

RECORDS TUMBLE

at Tata Steel Kolkata 25K



STADIUM RUN 2023
A Round Up

PROJECT CHAMPION
The Outreach
program of HR

KIDS RUN 2023
A recap

PRESIDENT'S MESSAGE

Dear Runners,

Greetings,

Hope you are all doing well and enjoying the winters. It's been quite a busy quarter for Hyderabad Runners. We conducted the Starlight Strides Women's Run in October, followed by the Stadium Run in November and Kids Run in December. While these Runs generate a lot of buzz, they are an effort from our side to ensure inclusivity for all types of people. While the Starlight Strides has its focus on women and the Kids Run on children, the Stadium Run has been attracting amateur and recreational athletes alike. The 6hr, 12hr and the 24hr individual runs at the Stadium Run saw about 70 participants in all. Additionally we had about 80 teams doing the 12 hr relay. The atmosphere for all the events was electric and you had high energy and enthusiasm all around. What could be a better way to make fitness & fun?

I am happy to share that Hyderabad Runners has started a new initiative -Project Champion. This aims at promoting physical literacy amongst students. We have collaborated with several Govt schools to introduce a comprehensive sports curriculum and shall help deploy physical education teachers to the schools to impart essential knowledge and skills for sports and physical activities. On the one hand the aim is to nurture young talent, while on the other, to inculcate active and healthy lifestyles at a young age. Our fellow runner Vijay Yargal is leading this project, while Kriti Social Initiatives are assisting and guiding us on this mission. As you all know, an event of this nature does call for heavy inputs in terms of manpower and finance, we would be happy to have the participation and involvement of willing contributors.

We shall be starting our K25K (Kouch to 5K) program in Jan 2024. As usual, it shall be our endeavour to add new locations and ensure that the reach of this program is far and wide. Our training group is already looking out for new mentors to boost the efforts of our existing team to help out as many newbies as we can.

As Helen Keller said – "Alone we can do so little, Together we can do so much". Hyderabad Runners can definitely vouch for that statement. The collective efforts of our members, volunteers and staff (and of course, their respective families), are our prime drivers which help us build on our three fundamental pillars – Advocacy, Training and Events. And that's what keeps us going!

Year 2023 has been a 'normal' year after a long time and we are also seeing a lot of Race events in December and January. I wish you all a Happy New Year and also best wishes for the races ahead.

Yours sincerely

Regards,

Abhijeet Madnurkar

President,



EDITOR'S MESSAGE

Hello everyone,

Trust you're all doing great and are dusting off your racing shoes for the upcoming Tata Mumbai Marathon in the next few days. Here we bring the latest edition of our newsletter, **Rundezvous** :)

This edition has specials dedicated to the **Stadium Run** held in November; plus it has an exclusive on the **Project Champion**, a pet project of the Hyderabad Runners aimed at imparting physical education to the needy. And, we also have a special note from one of the race directors of the **Kids Run 2023** held in December.

Along with these, we have our usual regular features like the Crossword, Runtitude, Train like a Pro and Triumphant Running: the Physio way et al to improve our running. In the Nutrition section, Lahari answers some do's and don'ts for the new runners while the Yoga article talks about the most important muscle sets for runners.

We hope that you enjoy reading these articles. Write to us to share your feedback on our articles.



Cheers !!

DIRECTOR'S CUT: STADIUM RUN 2023 REVIEW

RACE DIRECTOR'S REPORT

- Vijay Yargal

What a Hyderabad Stadium Race we had on the November 25th-26th weekend! We are deeply honored that nearly 599 runners braved the 6 tracks together and ran 29,837 laps – 12,427.3 kms together in 24 hours for the 3rd edition of Hyderabad Stadium Run.

Every edition of Hyderabad Stadium Run is different. The 3rd edition was no exception. So many inspiring runners, running for fantastic health and fitness benefits, running for the lifestyle, running for the social camaraderie, running for the weekend-away with everyday greatness in life. In addition, it is all about self-esteem and self-confidence. There is still the element of competitiveness at the front end and the people who are running hard in their respective run categories and age groups.

The race field featured hundreds of runners new to the 2 hr Relay, 6 hr Solo, 12 hr Solo and 24 hr Solo races. Hundreds of children with props, spectators with whistles lined the route track to cheer on the runners and crowds were entertained with lively music and sumptuous food!

The **Gaudium School** proudly hosted the 3rd edition of the Hyderabad Stadium Run meticulously organized by the esteemed Hyderabad Runners. This distinctive solo and team-based event displayed an impressive display of teamwork and endurance, with 85 relay teams and 599 runners participating from across the twin cities and outstation locations like Tamil Nadu, Kerala, Maharashtra, Delhi and Jharkhand. This event, more than just a run, served as a jubilant celebration of unity, endurance and athleticism. The objectives of the event is to provide a platform for competitive endurance run in Hyderabad with top quality infrastructure and support, promote NMDC Hyderabad Marathon, involve running communities, getting runners for a social gathering and engage with Corporate Running Clubs and Leadership.

K. Kirthi Reddy, Founder Director of the Gaudium School and Gaudium School CEO Ramakrishna Reddy, along with Hyderabad Runners Society President Abhijeet Madhurkar and Race Director Vijay Yargal, flagged off the run. Arun Kumar K, Secretary and Raghu Peetambaran, Treasurer of Hyderabad Runners Society were also present to flag off the races and encouraged the runners to excel as a team.

There were 9 race categories in the event. Team Relay Categories include 12 Hour Team Relay – Night Run, 12 Hour Team Relay – Day Run and Solo Run Categories. It was conducted for 24 Hours, 12 Hours, and 6 Hours durations. 24 Hours Solo Ultra, 12 Hours Solo Ultra, 6 Hours Ultra and 12 Hours Team Relay were the run categories of the event.

Below are the breakdowns of runners in each category:

24 hrs Solo Event: 9 Runners

12 hrs: 16 Runners

6 hrs: 46 Runners

Relay Teams: 87

Notable Notes for 2023

1. RACE VENUE

The Gaudium Sportopia takes immense pride in hosting such esteemed events, making it an ideal setting for the Hyderabad Stadium Run. The world-class athletic tracks set the stage for a memorable and competitive event along with very inclusive participation from Gaudium School staff and children. The commitment to nurturing holistic development and fostering a sense of community was reflected in support for initiatives that align with the values. Runners, Gaudium School children and supporters were close to each other for cheering interaction and motivation purposes. A lot of runners either made new friends or/and became closer to friends with whom they have known for years before.

2. NO RAIN

While previous 2 editions were often marred with thunderstorm and lightning as well as blazing sun oozing out an unbelievably amount of heat during the morning hours and earlier part of day 2. Maybe lots of praying by the RDs, volunteers and runners worked its magic, and the rest of the afternoon was mostly cloudy. Even the 2nd morning did not see much of the sun. The humidity was high at times during the night, but not overly so. All in all, everyone – runners, crews, supporters, volunteers and the race directors were greatly blessed by the great weather.

3. FOOD & BEVERAGES

Many runners have their own supplies of F&B brought over by self, friends, and relatives, which we encouraged. We nearly brought the whole kitchen or the restaurant to the event, by the amount and varieties runners feasted themselves before, during and after their race.

In our effort to make sure the runners are well fed, we increased the varieties of food, fruits and beverages made available at our water stations as well as the food court. They were all well consumed by the runners especially during the colder hours during the night.

We are happy to note that no runner ran their races with empty stomachs.

4. MEDICAL

The Medical Team led by our Medical Director Dr. Ashwin Iyengar in coordination with Care Hospital on race day consisted of medical stations, ambulances, a physical therapy section, a first aid facility and a team of doctors, nurses, physiotherapists, and other healthcare professionals who are trained in providing emergency medical care as well as much needed attention ensuring the safety and well-being of all participants.



5. TIMING AND AWARDS

We decided that one TV monitor is not enough. Therefore, we put in a Giant Screen as well so that runners and supporters can enquire on the number of laps they have done, showing the leaderboard ranking for the different categories.

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In 2023, we added a requirement to the race where minimum distance as well as minimum time on the track is required. 140 kms for 24 hours, 75 kms for 12 hours, and 50 kms for 6 hours. Only those runners who have run this distance or on track time were entitled to a framed certificate and medal. These were relatively generous requirements, which most runners were prepared to focus on and determined to finish to be entitled to the finisher certificate and medal.

Such requirements drew out the fighting spirit and determination of the runners. They would hang around the TV screen to regularly check theirs and others' results.

We take pride as the rare stadium run event where awards for the top 3 in each category is awarded with prize money. It makes one feel special and exclusive by being recognized and awarded for their hard work over many hours. So, we shall continue with this practice in years to come.

6. THE MUSIC

It is hard not to play some songs repeatedly during the whole 24 hours. I hope that the runners were suitably charged most of the time to keep them going lap after lap. We understand that for sure, but we must realize that our body and mind can only stand bombardment of fast and powerful songs for so long. Overall, we believe most have enjoyed our playlist and found them rather refreshing, especially for those who were new to the game of hamster looping.



7. VOLUNTEER MANAGEMENT

Volunteers are the heart and soul of the running celebration and events. We sincerely thank our Race Director Sudhakar Silveru leading the Volunteer Management and all the 74 volunteers for stepping up with different roles and taking all the happy risks. I always say that the genesis is seeing and giving back to the community. You came with joy and vision, and then you had the guts to commit to your role. Then they have to go shop it around, whether that means volunteering or getting sag resources or permissions. You made all that happen before registrant No. 1 signed up.



8. THE HOME OF CHAMPIONS

This year has seen incredibly exciting performance from our runners. Lap after laps they continued to run, setting up much expectation from the spectators to see if they could achieve certain milestones. After the dust had settled, many personal bests were created in each category.



WE ARE A BIG FAMILY

Unlike the other Stadium run ultra-events, we have created a family of Hyderabad Stadium runners over the years. This year, we have many more “new” members added to this family. The runners ran, chatted, and paced with each other, kept seeing and passing each other. New friendships are easily built when you see each other every 400 meters. We are glad that we have provided such a platform for the betterment of the running as social harmony and joy! The massive growth in the Hyderabad Stadium Running is just about people wanting to do something in which they can feel good about themselves. That is what running has become, that is what the finisher's medal symbolizes. That is why people want to go to a race where there is a nice medal because they go home feeling good about themselves.

Whether you were running, volunteering or spectating, we would like to say a Huge THANK YOU to every single one of you for braving the elements and taking part to make the 2023 Stadium Run extra special! Thank you to all runners, families, spectators, volunteers and our support staff who came out for the Stadium Run to make this such an incredible event! We could not be more grateful to you all.

I would also like to say a huge thank you to our headline sponsor, the Gaudium and all of the others who supported this fantastic event.”

In conclusion, the Hyderabad Stadium Run 2023, with its unique format and emphasis on collective effort, successfully delivered an unforgettable experience for all participants. The event not only strengthened the running community but also fostered a healthier and more connected city, aligning with the broader vision of Hyderabad Runners.

Lastly, we hope that all runners truly enjoyed the experience this year. We look forward to welcoming you back again in November 2024. We hope we will be able to raise the standard again in terms of organization, and the quality of the performance by the participants.



PROJECT CHAMPION

JOY OF ACTIVE LIFESTYLE

–Shalini Sinha

The Hyderabad Runners Society, a not for profit organization, promotes active lifestyle among the citizens of Hyderabad. As part of Hyderabad Runners Outreach program HR has been conducting Summer Camp during the Summer vacation to keep the kids engaged and active during the long vacation. Outdoor Kids (OK) Summer Camp, a couch-to-playground project, promotes the HR's core vision of "active lifestyle and physical literacy" among the children outside of school time. Under this program there are 2 Government Schools where the camps were organized during the summer vacation of 2023.

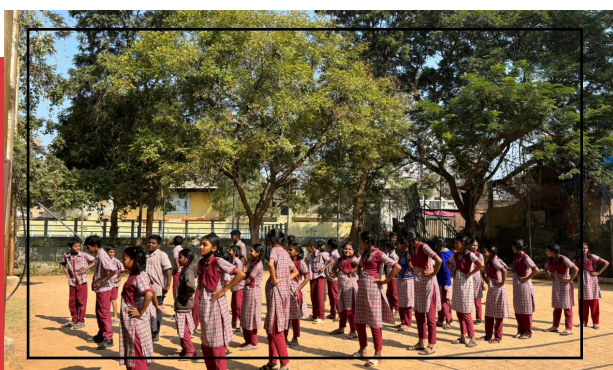
The success and overwhelming response to this program encouraged HR to take it a step forward. On October 24, 2023 HR launched its **Project Champion initiative** to spread the joy of active lifestyle among the kids of five selected Government schools. HR took the help of Kriti Social Initiatives to identify and onboard the five Government schools to this initiative.

Hyderabad Runners Outreach Lead

Project Champion is being spearheaded by **Vijay Yargal** – HR's Outreach Lead. Vijay is an accomplished ultra runner who came to know about HR in 2013 when he moved to Hyderabad and slowly became an integral part of the organization's volunteering and outreach programs. Vijay spoke with great passion while explaining what the program is about and what HR is trying to achieve through it. According to Vijay, a majority of boys and girls in the age group of 13-18 years are not active and he aims to decrease this and get more and more kids leading an active, happy life.

Project Champion: Objectives

According to him, due to COVID most kids had slipped into a sedentary and inactive mode, but the Summer Camp program saw the potential among the kids. The Summer Camp is only for two months and after that the kids were back to their usual. HR and Kriti Social Initiatives realized that to keep the kids active they need to continue the program. Sports, games or any kind of physical activity that transcends a classroom is an excellent platform to cater to an all round development of kids. It helps build confidence among the kids.



Physical Literacy for Kids

Vijay and team worked hard and came up with a plan. They studied and researched various curriculums to come up with a program that will sustain for long and will have maximum benefits for the kids. Especially studied the NCERT's PT Curriculum along with Sri Aurobindo and Isha School Curriculum as these are nature driven and believe in spreading joy of physical activity. The team devised their own plan based on these three and finally launched it as a pilot program in five government schools.

They have appointed PT teachers in these schools and have trained the PT teachers of these schools. They follow 30 mins play time and 30 mins of exercise time. The progress will be assessed every three months by organizing inter school games competitions. This again is aimed at keeping the kids motivated.



Under the Project Champion, 6-12 years old kids will be engaged in various physical activities to develop their motor skills and the focus of their activities will be throwing, running and jumping. For the kids from grade 6-10th, along with these they will be taught two games and for the first 3 months they are being taught Volleyball and Handball.

Project Champion 2023-24 Details

Duration: Oct 2023 to Mar 2024 (6 Months)

Number of Govt. Schools Covered: 5

Number of Kids Covered: 2433

Number of Trainers Employed: 5

HR is providing all games related equipment to all the schools and they conduct regular visits to the schools to see the progress of the Project. They have interacted with teachers, support teachers, kids and parents to get feedback on how things are progressing.

The beauty of the program is that it is not limited to just games and exercises. These teachers have been trained to impart awareness about road safety, importance of First Aid Safety, understanding health and hygiene and the importance of healthy eating and living as well as make them aware of gender sensitivity. The program is aimed towards a holistic development of the kids.

As Vijay said, he learnt a lot from HR, a community driven organization, and it was not only about running, he is trying to imbibe the same values and ideas in the Project Champion. He hopes to drive this project to greater success and foresee many more runners coming forward to take the Project Champion to greater heights.



KIDS RUN 2023

– Krishnam Madduri

The annual **Hyderabad Runners' Kids Run 2023** saw an active participation from 1200 children. The event which took place on the 23rd of December, not only celebrated the joy of running but also highlighted the importance of fostering a love for fitness from an early age.

In a dazzling display of youthful vigor and zest for a healthier lifestyle, Kids Run 2023 saw the active participation of 1200 kids across different categories. The event, which took place on the 23rd of December, not only celebrated the joy of running but also highlighted the importance of fostering a love for fitness from an early age.

Categories and Flavors:

The diversity of the participants was mirrored in the categories they chose, adding a fruity twist to the run. The 4K run was appropriately themed **PineApple**, the 2K run embodied the spirit of **Orange** and the 1K run embraced the sweetness of **Strawberry**.

Race Day Highlights:

The much-anticipated race day kicked off with the 4K run, flagged off at exactly 4:00 PM. The trail of PineApple runners was followed by the Orange brigade at 4:05 PM and the Strawberry sprinters at 4:10 PM, creating a lively procession of colors and cheers.

Months of Planning, Team Leadership:

The seamless execution of Kids Run 2023 was the result of meticulous planning that commenced in September. At the helm of this operation were the dynamic trio of Race Director **Vandana Maheshwari** and Joint Race Directors **Santoshi Tamlurkar** and **Krishnam Madduri**. Their leadership and dedication laid the foundation for an event that transcended mere running, evolving into a celebration of health and community spirit.

Conclusion:

As the echoes of laughter and the pitter-patter of tiny feet faded away, Kids Run 2023 left an indelible mark on the hearts of participants and spectators alike. Beyond the distances covered, the event stands as a testament to the power of community, planning, and the boundless energy of our youngest generation. Kids Run 2023 wasn't just a run; it was a vibrant tapestry woven with the threads of enthusiasm, teamwork, and a commitment to fostering a healthier and happier future.

In the spirit of Kids Run 2023, let us continue to nurture the seeds of well-being in our children, ensuring that they grow into individuals who embrace the joy of movement and the thrill of achievement.



CURRENT ACTIVITIES

OF HYDERABAD RUNNERS – DECEMBER

Book Discussion with Sohini Chattopadhyay

Date: 08th Dec, 2023

Location: T-Hive, E-Galleria mall, Hitec City, Madhapur

Hyderabad Runners hosted author and runner **Sohini Chattopadhyay** on 8th December at a small gathering to celebrate the intersection of women and running, a theme that she focuses on in her book **The Day I Became a Runner**. The discussion delved into the transformative power of running in the lives of women that she met as part of her research. She shared her personal journey and the people and stories that inspired her to write this impactful book.



Donation of Sports equipment to Govt School Kids.

Hyderabad Runners donated Sports equipments to Govt schools as part of the Outreach Program. The donation includes Volleyballs, Footballs, Cones for Soccer, Skipping ropes, Hoops, ladders for physical training etc.



Hyderabad Runners Kids Run 2023

Date: 23rd Dec, 2023

Location: Hitex campus

Hyderabad Runners Society (HRS) continues to partner and support Telangana Athletic Association. As in previous years, HRS donated tracksuits and sports kits to the Telangana athletes who participated in the Junior National Championship held at Coimbatore between 7th and 10th November. Kits worth about INR 3 Lakhs were handed over to the Telangana athletes at Lal Bahadur Stadium.

Kids run 2023 was successfully held with 1200 kids on 23rd December at Hitex. A special note of appreciation for all the incredible kids who participated wholeheartedly in the event. The determination and spirit on display were truly inspiring, and it was a joy to witness the kids' energy and zest for a healthy lifestyle. Furthermore, Hyderabad Runners would like to express their gratitude to Hitex for being a valued Venue Partner. Their support in providing a fantastic venue added immense value to the overall experience, and we are grateful for the collaborative effort that made this event possible.



Project Champion Kids at the Kids Run

Date: 23rd Dec, 2023

Location: Hitex campus

Hyderabad Runners is currently conducting the **Project Champion initiative** to spread the joy of active lifestyle among the kids of five selected Government schools. 56 kids from these 5 schools participated in the HR Kids Run.



Monthly meetup run – Run with the Border Ultra runners

Date: 30th December, 2023

Location: Sanjeevaiah Park

The monthly meetup runs are an initiative to foster better interactions amongst the different runners and these runs are for everyone from beginners to the more experienced runners. The December month's meetup run was held at the Sanjeevaiah park where the running community got a chance to meet the **Border Ultra Runners**. It was an easy 5K run followed by the Border runners sharing their run experiences with the fellow runners. The event ended with a cake cutting ceremony.



Beyond The Track – Webinar (The Evergreen Runners)

Date: 29th December, 2023

Location: Online

This webinar saw our host Sagarika Melkote chatting up with the veterans, runners who are defying age by the day. As part of this, **Sagarika** spoke to 4 runners – **Dr. Meena, Dr. BR Hariharan, Satyanarayana Reddy Ch and Nagabhushana Rao Ch.**

The seniors touched upon important aspects like their running journeys, what keeps them going at their age and what motivates them to do what they do. In this freewheeling talk, insights into their mindsets, and thoughts to devise and follow to practise a running career without retirement were also dwelt upon.

Recording link: <https://fb.watch/pnKkuSRMEC/>

Community Runs:

The year end usually sees different running communities coming together to celebrate their anniversaries. As part of this, the invite runners from the length and breadth of Hyderabad travel to meet, run and celebrate the occasion(s).

(i) My Home Avatar Relay run

Hosted by: My Home Avatar Runners

Date: 09th and 10th December, 2023

Location: My Home Avatar

Over 350 runners participated in the second edition of this 24hrs relay run event.



(ii) ECIL Anniversary Run

Hosted by: ECIL Runners

Date: 10th December, 2023

Location: ECIL

The ECIL Runners conducted their anniversary run on the 10th December with great pomp and fervour. Over 450 runners participated in the event across categories like the 5K, 10K and 21K.



(iii) PBEL City Winter Half

Hosted by: Peerancheruvu Runners

Date: 17th December, 2023

Location: PBEL City

Over 800 runners participated in this event across different categories like the 5K, 10K and the 21K. The event also marked the culmination of the K25K winter special (a 8 weeks program), a speciality of the Peerancheruvu Runners.



(iv) NCC URBAN Run-a-thon
Hosted by: NCC Urban Runners
Date: 17th December, 2023
Location: NCC Urban

The 4th edition of the NCC Urban Run-a-thon was conducted on the 17th December. Over 140 runners participated in the event across categories like the 5K, 10K and 21K.



(v) Forest Trail Run
Hosted by: Uppal Runners
Date: 24th December, 2023
Location: Nandanavanam Park

Nearly 700 runners participated in the Forest Trail Run organised by the Uppal Runners group. Runners participated in categories like the 5K, 10K, 16K and 24K. The picturesque environs of the Nandanavanam park provided the perfect backdrop for the event; it was a perfect trail for all the runners.



(vi) Indukuri LB Nagar Half Marathon 2023
Hosted by: LB Nagar Runners
Date: 31st December, 2023
Location: Indukuri Lakeshore

Over 1100 runners participated in the Indukuri LB Nagar Half Marathon 2023 organised by the LB Runners group. Runners participated in categories like the 5K, 10K, 16K and 24K. Runners were served the eponymous 'Beetroot laddus' and sumptuous breakfast post run.



K25K 2024 Season
1 – Registrations open

"Embark on Your 2024 Transformation: Join Our Couch to 5k Training Program Today!"

Starting a new year is always an exciting time, and what better way to start than by committing to your health and fitness goals? Our program is designed to take you from zero to 5k in just a 8 weeks, with a carefully planned schedule that gradually builds up your endurance and strength. Whether you're a beginner or have some running experience, our program can be tailored to your fitness level.

So why wait? Sign up for our **Couch to 5K** Training Program today and let's start crushing 2024 fitness goals together.

For more details & registrations -

link: <https://www.hyderabadrunners.com/couch-to-5k/>

KOUCH TO 5K 2024 | Season 1
Program Info
 Start - 02nd Jan 2024 | End - 25th Feb 2024 | Duration 6 Weeks
 Fee - Rs 800 (Inc taxes) | Sessions - 3 per week
 25+ LOCATIONS

Program Features

- Structured Program
- Official Merchandise
- Experienced Mentor
- Finisher Medal
- Entry to 5K Graduation Run
- Nutrition Guidance
- Community Support
- On Next level Programs

SCAN TO REGISTER

THE ONLY WAY TO FINISH IS TO START. SO TAKE THAT FIRST STEP. AND LET THE JOURNEY BEGIN.

www.hyderabadrunners.com

CLUB RUN 2024 – Registrations are Closed now.

Did you know that the **Club Run** was the first event hosted by the Hyderabad Runners back in 2008. Over the years, the event has grown to be a favourite of the running community in Hyderabad and one that's looked forward to by all the runners. The Club run is usually the season finale of the running events in Hyderabad. This time, it shall happen on 18th February, 2024. There has been an overwhelming response from the running community for this event and the registrations for the same are now closed.

15th EDITION
CLUB RUN 2024
 18 Feb 2024

REGISTRATION CLOSED

THANK YOU FOR THE OVERWHELMING RESPONSE

VENUE:
 UNIVERSITY OF HYDERABAD

RUN CATEGORY
 HALF MARATHON | 10K

NUTRITION

K25K- A DIETARY GUIDE



Signing up and showing up for the K25K program is an excellent opportunity to cultivate a good habit of being physically active on a daily basis. Every participant will have their own reason for wanting to start running or in some cases resume their running. Whatever your reason might be, starting a running routine is fantastic! Here are some dietary dos and don'ts for new runners:

Do's:

- **Hydrate:** Drink adequate water throughout the day, especially before and after the runs. Instead of drinking large quantities of water around your runs and then ignoring hydration for the rest of the day, have a water bottle handy at all times and keep taking sips periodically. Set short duration targets such as drinking at least a litre of water in the first half of the day and another litre during the second.
- **Pre-training Fuel:** Observe the energy levels during the first one week of training and decide if adding a simple snack such as a fresh fruit or a few dried fruits like dates /raisins/figs is necessary. Not everyone needs a pre-run snack, so take it only if you feel the need.
- **Post-training Recovery:** After the training, plan to have a wholesome meal with complex carbohydrates like grain-based foods, starchy vegetables in combination with protein rich foods like lentils, nuts, eggs, milk/curd etc. Include nutrient rich fruits and vegetables as well to help with recovery and rehydration.
- **Balanced Diet:** Aim for a balanced diet with a mix of healthy foods from all the important food groups – grains, lentils, dairy, nuts/seeds, meat, eggs, vegetables, fruits etc. Try to include foods from at least 3 groups in each meal and cover at least 5 different groups in the entire day. Aim to meet protein requirements from natural sources such as dairy products, eggs, lentils, beans (legumes), meat and vegetables rather than adding a protein supplement.
- **Mind the portions:** Be mindful of not just the choices but also the portion sizes. Include foods that are more nutrient dense (more nutrients per calorie) such as vegetables and fruits in good portions and regulate portion sizes of high calorie foods. Be mindful of the snacking as well. Choose small portions of nuts/seeds and dried fruit, fresh fruits, sprouts etc. for snacking.
- **Mind the gap:** Try to have a gap of 12 hours between today's last meal and first meal the next day. Aim to complete supper by 6 pm if you plan to take a pre-training meal.



- **Don't go on a 'Diet':** Do not start any fad diets that exclude entire food groups or categorize foods as good and bad foods. Instead, try practicing mindful eating and portion control.
- **Don't set impossible goals:** Do not try to drastically change your diet by giving up all of your favourite foods and treats. Do not drastically alter your meal timings too. When such difficult goals are set, things can feel too difficult to follow through consistently. Instead, set small goals that can help in forming good habits that can make leading a healthy lifestyle sustainably.
- **Don't Skip Meals:** Do not skip meals randomly. Skipping meals without proper planning can lead to low energy levels and can also lead to overeating in other meals. Sometimes extreme hunger due to skipping meals can also lead to craving unhealthy foods. Instead of unplanned skipping of meals, make a schedule for each of your meals and try to stick to the plan as much as possible.

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- **Don't drink the fruits and vegetables:** It might feel easier to just blend the fruits or vegetables into juices and smoothies and gulp it down instead of eating them. However, research shows that eating those fruits and vegetables offers far more benefits than juicing them and drinking. Although fruits are very healthy, fruit juices – especially the ones that are not freshly made at home – are often high in sugars and calories.
- **Don't binge:** Starting any new workout regime like joining a training program should not be looked at as a free pass to indulge in unhealthy eating patterns. Remember- 'one cannot outrun a bad diet'! Use the training program as a motivation to incorporate better eating habits and develop a sustainably healthy lifestyle.

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Happy Running!

Dr. Lahari Surapaneni

NUTRITIONIST & WELLNESS

CONSULTANT, NUTRIFUL YOU.



FACTOID
THE IDIOTS RUN

THE IDIOTS RUN

Gary Cantrell (a.k.a. ***Lazarus Lake***), the masochistic race director of the infamous Barkley Marathon has made a tremendous impact on the sport of ultra running both in America and world-wide for more than four decades. He believed that since life wasn't fair he would create a run that wouldn't be fair to the participants. According to Cantrell, he has failed at most things in life.

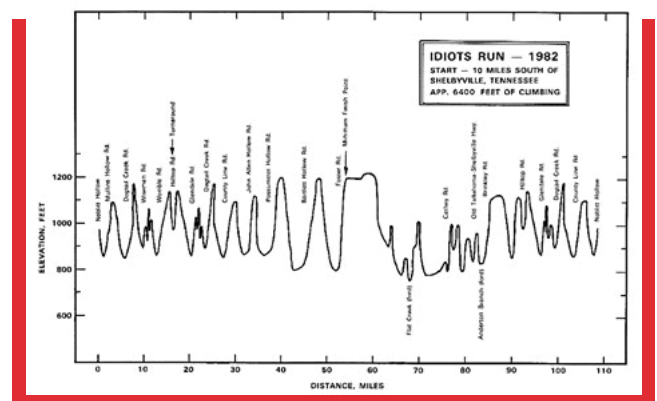
In 1985, **The Barkley** was born.

Few years before that while he was still honing his race directing skills, in 1981 he put together ***The Idiot's Run*** in Shelbyville, Tennessee, a road race, consisting of 76 miles and 37 significant hills, supported by crews. When several runners expressed their interest in participating, he was surprised. A dozen runners showed up for the first Idiot's Run, all but one with a 100-mile finish. Only five finished the tough race.



(Start of the first IDIOTS RUN. Gary on the extreme right, Bib 149)

The next year, Gary extended “The Idiot’s Run” course length to 107 miles and eliminated flat sections, making it even tougher and brutal for the participants. When asked for the reason behind extending the course Gary explained, “The objective isn’t so much to see who finishes first as to simply see who survives for the longest distance. I’m confident this is the single grimmest race held anywhere in the world. Six finished the entire course. Gary made it tougher the next year, adding more hills. Only five runners started in 1983.



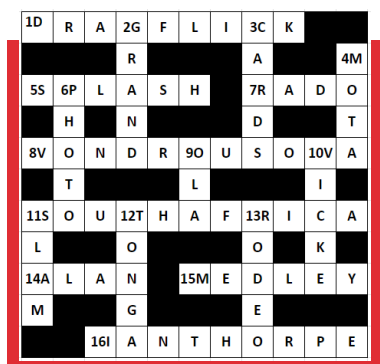
IDIOTS RUN — 1982
START — 10 MILES SOUTH OF
SHELBYVILLE, TENNESSEE
APP. 6400 FEET OF CLIMBING

CROSSWORD

SOLUTION

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)

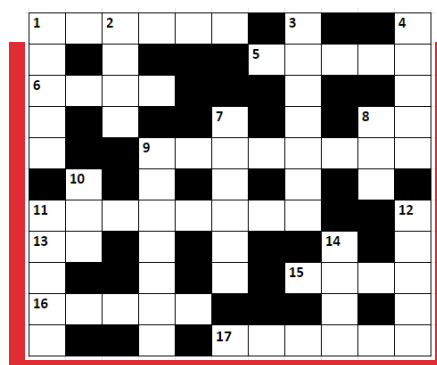
DOWN

- 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)

RUNDEZVOUS

CROSSWORD # 18

GENERAL SPORTS



ACROSS

- 1&17. The owner of the 2:00:35 WR. (6,6)
- 5Ac & 8Dn. Undefeated professional Boxing Champ 1999 to 2007, daughter of a boxing legend. (5,3)
6. Brighton and ____ Albion FC- they compete in the English Premier League. (4)
8. Advertisement (colloq). (2)
- 9Ac & 7Dn. This book talks of an Indian athlete facing controversy on her gender identity. (8,6)
11. She and her brother are the world's first sister-brother Grandmaster duo. (8)
13. A measure of your ability to reason and solve problems. (1,1)
14. The term used when a batsmen gets out for zero in both innings of a Test. (4)
16. First name of the tennis player who was the first to achieve a career Golden Slam and a career Super Slam. (5)
17. See 1Ac.

DOWN

1. See 11Dn.
2. Zero or Nil in Tennis. (4)
3. The venue for Pakistan's highest score in Test cricket. (7)
4. Trust him to carry your Irons, Wedges, Putters and Woods. (5)
7. See 9Ac.
8. See 5Ac.
9. This American high jumper's "back-first" technique revolutionised the sport. (7)
10. This section gives you answers to most questions and doubts. (1,1,1)
- 11 & 1Dn. The first cricketer to take a wicket in cricket without ever bowling a legitimate ball. (5,5)
12. A shot in Billiards in which the cue ball strikes each of the two object balls. (5)
14. You would use this to lure your targets if you were angling. (4)

RUN-TITUDE

MINDSETS OF A MARATHONER:

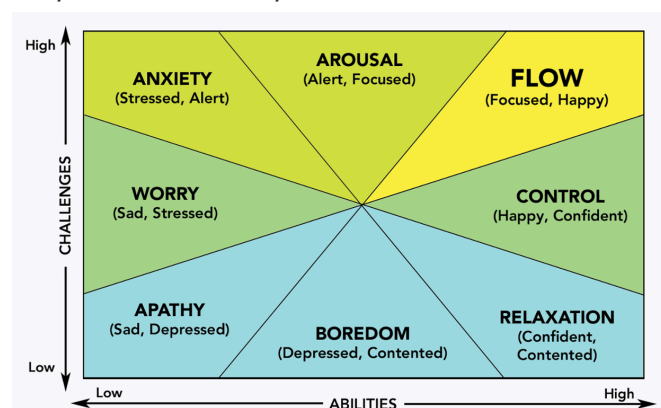
RUNNING IN 'FLOW'!

"The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile."

– Mihaly Csikszentmihalyi

Now this is something that every runner can relate to! When we set a running time goal that we need to stretch achieve, when we push ourselves to run just a little more distance than what we think we can, when we pick up pace just a tad bit more than what we know we can easily run, when we surpass our previous records of personal bests and running distance – knowing that we went through the rough patch and came out as shining diamonds – each one of us has experienced this beautiful state that Csikszentmihalyi calls "flow"!

Getting there however is not an easy path. There are times that we almost may have felt like giving up, times we may have felt anxiety and times we may have felt so indifferent towards training, and also maybe times we may have felt so in control.



Mihály Csikszentmihályi's model of flow as related to challenge and ability.

How do we work around these various stages to get us back to the state of flow? Here is a quick look at some techniques:

Some ways to come out of these various emotions and back to the path of flow include:

- Eliminate external distractions such as phone alerts or changing music by changing settings
- Eliminate internal distractions such as other pending tasks by journaling and meditating
- Run at your biological peak time, be it morning or night
- Listen to the (right kind of) music that peps up than calms you down
- Focus on just one parameter – either breathing or heart rate or cadence and not on multiple
- Pick a pace or a heart rate or a distance that is challenging but not too challenging
- Set a clear target for every run, even if it is a fun or casual run
- Stay aptly hydrated to increase concentration and energy levels – oh like someone needs to tell us runners this, but still saying
- Create mental cues – that one thought or phrase or music beat or sometimes that one spot where you pick up pace or energy n move to the next level
- Do it now – less thinking and more action; do not plan to act, instead act to plan!

So, the next time you are experience one of these feelings other than flow, ask yourselves which scale to adjust – challenge or skill – and use some of the above techniques to pace yourself and get back right on the path to flow!

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".

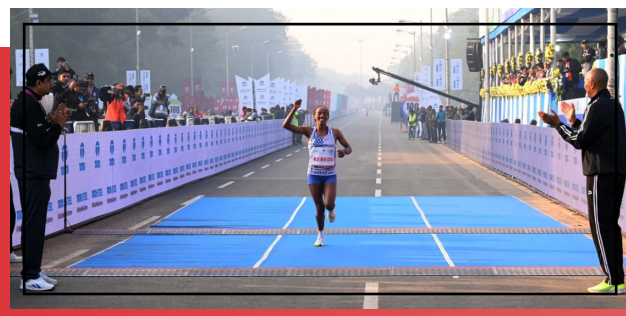


RUNNING NEWS FROM AROUND THE WORLD – DECEMBER 2023

Tata Steel Kolkata 25K – One of the premier events in the eastern part of India, the TCS Steel Kolkata 25K was held on 17th December 2023. The event had an enthusiastic participation from runners from India and abroad. The event is popular among elite athletes for its flat course and near perfect conditions. Setting new course records, Kenyan **"Daniel Ebenyo (sportstar.com)"** and Ethiopian **"Sutume Asefa Kebede (runnerstribе.com)"** won the event in the men's and the women's categories respectively.

Ultribe Paderu 2023: The third edition of Ultribe Paderu was held on 10-Dec-2023. This year's event had enthusiastic participation from trail running enthusiasts around the country. Six international participants also participated in the event. Ganesh won the 80K category **with** a time of 11:35 while Anita won the women's 80K title with the time of 16:51 hours. In the 50K category, **Harry Wager** won the men's race while **Nandini K Gangadhara** won the women's race. **Ramesh Vanthala** and **Dhanalaxmi Killo** won the 25K category races.

Valencia Marathon: Known for a perfect race condition, the Valencia marathon was held on 3rd Dec 2023. Ethiopia's **Sisay Lemma** won the men's title with a timing of 2:01:48 while **Worknesh Degefa** won the female title with a time of 2:15:51. 41-year-old **Kenenisa Bekele** set a new masters world record of 2:04:19 to surpass **Tadesse Abraham's** masters record of 2:05:10 which he set in September 2023.



"Sutume Asefa Kebede (runnerstribе.com)"



"Daniel Ebenyo (sportstar.com)"

TRAIN LIKE A PRO

TO GYM OR NOT TO GYM – THE RUNNER'S DILEMMA

"Ugh!!! A TREADMILL???!!! You want me to leave the lush greenery, the empty roads, the amazing scent of the morning fresh air, where I can run, do strength drills or yoga in the lap of mother nature and head over to the gym and get on a treadmill for my cardio workout???!!! You must be out of your mind! Me, go to a gym – ugh!"

Words we would surely hear from a runner the moment the word gym comes up before them. *Runners do not like to go to gyms.* We like the nature, fresh air, and the power of being outdoors. *Gyms are closed concrete walls and taboo for many of us.* Good gym workouts though have their own added benefit for us runners.

Why Gym?

But this begets the question, "Why gym?" What gym equipment uses are good for runners? How many times a runner should visit the gym? Should runners use weights for training?

I am not saying that the gym is very important for runners. I know we do a lot of drills and body weight strength training, but gyms and gym equipment, if used well and to its utmost, can still play an important role to make one a better runner.

As a fitness and running coach, I always recommend to runners to spend some time in strength training because starting a strength-based routine can make you a *stronger, faster and healthier runner.* Gyms are one of the best places for guided, supported, and structured strength training.

I have tried to answer below some of the most common questions that runners have about gym workouts

How should runners use gym equipment?

Try to use the equipment in the gym that can help to improve and activate your muscles differently. The machines contribute to better strength and performance and help to improve your endurance, speed and pace. Use equipment such as stair climber, elliptical, stationary bike in case you wish to go to the gym. This equipment can be used to improve running performance in field.

Should runners use weights for training?

The answer is yes, the runners should use weights during training. A good sweaty gym workout is always recommended that helps to enhance your endurance and strength while running. Weights play a crucial role in developing and maintaining the muscles for runners.

How many times a runner should visit the gym?

As a runner, if you want to improve your speed, pace and time, you should visit the gym 2 to 3 times a week at a stipulated interval that does not overload your body with exercise. These should be days when you run less or do not run. Days when you are running long distances or running on routes with high elevations, your muscles are already stretched.

Running is like a kinetic chain and we should understand that muscles work in pairs. Working on one set of muscles affects the other set and helps building strong muscles which helps running performance.

The majors muscle groups used while running, ALL of which can be strengthened with gym workouts, are:

- Glutes
- Quadriceps & Hip Flexors
- Hamstrings
- Calf
- Core

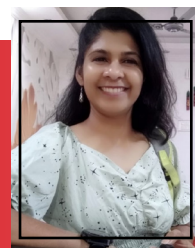
There are also a number of gym equipment that can be used to improve VO_2 max and running performance. Some of these include

- An Elliptical Trainer
- A Rowing Machine
- A Stationary Bike
- The Treadmill
- A leg Press Machine
- The Stairmaster

The above exercises are meant for runners to improve a runner's running performance. If you are not sure about the exercises or how to use this equipment or how many times / reps you should do, then one should take advice from a gym personal trainer. Do not forget to warm up and cool down before starting any workout in the gym.

**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



UNGLUING THE ANKLES

TRIUMPHANT RUNNING: THE PHYSIO WAY

I run... I warm up with drills... I cool down with calf and thigh stretches... I am agile, mobile, and fit... One step after the other, pace by pace, I do well on the road!

Ouch... why then do I feel this stiffness in my feet and across my legs all the time? Suddenly, no matter how light I land and how nimble I am, my feet tend to strain and my glutes feel the pull!

Ever wonder why this happens??? Well, a chain is only as strong as its weakest link – and the weakest link in our kinetic chain of our leg muscles and joints, is the **ankle!** The smallest and most ignored component, it can however create chaos for us runners.

The Ankle Joint

The ankle joint is a crucial component in the running motion, and restricted ankle mobility can cause issues with balance, stability, and power generation *meaning energy leaks and ultimately worse running performance.*

Ankle mobility refers to the ankle joint flexibility and its surrounding muscles and tendons. When your ankle is flexible, you have a greater range of motion during your activities.

Why Are the Ankles Important in Running?

Tight, inflexible muscles will restrict and resist joint movement during running and other daily activities.

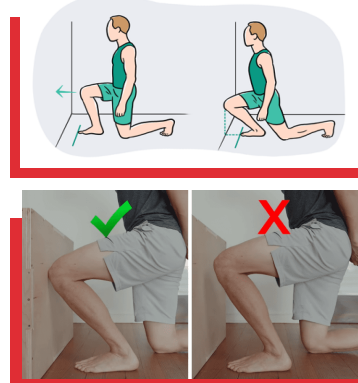
Ankle mobility helps in absorbing shock and also positively contribute to the transmission of force during the push-off phase thus improving running performance.

Unlike perhaps the importance of arm drive, or of shoulder and back mobility for runners, the critical role of the ankles in running ought to be fairly obvious to everyone. The ankles connect your feet to your lower limbs. If this connection is not functioning optimally, it can create problems in both directions.

Test your Ankle Mobility!

One way to check your ankle mobility is the knee-to-wall test. Stand or kneel with your toes facing the wall, then try to touch your knee against the wall without your heel lifting. Measure the distance from the wall and repeat with the other foot.

KNEE-TO-WALL DORSIFLEXION ANKLE TEST



Why ankle mobility exercises???

As a runner, you may be familiar with the importance of stretching and strengthening exercises for your legs, but have you ever considered the benefits of ankle mobility or ungluing the ankle? Even if you've never had any issues with your ankles, it's fairly likely that working to improve your ankle mobility will help to improve your running technique, and reduce your risk of injury.

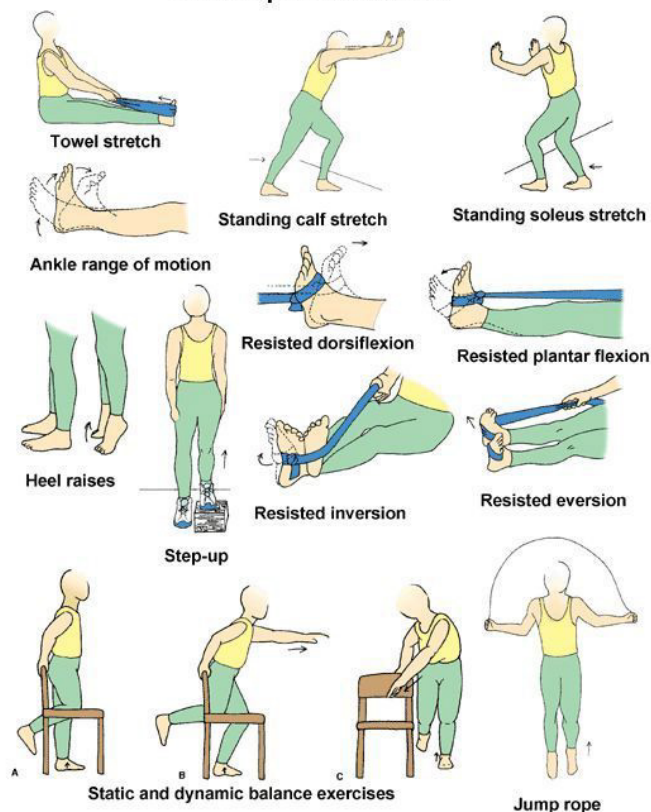
Here are some of the benefits of ungluing runners' ankles:

- **Improved Range of Motion:** When the ankle is mobile, the foot can move through the full range of motion, which means that the body can maintain better balance and stability during each step and stride
- **Increased Ankle Strength and Stability:** This can help to reduce the risk of ankle sprains and other lower leg injuries
- **Enhanced Balance and Coordination:** Your body can maintain better balance, especially on uneven surfaces.
- **Reduced Risk of Lower Leg Injuries:**
- **Improved Running Efficiency and Performance:**

Improving Ankle Mobility

Problems at the ankle limits our mobility and range of motion, impedes our running performance, and even puts us at risk for injuries. Ankle mobility exercises and ankle stretches for runners can help improve mobility and, in turn, improve running performance. Some simple exercises, as shown in the image, can be used to increase our ankle mobility day by day.

Ankle Sprain Exercises



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By incorporating a variety of ankle mobility exercises into the training routine and being consistent with their workouts, runners can improve their ankle mobility and reap the benefits of better performance and reduced injury risk.

** 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.



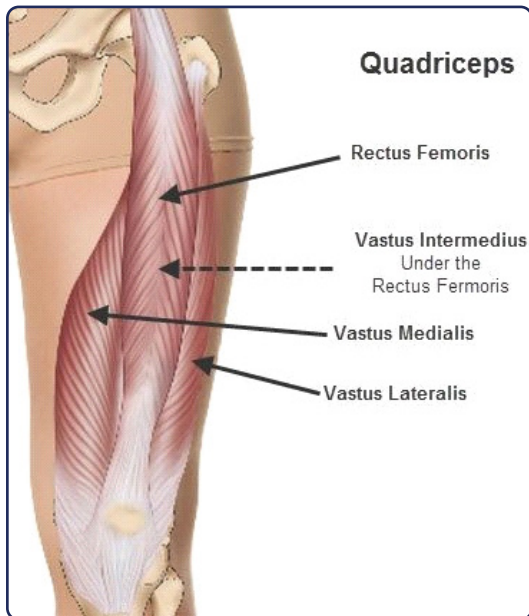
YOGA

THE 5 MOST IMPORTANT MUSCLES FOR RUNNING

Running uses lots of muscles, but which ones are most important?

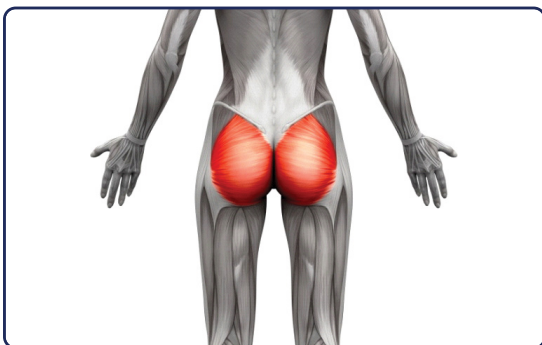
Firstly, let's establish why your muscles are so crucial in running. When you run, 3-8x your body weight is absorbed by your bones, your joints and your muscles which makes it crucial to keep them strong. The fact is that athletes who strength train are 50% less likely to experience injuries than those who don't strength train.

Quadricep Muscles



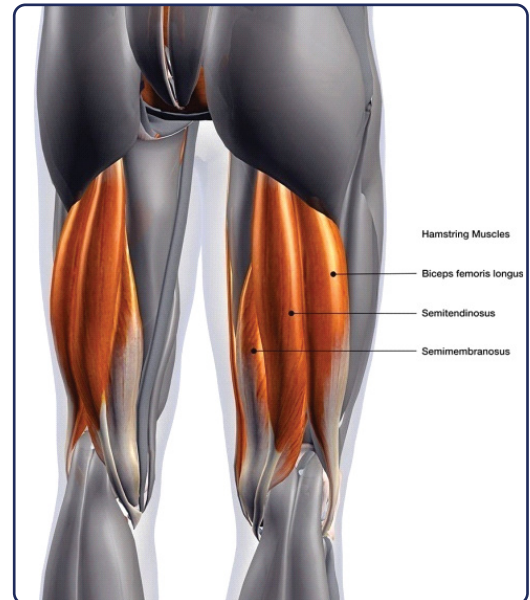
The quadricep muscles aren't far behind the calves. The Quadriceps help straighten your leg and lift your knee making them one of the major contributors to acceleration in your body mass center during running.

Gluteal Muscles



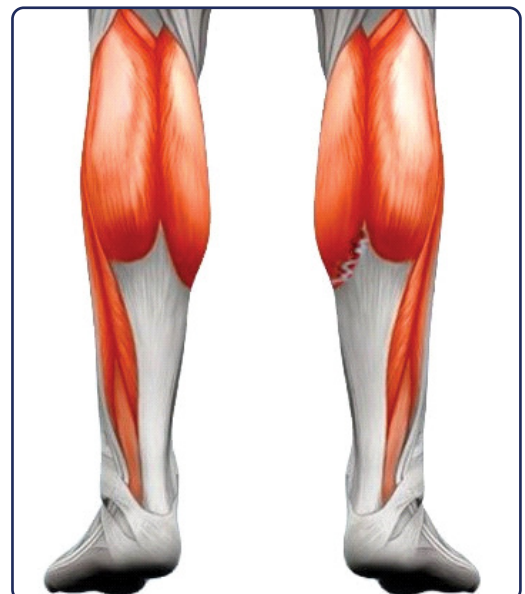
Your gluteal muscles play a few important roles. Your large glute muscles help propulsion when you run and also stop you from compressing where your foot hits the ground. The smaller glute muscles help with your lateral stability stopping you from swaying from side to side and wasting that much needed energy making your run more efficient.

Hamstring Muscles



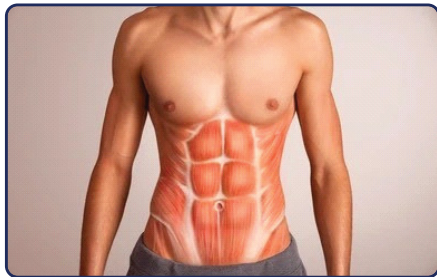
The hamstring muscles help slow down the leg to prepare for ground contact as well as keeping the knee bent to stop the leg from collapsing.

Calf Muscles



The calf muscles are the most important muscles in the propulsion phase of running. If you can only do one strengthening exercise, calf raises are the one to do. Remember, calves are king!

Abdominal Muscles



The abdominals are important to keep you stable and ensure the power that your legs generate is not lost by compensatory movements.

Yoga, contrary to popular belief, helps extensively in strengthening the muscles too, and does not only focus on stretching and flexibility.

One must have knowledge of yoga anatomy to understand which poses strengthen a specific muscle and which muscle stretches.

5 yoga poses that help strengthen the above 5 Muscles

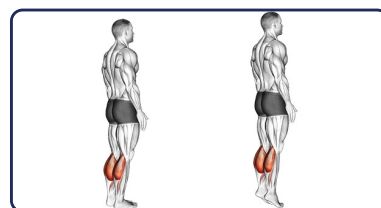
Quadriceps

Uthitha hasta padangushtasan



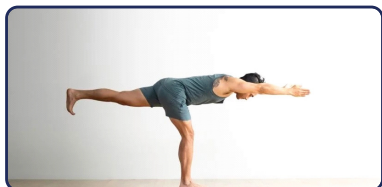
Calf muscle

Calf raises



Gluteal muscle

Veerabhadrasan 3



Abdominal Muscle

Navasana



Hamstring

Shalabhasan



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