Marathon, the season gradually changes. The sun sets earlier, the monsoon is on its way out and the weather is slowly transitioning into autumn or what is known as Fall season in the USA. For those who are wondering why the reference to **Fall** and the rather cryptic title of this piece, we will come to that shortly.

This year, the Hyderabad Marathon was special in more ways than one. Besides being the twelfth year of the marathon, it was the celebration of achievements of two of the founding members of Hyderabad Runners. **B R Hariharan** (or **HHRan** as he is fondly known and 75 years of age) ran a Half Marathon, which was his **250th timed run!** **Anuradha Raju** (55 years of age and a grandmother to three grandkids) ran her **100th Full Marathon** the same day! Both these people have been associated with Hyderabad Runners since its inception and they ensured that they timed their milestone runs thus. They could not have planned better. The thunderous applause that greeted **HHRan** and **Anuradha** as they made their way to the finish line at the Gachibowli Stadium had to be seen to be believed. Crowds cheering **HHRan** were wearing T-shirts with his picture and Anuradha's family and friends, including her three grandkids, again in T-shirts made specially for the occasion were there to receive her at the stadium, as she made her way in, braving the harsh sun. It was truly a reception of epic proportions, the warmth and camaraderie of runners celebrating a fellow runner's achievements was unparalleled. In that sense, we would not be far out in bestowing the title Legend, on both **HHRan** and **Anuradha**, wouldn't you agree?

Accomplishing a monumental record such as this, is a test of determination and mental strength. Here, we speak to **HHRan** on what makes him tick.

**HHRan** is a man of several talents, he exemplifies the phrase "**Age no Bar**". He was over 50 years of age when he started running and from there on, it's been one triumph after another. Not just running, he has also done some pretty unusual things for his age – like getting a **PhD** at 70 plus years of age, joining **Shiamak Davar's** dance classes and more recently, receiving a Running Coach certification from **RRCA, USA**. He also excels at Stand-up comedy too and has, on multiple occasions, entertained an audience of Hyderabad Runners.



## Sharing some excerpts of our interview with him:

**A lot of runners consider their runs as "Me Time" or a time to reflect, ponder or plan. What are the one or more things you love about running and what do you think of while running?**

**A:** It is the best time to get acquainted with other runners who also have some time to share their personal experiences. I have made a lot of friends this way. I also use this opportunity to recollect all pleasant experiences of my previous marathon running in different countries and it keeps me in very good spirits. In some of the runs, I use this time to plan my speech at the ToastMasters Club or my next stand up comedy. While I was working, this was the time to think about solutions to my problems at the office. Recently, I started using the run to chant my favourite god's name.

**How has running contributed to your mental growth? Do you think you have evolved as a person, thanks to running? If so, how?**

**A:** I have become more patient and learned to accept things as they are. Some of my personal habits have also changed. Before getting into marathon running, it was a must for me to have a cup of tea to start the day. Now, I get up at 3 AM and have hot/warm water if available or settle with any water and be ready for the marathon run. Interacting with marathon runners also gave me a lot of self-confidence. I have become more sportive and readier to take a DNF with a smile.



**You're a truly multifaceted person. Besides running, you've pursued a lot of other interests/ goals and completed them with aplomb. What makes you tick? How do you manage to achieve all those, without being a "Jack of all trades and master of none"?**

**A:** As long as you are passionate about doing something, you will have time to do it. When I take up a specific activity, I immerse myself totally in it till the task is completed. If not the full task, then at least that portion of the task which I have planned. And I enjoy what I do whether it is training for marathon running, pursuing PhD or preparing speeches for ToastMasters or stand up comedy. I would like to do my best by listening and learning from others who are good in that respective field – it could be a colleague or a co-runner or a co-research scholar

**You have achieved all there is to running achievements (7 continents, world majors), so what's next? Future running goals?**

**A:** When I was running a few marathons in the USA, I noticed that there were runners wearing T-shirts showing that they have run in all the 50 States of the USA. Compared to this in India, we have only 29 States and 8 Union Territories. I have already run in 16 states and Union Territories. My next goal is to complete at least a Half marathon in the remaining states and UTs. That would give me the satisfaction of running all around India, literally.

**You recently added a "Dr" as a title to your name. We all know a PhD is a long and arduous journey, would you say a PhD is akin to a marathon? If yes, how and did your running help in the pursuit of a PhD?**

**A:** As you have rightly said both PhD and Marathon have a lot of similarities. Both are long term goals. Like every project management, these have to be split into small multiple achievable segments. We have to be patient and consistent and ready to put in a lot of effort and there is no shortcut to it. And, it is not over till it is over. There is nothing like 99.99% completion of a marathon and you have to cross the finish line to finish. In PhD, you have to defend the final VIVA VOCE and then finish the procedural formalities to get your certificate.

Having said that, Marathon running gave me enough time to plan, contemplate right from planning and writing the entrance examinations, writing research papers, clearing three subjects of PhD examinations, and writing the thesis. Every training run during my PhD course I utilized and I was glad that I was alone. That gave me ample time to think and ponder on my PhD course.

**What advice would you give to the future generation of younger runners and people like yourself who took to running somewhat late in life?**

**A:** There are certain things in life you have to only experience and cannot be felt by any amount of reading or watching a sport like cricket matches. You will have to run and enjoy it and feel the pleasure of running. Those runners who start early in life are blessed since they have a long years ahead to enjoy. And for those who start late like me, be glad that you have started now at least now and consider yourself as blessed for not having missed the bus. Training and running a marathon help you in your social, professional and academic life also. The other thing is please don't overdo it and know your limits. Don't try to compare yourself with someone and copy the same. Everybody is different and it's very important to listen to your body.



# RUNNING FEATS AT 11,155 FEET

Javhara Khambati

One of the most awaited running events, **The Ladakh Marathon** has been aptly given the tagline - **For The Resilient and The Brave**. At 11,155 feet, where regular walking around can be a task for city dwellers, running enthusiasts from different parts of the country and world commit themselves to accomplish the breathtaking feat of running at the Rooftop of India!! The moment you land in Leh, it takes your breath away – quite literally! The first couple of days, while the body adjusts to the high altitude and oxygen levels, the mesmerizing sights and natural beauty of the place surely makes the process easier. One prepares slowly and steadily to build up the zeal and challenge the very environment with the sole focus on achieving the goal – be it conquering the Marathon, peaking the Khardung La Challenge, or the Silk Route Ultra. Each one tougher than the previous one! Yet many enthusiasts look forward to Ladakh's challenges year on year to test themselves and prove what one can achieve!



Our team with Mr. Chewang Motup Goba, Padma Sri Awardee and Rimo Expedition Founder.

It was my first high altitude running experience and it was a fabulous one! A special shout-out for the hospitality and enthusiasm displayed by the locals all through the course of the event. Kudos to the meticulous planning and support provided by the race organizers every step of the way, ensuring that all the participants who crossed the finish line, did so safely and strongly. Couple of veteran runners from Hyderabad left their marks on the racecourse. **Avik Pal** secured the **5th position in Marathon Open Male** category. **Sujai Antony, Vishwa Sanghavi, Sridhar Rajaparthi, Suresh Vemulapli, Phanindra Kumar** and quite a few others completed their Full Marathons on this course. There was hardly a dull moment in our weeklong trip, with each passing day bringing us closer to our dream becoming a reality. For most this was like a pilgrimage and for some a pleasure trip. Whatever it may be, the event surely was a once in a lifetime experience!



Practice sessions at Spituk Football Stadium, Leh

As a result of the Ladakh Marathon fervour the city was bustling with a frenzy of activities. The marketplace and the quaint cafes thronged with runners from all over, was a distinct experience in it itself. Early mornings were rarely for snoozing and cozying up under warm blankets in our hotel rooms, but rather to buckle up, put on the running gears and set out for practice runs. It was quite a sight with more people running around the city roads than vehicles! The excitement of finishing the main event and the enthusiasm of taking this journey was quite palpable. Even the non-runners or non-participants were eager, and I dare say, maybe a tad bit inspired to take part themselves! The race day air was vibrant and energised with the euphoria of runners going all out and giving their best in acing the race. The many tales of triumphs that the runners shared about overcoming their inner demons and achieving this commendable feat were a treat for the ears.



Proud finishers flaunting their medals!!

Runners always tend to foster an appetite to expand the limitations of their minds and bodies and keep pushing the bar. The 10th edition of The Ladakh Marathon, organized by Rimo Expeditions aptly fits the bill in terms of satiating that.

# TRIUMPH OF THE HYDERABAD MARATHON

Shalini Sinha

The 12th edition of the annual **NMDC Hyderabad Marathon 2023** powered by **IDFC First Bank** was conducted on August 26-27, 2023. The run is the flagship event of the **Hyderabad Runners Society** and over 22000+ registered participants were a part of this event this year. With thousands of outstation participants coming to run in this prestigious City Marathon, the annual sporting extravaganza is gaining massive appeal among serious and amateur runners across India and overseas.

**Shalini Sinha** brings us a ringside view of the HYDERABAD MARATHON where she was an active volunteer this year.

When a runner crosses the finish line, it is not just the runner who is filled with joy and happiness but it is all the hard work of the organizing team that is getting fulfilled. *"When you combine motivation with discipline, you get consistency."* Though this is something that **Eliud Kipchoge** has said for runners training for marathons; it's very true for the event organizers of the 12th edition of the NMDC Hyderabad Marathon 2023 as well.

## Breakdown of facts:

The NMDC Hyderabad Marathon powered by IDFC FIRST Bank is more than a race; it is a triumph of human spirit which saw the collaboration and participation of different communities. Organized over two days, we put together some facts and figures on the scale at which the Marathon was organized this time around.



**Participation:** This year witnessed an astonishing turnout of 22,000 runners taking to the streets; of these, 77% were male participants, while 23% were female participants.

**National participation:** Runners from 30 different states took to one of the toughest marathon routes in India. This constituted 15% of the total participants.

**International reach:** This time around, we had the privilege of hosting runners from 19 different countries.



**Senior runners:** There were 1,815 runners aged 50 and above in this year's marathon and the senior-most runner in this year's marathon was 85 years old.

**Community involvement:** Our event actively engaged communities across the board through multiple volunteer opportunities.

**Corporate outreach:** 85 companies participated in this year's event which constituted about 40% of the total registrations.

**Hyderabad Runners' outreach:** 500+ children participated in this year's event through different NGOs working with the underprivileged sections of society. The participation was cost free for these kids.



## Change is Constant:

**Medal design:** For the first time, Hyderabad Runners Society held a competition to design the medal. Many students and designers participated in this and the final medal was the result of the winning design. The competition was organized as part of the public engagement initiative, thereby involving people who are not runners too.

**New Full-Marathon route:** The route for the Full Marathon changed this year and the new route took the runners through the beautiful lanes within the lush green campus of the University of Hyderabad (UoH). The Full Marathon runners no longer had to take the arduous Microsoft Hills' route.

**Early start times:** The start time for all the 3 categories (Full-Marathon, Half-Marathon and the 10K) was moved ahead by 30 minutes, meaning that runners got to experience a cooler climate.

**Elite category:** This year saw the elite category restricted to just the Full Marathon and special elite aid stations were put up throughout the route for these runners.

**Finish line goodies:** Along with the refreshments, participants running the Full Marathon received special finish line goodies which consisted of a deodorant and a hand towel.

**New Route record:** **Gopi Thonakal** set a new course record this time around. He completed the Full-Marathon in 2:23:38.









**Gopi Thonakal**

## Our support system

The event cannot be a success without the support of all the volunteers who worked tirelessly in their designated areas.

In total, there were **21 Medical Aid Stations** with 4 base camps at the Start and Finish lines equipped to handle any kind of emergencies. We had 10 ambulances stationed across the route with paramedics and experienced nursing staff. We had 300+ health care professionals including doctors, paramedics and nursing staff available on the ground to handle any kind of emergencies.

 5000 Volunteers	 300+ Medical Staff	 600+ Policemen
 150+ Photo & Video Professionals	 10+ Educational Institutions	 Live Performances & Entertainment

## Numbers at the Hyderabad Marathon 2023

Logistics was also taken care of by providing post run shuttles. There were 101 buses available with 3 drop off points. These buses made 167 trips to drop close to 7200 runners who availed the bus shuttle services

### Leaving the City Clean:

Waste management at events continues to be a concern. While running events have a relatively low impact on the local environment but a responsible management of waste, particularly from cups used for drinks to hydrate runners is a key focus. We wanted to leave the city clean after the event and not have paper cuts littered all around. Our waste management partners, **Visva Sustainable Foundation** handled the waste for the event; they had over 250 volunteers stationed at different locations in the route. The total waste generated was ~3568 kilograms. The waste was transported properly and the dry waste reached the Dry Resource Collection Center and was processed under the supervision of **Goodeebag**; the wet waste was processed into biogas at Bowenpally vegetable market.

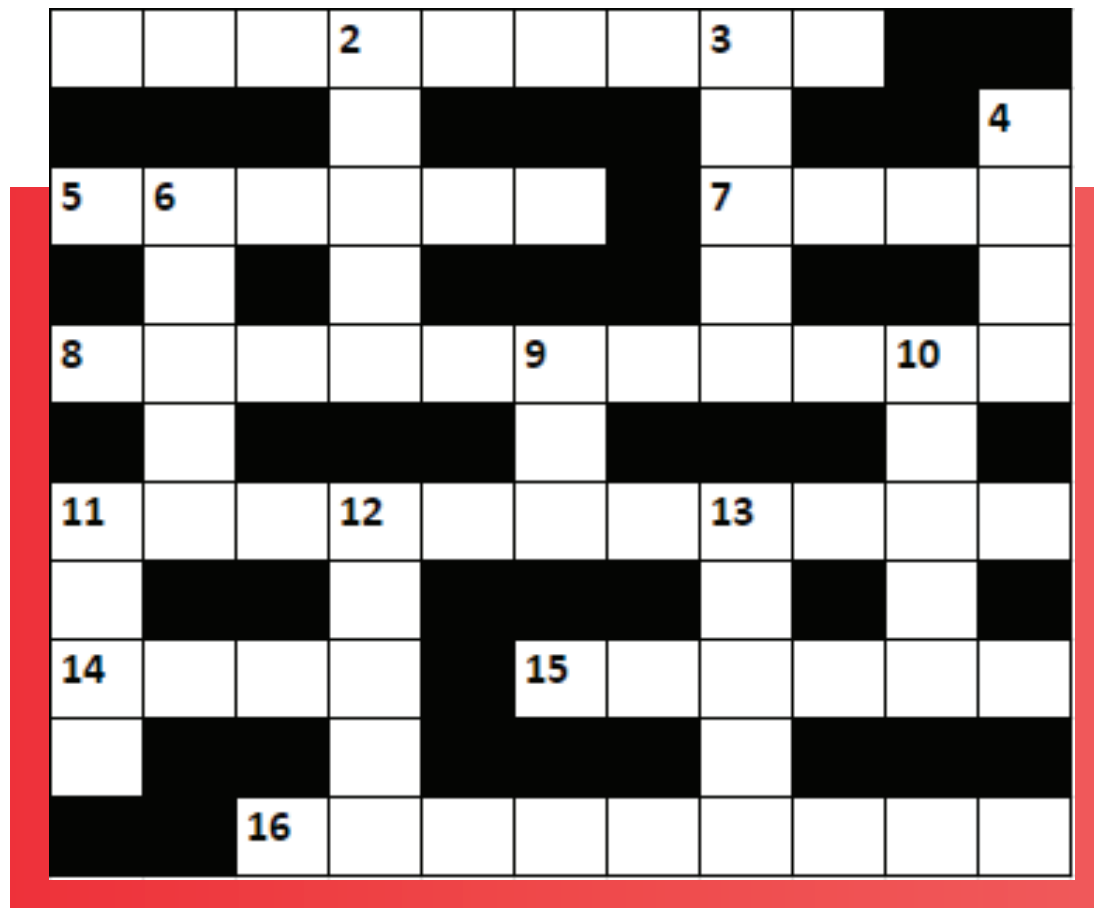
### It's not only numbers:

We have the facts and the figures of the triumph of the event but what the numbers don't reveal are the emotions behind the event. It is the enthusiasm and the spirit of both the runners and the volunteers that makes any event a success. The enthusiasm and spirit of everyone across board helped the event run smoothly. Volunteers are the backbone of any event and the **Hyderabad Marathon** is no different. The uniqueness of the Hyderabad Marathon is that it's completely organized and executed by the **Hyderabad Runners Society** (an NGO) consisting of runners who precisely know what participants need on the ground.

Every event is an experience and learning for the organizing team - some things go well while there are some other areas of improvement. How we work on the areas of improvement is a measure of how we grow as an event. This year, we made many changes to further the runner experience and quite a lot of them went well; we hope to keep reinventing ourselves as we move forward.

# CROSSWORD # 17

## GENERAL SPORTS



### ACROSS

1. The legal lifted shot at the goal in Field Hockey. (4,5)
5. A shot that goes through the basket, only touching the net and not the backboard or rim, in Basketball. (6)
7. The official timekeepers for international cricket matches in England. (4)
8. First unseeded woman to win Wimbledon in the Open Era. (11)
11. This country has recorded the maximum 400 + scores in Cricket ODIs. (5,6)
14. Knott, Lamb, Mullally - all share this first name. (4)
15. This race has a combination of all the 4 swimming styles. (6)
16. The Australian swimming 'torpedo'. (3,6)

### DOWN

- 2,11. The achievement of winning all 4 major tennis championships in one calendar year. (5,4)
3. Patience, Bridge, Blackjack - all would require this to play. (4)
4. The second name of the Portugal marathon runner who was the only woman to be the reigning European, World and Olympic champion at the same time. (Hint: 1980s). (4)
6. A \_ Finish - a very close finish, undistinguishable by the normal eye. (5)
9. This reminds you of a greeting in Spain OR....a cab in India. (3)
10. \_ Viking is a series of children's books by Swedish author Runer Jonsson. (5)
11. See 2 Dn.
12. This country in Polynesia, Ocenia became the smallest independent nation to win an Olympic medal in the Summer games in 1996. (5)
13. A contest in which cowboys show their skill of riding broncos. (5)



# FACTOID

## THE BERLIN LEGEND



The Brandenburg Gate

The 49th edition of the Berlin Marathon was held on 24th September, 2023. Next year, the celebrated race dubbed as the fastest world major will host its 50th edition. The first ever Berlin marathon was held on 13th October, 1974.

Initially, the race was held on the western side of Berlin city. It was then known as the **Berlin People's Marathon**. **Horst Milde**, a baker, was the mind behind holding the first ever marathon in Berlin that had 286 participants.

**Gunter Hallas**, a postal worker from Spandau was the first winner of the Berlin Marathon in 1974 with a finish timing of 02:44. After 16 years of holding the race on the western side of Berlin, the eastern side was also added in the 17th edition following the unification of Germany (Berlin).

The 17th edition of the Berlin Marathon was held on 30th September, 1990. This was 3 days before the official reunification of Germany and 23,000 runners participated in the Berlin marathon that day.

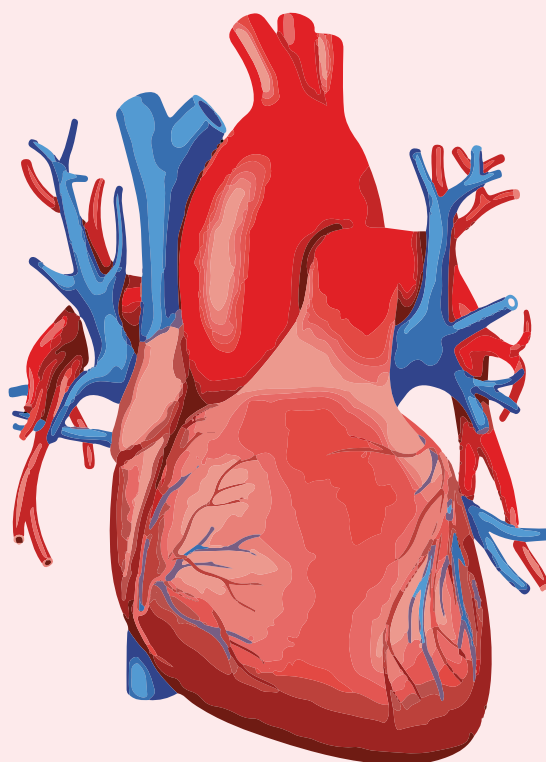
From 1990 onwards, the route has included landmarks on both the east and west side of Berlin city with the marathon becoming a symbol of unity and togetherness.



PS: Picture sourced from Wikipedia.

# NUTRITION

## HEARTILY YOURS



Keeping the heart healthy is not only vital for a long and healthy life but also a prerequisite for staying a runner for life. Although taking care of one's heart is not very difficult, it certainly needs some extra thought and effort. Knowing the right kind of information is key to implementing good strategies for heart health.

A couple days ago, a conversation was overheard between two runners who had gotten their full-body checkups done. "I am a regular runner, yet my cholesterol is high" was one of the laments. We took this as an opportunity to open this column for questions from the runners regarding nutrition and related doubts and put forward an explainer answering them. The questions are broken down into parts for ease of understanding.

"Venkat Ankam and four others from the LB Nagar Runners Group asked about **cholesterol and why keeping a tab on it is important**. Read to know.

One word that pops up often when discussing heart health is cholesterol. Cholesterol is a yellowish waxy fat-like substance found in many cells of the body as well as circulating in the blood. Cholesterol has various crucial functions in the body. It is essential for

- making bile acids that are required for digestion and absorption of fats,
- for synthesis of vitamin D
- for making several hormones including testosterone and estrogen.

It is an important component of membranes of all cells in the body. Due to its paramount role in maintaining bodily functions, the majority of the necessary cholesterol is in fact synthesized by the liver itself. Only about 20% of the circulating cholesterol in the blood is obtained from the foods we eat.



### What is bad cholesterol? Why is it bad?

Despite its necessity for various bodily functions, having high levels of a certain type of cholesterol in blood called low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, can increase the risk of heart disease. When LDL cholesterol levels are elevated, it can lead to the accumulation of plaque in the arteries, a condition known as atherosclerosis. As these plaques grow, they can reduce blood flow to the heart, brain, and other vital organs. When atherosclerotic plaques rupture or become unstable, blood clots can form, completely blocking the affected blood vessel. If this occurs in a coronary artery (blood vessel supplying blood to the heart), it can lead to a heart attack. If it occurs in an artery supplying the brain, it can result in a stroke. Hence, managing cholesterol levels is key to keeping the blood vessels clear of plaques.

Next, we had Rajesh Reddy, a cyclist and a runner posing a question on **calcification of blood vessels, the dangers it poses and the modes of reversing it-**

Calcification of blood vessels is also another risk factor for heart diseases. Calcification, also known as hardening of the blood vessels, occurs when calcium deposits build up in the walls of blood vessels. This can make the blood vessels less flexible and more prone to various heart related problems such as heart attacks and strokes. This process can occur in various arteries throughout the body, including those supplying blood to the heart, the brain, and the limbs. Other health conditions such as diabetes, hypertension and chronic kidney disease can also increase the risk of calcification of blood vessels.

### What are the factors affecting blood cholesterol and calcification of blood vessels?

Dyslipidemia or imbalance of lipids such as cholesterol, triglycerides in our blood can be due to multiple factors including non-modifiable factors like ageing, genetic predisposition and modifiable factors such as diet, lifestyle, smoking, alcohol, high visceral fat, obesity, diabetes, hypertension etc. Coincidentally, some of these factors also affect calcification of blood vessels. Additionally, kidney dysfunction also alters calcium metabolism in the body and can increase risk of calcification of blood vessels. Excessive calcium intake in the form of high dosage supplements seems to be another surprising risk factor for vascular calcification.

### What can be done to manage these factors and have a healthy heart?

Let us look at the steps that can be taken to manage cholesterol, reduce risk of calcification and protect the heart:

#### DIET

**Reduce saturated fats:** Saturated fats are often found in fried foods, processed snacks, fatty cuts of meat, and dairy fats. Limit your intake of saturated and trans fats, which can raise LDL cholesterol levels. These fats are often found in fried foods, processed snacks, and fatty cuts of meat. Animal origin foods that are rich in saturated fats are often accompanied by some cholesterol as well. It is prudent to regulate the intake of such foods including full fat milk, butter, ghee, whole eggs, seafoods like shrimp and prawns etc. As these foods are also rich in other healthy nutrients like proteins, anti-oxidants, vitamins and minerals, it is better to regulate their intake rather than complete avoidance.

**Avoid Trans- fats:** Although high fat cuts of meats, dairy products contain some trans fats, the quantity is near negligible. Trans Fats are usually present in processed foods only. All those fluffy and flaky snack foods such as bakery products, cookies, biscuits etc., foods made of partially hydrogenated fats aka dalda/vanaspati are all high in trans fats and are best avoided completely.

**Include healthy fats:** Include sources of healthy fats in your diet, such as avocados (as and when available); nuts like almonds, walnuts, cashews, pistachios, peanuts; seeds like pumpkin, flax, melon, sesame. These fats can help raise high-density lipoprotein (HDL) cholesterol, which is considered "good" cholesterol. Omega-3 fats that are present in fish oil, flaxseeds, walnuts, sesame seeds in particular have shown to be beneficial in both lowering of bad cholesterol as well as increasing the good cholesterol levels. However, moderation is the key. Do not overindulge

**Add fibre-rich foods:** Eat plenty of fruits, vegetables, and whole grains, which are high in dietary fibre. Fiber can help lower LDL cholesterol levels. Soluble fibre from grains like barley, oats can help alter the gut microbiota which also helps control cholesterol levels. The antioxidants from fruits and vegetables take care of liver health and help in better management of lipids. They also help in maintaining elasticity of blood vessels which can reduce risk of calcification.

**Supplements:** Do not take supplements without a prescription or suggestion from a qualified professional. Supplements can sometimes interact with any medicines you are taking and alter their efficacy. Caution about supplementation is even more important when it comes to using calcium supplements without informing your doctor. Excessive calcium intake in the form of supplements seems to increase risk of calcification of blood vessels thereby leading to increased risk of heart disease. Eating calcium rich foods like dairy products, millets and nuts doesn't seem to pose this risk. Try to get your calcium from the foods rather than supplements.

## LIFESTYLE

**Regular Exercise:** Engage in regular physical activity. Exercise can help raise HDL cholesterol which is the good cholesterol and improve overall cardiovascular health. Aim for at least 150 minutes of moderate-intensity exercise per week. Excessive exercising or sudden increase in intensity of exercise are not recommended either. Moderation is advised even for exercise. Do not use regular exercise as an excuse to justify making unhealthy dietary choices. No amount of exercise can offset the damage a bad diet can do to the heart health.

**Maintain a Healthy Weight:** Losing excess weight can improve your cholesterol levels and reduce the strain on your heart. But, don't rush into fad diets or excessive calorie restrictions. Rapid weight loss can also trigger other biochemical pathways that can negatively impact heart health. Slow, steady progress is possible through making healthy food choices consistently and the results can be made permanent by making new healthy habits for

**Quit Smoking:** Smoking damages blood vessels and lowers HDL cholesterol levels. Smoking also reduces elasticity of blood vessels and increases blood pressure. Quitting smoking can significantly reduce risk of heart disease.

**Avoid Alcohol:** If you consume alcohol, do so in moderation used to be the recommendation, but according to the advice released by the WHO (World Health Organization) in the beginning of this year, 'when it comes to alcohol consumption, there is no safe amount that does not affect health'. And, no, red wine is not good for the heart. Resveratrol, the beneficial compound to which red wine's heart healthy claims are attributed, can be obtained from much safer and healthier sources like peanuts, pistachios, berries and dark chocolate too!

**Medications:** In some cases, your healthcare provider may prescribe medications like to lower LDL cholesterol levels or reduce risk of calcification of blood vessels. Always follow your doctor's advice regarding medication use. Discuss your doubts and apprehensions with your healthcare provider instead of ignoring their advice due to misinformation or mistrust.

**Regular check-ups:** Have regular check-ups with your healthcare provider to monitor your cholesterol levels and overall heart health. Prevention is better than cure always stands true.

**Stress Management:** Chronic stress can increase markers of inflammation and that can impact heart health. Engage in stress-reduction techniques like meditation, yoga, or deep breathing exercises. Spend time doing things that provide stress relief, like hanging out with loved ones, practicing a hobby etc.

**Adequate Sleep:** Get enough quality sleep, as poor sleep can contribute to heart problems. Along with helping in repair, recovery and regeneration, sleep also helps in managing the inflammatory markers of stress. Inadequate sleep keeps the body under chronic inflammatory state which can increase risk of heart disease. Catching up on that sleep over weekends is not a real thing. Give your body the sleep it deserves.

### What else needs to be kept in mind?

Remember that genetics also play a role in cholesterol levels and heart health, so it's essential to discuss your individual risk factors and a personalized prevention plan with your healthcare provider.

**DO YOU HAVE ANY MORE QUESTIONS ON THE ABOVE TOPIC OR ANY OTHER NUTRITION RELATED QUESTIONS? WRITE IN TO US AT [newsletter@hyderabadrunners.com](mailto:newsletter@hyderabadrunners.com)**



**Dr. LAHARI SURAPANENI**  
NUTRITIONIST AND WELLNESS  
CONSULTANT, NUTRIFUL YOU.



# RUN-TITUDE

## MINDSETS OF A MARATHONER

### ...IN SEARCH OF RUNNING EXCELLENCE

A man walks up to a temple site and sees a sculptor immersed in his work. He was sculpting a 50 ft high statue of Lord Shiva to be installed inside the temple. He seemed engrossed in his work. The man who walked up however, was astonished to see that there was another statue of Lord Shiva exactly the same as the one the sculptor was making. This surprised him as he wondered why the sculptor was repeating his work for no reason at all. So, he asked the sculptor, "Excuse me, isn't there already a statue here that you made? Why then, are you creating the same again?" To this, the sculptor replied, "There is a mistake in the sculpting of the nose in the earlier statue. I cannot let that be put up inside the temple. So, I have put it aside and started a new one." The man was zapped, "Are you of your mind?!" he asked. "It is a 50 ft statue that has a small inconspicuous problem with its nose. It is not even visible to the naked eye. Why don't you leave it as it is? Who will even know?" To this, the sculptor gravely replied, "I will know."

The above story is one that is told again and again about the meaning of excellence, that it is not for anyone else but only for us; that it is not to do things well when others are looking, but to do them well even no one is ever going to look; that it is the desire to achieve near perfection in any task and how we do it. We are told to think like the sculptor so we can also pursue this fantastic frame of mind called excellence.

Excellence in running is a passion and a dream each one of us pursue!

According to the philosopher Thomas Aquinas, excellence is related to fortitude or bravery. How often do you hold yourself back because you're afraid of failure, discomfort, or commitment to a goal? Fear prevents us from striving for excellence in our sport.

However, to be able to show that we can constantly keep learning and growing and surpassing one's own running achievements is the key to our growth. Our pursuit of excellence, thus, is a habit that every runner needs to strive to inculcate, day in and day out.

Gone however, are the days where we compete with each other and focus on success; today it is more about surpassing and excelling oneself. As any runner will affirm, running is one sport or event where one is not expected to compete with others and show that they can do better than others. In today's collaborative and cooperative scenario, the only person that people need to compete, rather collaborate with is with themselves.

For us runners, excellence can have many definitions. From better intervals to lower heart rates, from higher endurance to faster pace, from personal bests to the satisfaction of a good finish - excellence may mean different things to different runners!



The desire to excel is exclusive of the fact whether someone else appreciates it or not. "Excellence" is a drive from inside, not outside. Excellence is not for someone else to notice but for your own satisfaction and efficiency...

*Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."*

**Think: How do you, as a runner, cultivate excellence in your running practices?**

**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".



# TRAIN LIKE A PRO

## RUNNERS VS. CRAMPS

**“DNF! Did not Finish!”** DNF is often considered a rite of passage by many endurance runners who after a DNF realize what toll it takes on the human body and re-emerge with a motivation to succeed the next time... And, one of the most common reasons why runners stop midway through a race is not dehydration, nor hunger, not pain, not even injury, but rather, a *muscle cramp!*

“I could not finish the last mile due to cramps”, “I had to quit due to cramps”, “These cramps are bothering me often”. I am sure you must have heard runners say this many times. Cramps are extremely frustrating for an athlete in the middle of the race event. They show up when we least expect them.

### What are Cramps?

Cramps are a sudden painful contraction of a muscle which we commonly say as local muscle fatigue. We will discuss in this article about calf cramps causes and how to strengthen it to avoid them.

### What causes calf cramps?

When your glutes, hamstrings and calves are not strong enough (Posterior chain)

Dehydration, electrolyte imbalances due to low sodium

Extensive sweating

Muscles are overworked.

Lack of proper rest/sleep

Lack of strength training

Lack of Stretching Practice

### What are some recommended strengthening calf muscles exercises:

Standing calf raise - 20 reps each 3 sets

Walk on toe forward and back - 10 reps 2 sets

Step calf raise - 15 reps each 3 sets

Single leg calf raise - 10 reps each 3 sets

While Strengthening calf muscles one should not forget to strengthen glutes, hamstrings muscles too.

### What should a runner do if he/she gets calf cramps during a race?

A runner always wants to finish the race. As a strength trainer I can suggest if your cramp is mild, you can

continue running with a lesser stride length. But if the pain increases then you can stretch a bit like walking on your toes, downward dog, toe touching etc. without aggravating the pain any more. Mild massages can also help ease the pain. Other ways to ease the pain would be to apply ice in the affected area or giving the muscles some time to recover. Slowly the runner can start running again.

Finally, to give an excellent performance in any race event an athlete should take care of many aspects like hydration, nutrition, strengthening, stretching and proper rest. Warm up is a must before the run. And last but not the least, always listen to your body.

*\*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.





# TRIUMPHANT RUNNING: THE PHYSIO WAY

## MOBILE PELVIS – THE MISSING LINK TO RUNNING

Do you suffer from chronic, stubborn aches and pains, or feel stiffer and slower than usual? You take a break, some time off from running and it helps, but the moment you return to running, that pain/stiffness is back again?

Most runners recognize the importance of hip mobility and strength, and how stiff and weak hips can cause pain above or below the hip. But what about the **pelvis**?

**The only time the pelvis gets attention is when the pelvis, itself, is painful.**

The pelvis is the true center and foundation of our propulsive system. Healthy, pain-free running requires an efficient, mobile pelvis! And a stiff, out-of-alignment pelvis can both cause and perpetuate nearly every leg injury.

### Understanding the Pelvis

The pelvis has two primary functions:

- To serve as a conduit between the chassis — the trunk and upper body — and the tire — the leg — for locomotion
- To hold our abdominal organs

Pelvic motion dictates how efficiently the leg bones balance and load, as well as how the muscles attached to the pelvis move or stabilize the legs. As such, because these motions are subtle, but the leg functions — stretching, walking, running, and jumping — are so aggressive, the pelvis plays an enormous role in the ease and magnitude of these functional movements.

Pelvic bones that don't move correctly, or that don't point straight down the road may potentially cause increased strain to the whole leg below, and the spine, above.

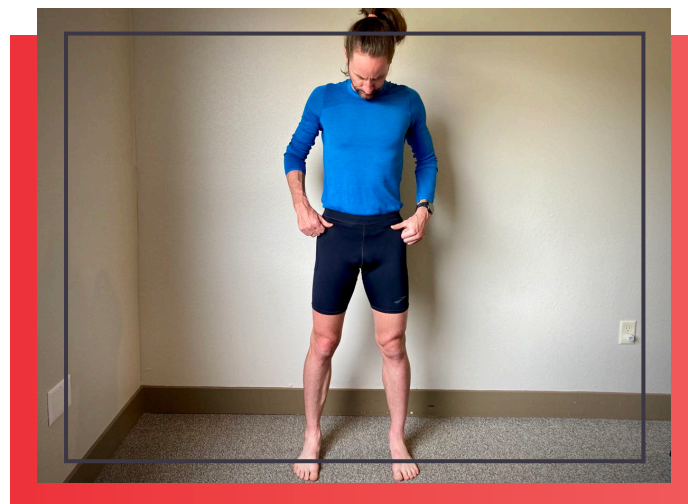
The most prominent example of a pelvis-driven dysfunction is chronic hamstring pain. If the pelvis is stuck in an anterior rotation, or extended position — where the front end is angled downward and the back end angled upward — this places constant length tension strain on the hamstring.

And almost no amount of hamstring strengthening, stretching, or massage will remove that excess tension, unless the pelvic motion and neutral alignment are restored.

### Self-Assessment of pelvis

There are three bony landmarks to look for while self-assessing your pelvis mobility

**Anterior Superior Iliac Spine (ASIS):** This is made up of two bumps on the front of the pelvis. In neutral standing, these two bumps should be of equal height and, more subtly, pointed straight ahead



**Posterior Superior Iliac Spine (PSIS):** This is two small bumps on the back side of the pelvis, just below a typical waistband. These, too, should be of equal height in standing





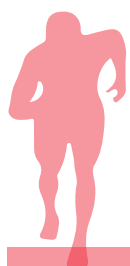
**Iliac Crest:** This is the top and lateral aspect of the pelvis, an area that folks often refer to as their hips. These should be of equal height in standing



### Improving Pelvic mobility

Stiff soft tissues often tend to shrink-wrap the bones of the pelvis, making them difficult to stretch. Especially if the stiffness is dating back months or years, and pervasive. Beginning with focused, soft tissue mobility strategies will make any other technique more effective, including general stretching.

**Ball massage:** Using a medium-sized ball of medium or firm density around the bony contours of the pelvis using the ball against the wall or the floor.



### Followed by exercises



**Note:** Rigid joints often require significant manual mobilization or manipulation. I recommend seeing a skilled manual physiotherapist or similar practitioner for this kind of work.

*\* Remember, if the above-mentioned preventive measures and exercise don't help if you feel too high pain/discomfort, do not experiment and get help by walking in to 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

## POSE LIKE A WARRIOR

Runners are warriors. While this can make for a tagline of a film made on runners, this article essentially talks about the Yoga Asana- Warrior III.

The Sanskrit name of Warrior III is known as Virabhadrasana III. It is a powerful standing posture in Yoga.



### Why would a runner focus on Warrior III?

As the quote goes - "Your body can stand almost anything, it's your mind that you need to convince". Warrior III is considered as a multipurpose asana which helps a runner work on the body balance and to improve on mind body coordination. Virabhadrasana helps your body parts such as quadriceps, hamstring, hip abductors, glutes, core, shoulders, ankles. Mentally it works on coordination and emotionally on your fear and negativity.

### Advantages of Warrior III

As it works on the body and mind together:

- It tones our abdominal muscles.
- It improves our core stability.
- It stretches our spine, torso and hands.
- It protects our knees and the muscles around our ankles.
- It helps to focus and improve coordination.
- It helps to build confidence in oneself and courage.

### How to perform Warrior III?

There are two ways to perform this asana.

We can transit this asana from warrior I to warrior III.

Else stand on the mat on Dandasana.

- Keep your right feet back. Feet diagonally to each other.
- Join your hands in Namaste Mudra at your heart center.
- Fall forward.
- Lift the right leg.
- Check that the right leg is aligned with the right glutes.
- Do not arch.
- Flatten your back. The Upper body should be parallel to the ground.(so that one can place a cup of tea on your back)
- Try not to bend your knees.
- Gaze forward.
- Once you get the balance slowly take your hands forward (this is advance level). Hold this for 30 seconds. Slowly you can increase the timing.

Repeat the same with the other side.

Repeat this for three times each side for 30 seconds.

### How often can one practice this?

One can practice this thrice a week to get a good result along with practicing other asanas.



**PS :** Always wear comfortable attire while practicing Yoga. Do not wear shoes. Try to practice Yoga on an empty stomach or at least 3 to 4 hours after consuming food. Practice under a Yoga practitioner. Do a small pranayama (to bring body and mind together) and dynamic warm up before practicing Warrior III.



**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.



# CURRENT ACTIVITIES

## Remembering late Deepak Malviya & Jagadish Reddy.

Date: 13th August

On the morning of 13th August, we gathered to pay our heartfelt tributes and condolences to our fellow runners, **Deepak Malviya** and **Jagadish Reddy** who left us for the heavens. The memories we shared and the miles we all ran together will forever hold a special place in our hearts. May their spirits continue to inspire us on every run



## Donation to Bhagya Laxmi for Asian games.

Hyderabad Runners has always been at the forefront of encouraging the deserving athletes. We recently started an initiative of encouraging budding athletes who need support. This started with our first donation of giving spikes, proteins, running gear to **Ms. Bhagya Laxmi** who's an athlete at the Gachibowli stadium. She's a 800 metres track sprinter. Bhagya Laxmi is slated to represent India at the Asian games 2023.



## Dry Run for NMDC Hyderabad Marathon 2023, supported by OPTUM.

Date: 06th August

The dry run for the Hyderabad Marathon 2023 was held on 6th August and saw an impressive turnout of 550+ runners. New runners on the block added to the energy. The volunteers did a phenomenal job in not just manning the SAG stations but also in controlling the traffic, especially at the crucial junctions.



## Beyond the Track: Awareness on Healthy Running

Date: 20th August

Venue: St. Mary's college

As part of **Beyond the Track** sessions, an **Awareness Session on Healthy Running** was conducted on 20th August. In what was one of our most well attended sessions, **Dr. Madhumathi Sanjay** and **Dr. Krishna Mohan MVT** hosted a distinguished panel consisting of **Dr. Amaresh**, **Dr. Rajasekhar Varada**, **Dr. Ashwini Kumar**, **Dr. Phani Prashant** and our very own, **Sunil Menon**.

Dr.Madhu and Dr.Krishna kept up the tempo and interest throughout the session with their great moderation. Video recording of the session is now available on the youtube channel of the Hyderabad Marathon.





## Beyond The Track: Optimal Nutrition for Runners

Date: 03rd September

Venue: Online

Right nutrition plays a very important role in the overall wellbeing of individuals, especially the runners. Covering all the important aspects of nutrition, **Dr. Kitu Sheoran** hosted an online session of the **Beyond the Track** session where she spoke to **Dr. Lahari Surapaneni**, a nutrition consultant.

Areas covering daily nutrition during training, food to support the training load, addressing hydration needs, race day nutrition and strategies were discussed. Topics related to foods to maintain body weight, food strategies for better finishes etc. were spoken at length.

Video recording of the session is now available on the youtube channel of the Hyderabad Marathon; you may visit the same and refer to it for maximising the gains, nutrition-wise.






### OPTIMAL NUTRITION FOR RUNNERS

Live Interaction through  
ZOOM & Facebook.



**Dr Lahari Surapaneni**  
Nutritionist & Wellness Consultant  
*Nutritful You*

- Right nutrition for training period
- Diet between training periods
- Managing nutrition and hydration pre-race, during- race and post-race

Date: 03-Sep-2023 (Sunday)  
Time: 07 PM Onwards

**REGISTER NOW**



## NMDC Hyderabad Marathon 2023: Volunteers run

We wished it wouldn't rain on the race day-27th Aug, 2023 and it seemed like the rain gods heard the plea. But it wasn't the case on the day of the run for volunteers, a.k.a. The **Volunteers Run** day. Around 250 runners braved the deluge and waterlogging to continue their run undeterred and in their words, "absolute fun was had".

They were the people without whom the event wouldn't have been possible. Thank you to all the runners and volunteers for this memorable run. Special kudos to all the volunteers who pitched themselves through the route and helped the runners at the SAG stations. The volunteers waited selflessly for all the runners - all of us were just so delighted.

It was arguably one of the most memorable SLR's in a while.



## Starlight Strides 2023

Imagine this - A moonlit starry night, a sea of determined faces, and a huddle of footsteps echoing on the roads! Yes friends, it is time again to welcome **Starlight Strides**, our very own women's night run, with a cheer!

It's not just a run; it's a celebration of strength, unity, and the indomitable spirit of women where the stars above and the ground below bear witness to the unlimited potential within each and every female runner in the city of Hyderabad!







### Stadium Run 2023: Registrations are now open

Since the first Olympic Games, athletes and runners have been competing in stadium environments. Now, we are thrilled to be lacing-up for the 3rd edition of the Hyderabad Runners' Stadium Run, a unique world-class experience at the iconic Gaudium Sportopia Stadium!

There's more news. This year, there are more race categories to suit every runner amongst us! In addition to the 12 hour team relay and the 24 and 12 hour solo runs, we have the 6 hour solo run. So, make sure your quads and calves are in tip top shape to see how far you can run in a defined time with speed, strength and endurance! Register, lace up, experience the iconic Stadium Run!

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



### KIDS RUN 2023: Registrations are now open

It is the season of runs and why should the kids be left behind for their share of some runs and lots of fun? The kid's run is back and has been opened early for registrations. The event is on 23rd December, 2023 at Hitex exhibition Grounds.

Join us with your kids from age 2 years to 14 years at the Hyderabad Kids Fair for the Hyderabad KIDS RUN 2023 powered by Hyderabad runners.

Register @ <https://www.hyderabadrunners.com/kids-run/>



### HR SLR cum Training Run for NEB Hyderabad Half-marathon.

**Date: 10th Sept, 2023**

Hyderabad runners has always been at the forefront of encouraging people to pursue active lifestyles with running as the preferred form of fitness.

As part of the SLR on 10th September at the **Aparna Hillpark community**, we also supported the Hyderabad Half-marathon event being conducted by **NEB Sports**. Over 260 runners turned up for this combo run :)





## Supported the lake cleaning drive at Mansoorabad Pedda cheruvu.

**Date: 17th September, 2023**

The "Indian Swachhata League (ISL) 2.0" marks India's first inter-city competition, spearheaded by youth, with the aim of creating Garbage-Free Cities as part of the Swachh Bharat Mission initiative. The Greater Hyderabad Municipal Corporation (GHMC) has established the "Hyderabad Swachh Champions" teams to actively participate in the ISL initiative across Hyderabad city.

On September 17, 2023, a lake cleanup drive was conducted under the aegis of the **DHA3R NGO**. A dynamic team of over 100 young volunteers in collaboration with the **Hyderabad Runners Society, Mansoorabad Milers, Care College of Nursing (Mansoorabad), and the GHMC** undertook the task of cleaning up the entire running track surrounding the Mansoorabad pedda cheruvu lake. Their efforts also included removing floating debris from the lake to mitigate odours, mosquito breeding, and to support aquatic life.

The enthusiastic youth successfully collected 50 full bags of trash from the running track and removed an additional 20 bags of floating debris from the lake. In addition to the cleanup activities, the Entomology department of GHMC provided valuable education to the young participants on mosquito prevention and conducted a few interactive environment sessions.



## HR SLR: KOHEDA HILL RUN 2023

**Date: 24th September, 2023**

The Hyderabad Runners SLR juggernaut took us to the picturesque Koheda Hill in the Eastern side of the city on 24th September, 2023. This was the monthly special destination SLR and we found this piquant route originating from the Koheda Hill. Over 80 runners from across the city attended this run and ran their respective 5K and 12K runs. The pleasant weather added with the views made for a terrific combo for the runners. Post run breakfast and some time spent on the hill top made it a well-rounded SLR. Here's to more destination SLRs to explore some more green nooks of #ApnaHyderabad and surrounding places.



## Beyond The Track: Interaction with Ironmen

**Date: 16th September, 2023**

**Venue: Online**

The following edition of the **Beyond the Track** webinar was held online on 16th September which involved discussion with two Ironman finishers from the **Copenhagen Ironman** event - **GV Srinuvasa Rao** and **Sudhir Kadam** were interviewed by our hosts.

Discussions covered areas like balancing business and passion, triumph over adversity, lessons in resilience etc.

Video recording of the session is now available on the youtube channel of the Hyderabad Marathon.

### Meet Two Remarkable Ironmen: A Celebration of Human Potential

**DATE: 16-SEP-23 (SATURDAY)**  
**TIME: 07 PM ONWARDS** **LIVE: ZOOM & FB LIVE**

- Balancing Business & Passion
- Triumph Over Adversity
- Lessons in Resilience

**G.V. Srinuvasa Rao**  
Ironman Finisher,  
Copenhagen

**Sudhir Kadam**  
Ironman Finisher,  
Copenhagen

REGISTER FOR FREE



# RUNNING NEWS FROM AROUND THE WORLD

## AUG-SEP 2023.

**UTMB 2023:** Ultra-Trail du Mont-Blanc (UTMB), the largest and one of the toughest ultra marathons in the world was conducted in the week of 28 Aug to 3 Sep 2023. The men's winner was **Jim Walmsley** with a timing of 19:37:43. After 4 unsuccessful attempts at the podium, Jim relocated to France and trained there for almost a year. It was really satisfying to see his hard work rewarded with a new Course Record.



In the women's field, **Courtney Dauwalter** continued her dream run by winning the podium at a time of 23:29. With this win, Courtney made history by winning three very competitive 100 mile races (WSER, Hardrock and UTMB) in a single calendar year.



PS: Pictures courtesy: <https://twitter.com/iRunFar>

**World Athletic Championships:** The World Athletic Championships concluded at Budapest on Aug 27. It was one of the most exciting editions ever. One of the memorable events from this year's edition was the performance of the India team at the 4x400 relay event. The team came fifth overall at the finals. A day earlier, the Indian team shattered the Asian record taking 2:59:05 seconds to complete the race. They also became the first Indian team to reach the World Championship finals

**Satara Hill Marathon:** One of the popular Half marathon races in the country, the Satara Hill Half Marathon happened on Sep 3, 2023. The race is famous for its scenery and hilly course. **Anant Gaonkar** won the men's race with a timing of 1:14 mins while the winner of the women's race was **Vrushali Uttekar** at a time of 1:36:19

**Ladakh Marathon:** The 10th edition of the Ladakh Marathon was held from Sep 7th to 10th. This year's Khardung La Challenge winner **Rigzin Gyurmeth** shattered the previously held record by clocking in 6 hours 31 minutes 41 seconds. The winner of the Open Female category, **Namgyal Lhamo**, finished her race in 8 hours 12 minutes 42 seconds. The men's Marathon winner was **Nawang Tesring** and the women's winner was **Jigmet Dolma**.

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