

RUNdezvous

MARCH 2024



CLUB RUN 2024
A ROUND-UP

LIFE IS FINITE
MAKE A CHOICE

PROJECT CHAMPION
SMALL STEP, BIG LEAP

AVOID THE DRAMA
JUST RUN!



PRESIDENT'S MESSAGE

Dear Runners,

Greetings,

As we come to the end of the current running season, I am sure that many of you are in 'Review' mode, evaluating the last year in terms of your training and race performances. Much needed, of course, but please do allow yourselves a bit of leniency, factoring the effect of your busy work schedules and family commitments and chalk out your training plan for the 2024-25 running season accordingly. After all you belong to the exclusive marathon running community which makes up for a miniscule 0.2 % of population in India. And we would like to see this community flourish and run in a healthy, happy and injury-free way. Don't ignore those niggles and aches – consult a doctor immediately. Recheck your other commitments – if too busy on that count, commit to an easier training plan. Reach out to some of our senior runners and mentors, if required. Reach out to our trainers to help you with training plans and Marathon training to suit your needs. Let's pledge to make the 2024-25 running season our healthiest!

Let me take this opportunity to update you with some of our programs. The **Project Champion** launched last year, has seen good participation and tremendous success. With almost 500 school children from 5 Govt schools participating, our trainers under the guidance of Vijay Yargal, had their hands full and were literally on their 'feet'. **Catch them young** has been the mantra here and introducing the children to a program like this will hopefully inculcate the necessary discipline for a healthy lifestyle in future. We are poised to take this program to the next level soon. Hyderabad Runners also had the opportunity to help and support many deserving runners and upcoming athletes for their sports gear and nutrition requirements last year. Our **Club Run 2024** held in February at the UOH witnessed good numbers in all categories and active participation from our K25K runners, who completed their graduation run here. We also had a plethora of PBs in the timed runs.

Our annual event – the **NMDC Hyderabad Marathon 2024 powered by IDFC FIRST Bank**, was launched on the 22nd February and we have started registrations for the same. Enrol early. As always, the Hyderabad Marathon promises to be a gala event and we would wish to see you there either as a participant or as a volunteer/organiser for the event. Our Runner's Evening, where we recognise the running and volunteering achievements of our members was held recently and it was a joy to see the non-running side of our members and to witness their lovely camaraderie.

Wishing you all a healthy and safe running season ahead.

Yours sincerely

Abhijeet Madnurkar

President,

Hyderabad Runners Society



EDITOR'S MESSAGE

Hello everyone,

Hope this edition of **Rundezvous** brings in festive cheer in whichever part of the world you are. We've just announced the Hyderabad Marathon 2024 and hope you all begin training for the same.

This edition has specials dedicated to the **Club Run** held in February, and a note on the **Project Champion School games** that were held in February. We've a special tribute to **Kelvin Kiptum** as well.

Plus, we have our regular features like the Crossword, Runtitude, Train like a Pro and Triumphant Running: the Physio way et al to better our running. In the Nutrition section, Lahari speaks on hydration strategies for runners to beat the heat while the Yoga article talks about Backends. Don't forget to read the factoid on **Project Africa**.

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

Cheers !!

Sunder Nagesh K

Editor,



PROJECT CHAMPION

SMALL STEP,BIG LEAP

On October 24, 2023, Hyderabad Runners Society launched its **Project Champion** initiative to spread the joy of active lifestyle among the kids of five selected Government schools. February 2024 saw the culmination of the first phase of this initiative. The joy and enthusiasm displayed by the kids was the testament of the grand success of the project.

From February 19th-24th, **Project Champion School Games** were conducted as part of which games and activities were organized at 5 Government Schools – MGN Primary School, NBT Primary School, NBT High School, Shaikpet Primary School, and Shaikpet High School. The event was conducted in the respective schools or nearby playgrounds, and saw the participation of 1363 students.

The Core Committee members of Hyderabad Runners Society, alongside the respective HMs of the schools, presented medals and certificates to the 732 victorious students.



Success Story

The success of the project was in the whole-hearted participation of the kids and the support that the schools and teachers provided. It was spectacular to see kids engaging with sports, games, and exercises and reaping the benefits from it. Project Champion has been instrumental in shaping their relationship with physical activity.

Post the implementation of Project Champion, there has been an increase in the attendance of the kids of these schools and regularity was noted too. This was noted in the ongoing research conducted by Mr. Sampath from University of Hyderabad. The research is supported by the Hyderabad Runners (HR) to further enhance the project.

According to **Vijay Yargal**, HR's Outreach Lead, "I interacted with children while marking the lines for tug of war and athletic games – we can see the child's discipline and development of interest in sport and games in general when I asked children to calculate perimeters, surface areas by working on the dimensions of tug of war, relay markings."

Another fascinating aspect is that the **Project Champion School Games** have been successful in bringing students closer, fostering a sense of community and support among each other, transcending athletic competition.

The collaborative spirit was exhibited by school staff, teachers, and students during the school games highlighting teamwork, camaraderie, and mutual encouragement for each other's accomplishments.

Fostering Teamwork

Project Champion has managed to foster a culture of achievement and self-belief among students, emphasizing the effort and dedication required for success in sports and academics. There is a sense of empathy, understanding and awareness among the students. Children understand that behind every sporting effort there are concessions that have been made, with lots of hard work and sacrifice.

The Project Champion was not only for the students participating but it also provided space to the non-participating students as well. By engaging them as volunteers who assisted in various tasks during the games, demonstrating empowerment and teamwork. These students showed their enthusiasm and actively participated by serving water, distributing snacks, cleaning up the trash and carrying equipment and batons to the participants.



Some Facts and Figures of the program

- Total number of kids who participated: **1363**
- Number of schools: **5**
- Number of days the event was held: **4**
- Number of Victorious students: **732**
- Duration of the Project: **3 months**

LIFE IS FINITE. MAKE A CHOICE.

In his book "Four Thousand Weeks", Oliver Burkeman explains the etymology of the word, "decide," from Latin "decidere": "de-" meaning "off" + "caedere" meaning "cut." Literally, when we "decide" to do something, we "cut off" other actions.

The running exploits of **Kelvin Kiptum Cheruiyot** epitomizes this. His 24 year existence on this planet serves as an inspiration for everyone to "decide" on how to push our limits by cutting off all other distractions to achieve greatness.

On Sunday 8 October 2023, the running world witnessed history when as a 23-year-old Kenyan athlete, Kelvin Kiptum, completed the Chicago Marathon in an astonishing time of 2 hours, 35 seconds, shattering fellow Kenyan Eliud Kipchoge's old mark by 34 seconds. In an interview after the world record he said "I think I have trained well. I knew I was coming for a course record, but a world record – I am so happy. A world record was not on my mind today, but I knew one day I would be a world record-holder."

Kiptum burst into the marathon world a few months earlier when he set the fastest debut time in his first-ever marathon with a time of 2 hours and 1 minute at the Valencia Marathon. Four months later he followed it up with the second-fastest marathon ever, completing the rainy 2023 London Marathon in 2:01:25 hrs, 16 seconds slower than the world record but 72 seconds faster than the course record held under by Kipchoge.

In just 10 months he ran 'only' three marathons and recorded three of the six fastest times in history. From herding goats a decade earlier to achieving incredible greatness is nothing short of a fairy tale.

Kiptum was one of the most exciting athletes to emerge in road running in years. He was hoping to run the marathon distance in under two hours at the Rotterdam marathon in April 2024 but fate had different plans for him.

On 11 February 2024 the world woke up to the devastating news of Kiptum's death in a fatal road accident. Kiptum lost control of his car, veered off the side of the road and landed in a ditch before it hit a tree, tragically taking away his life and that of his coach Gervais Hakizimana. From hailing him as the future King in waiting to collectively mourning a fallen hero – all in a span of four months. Oh! Such joy and hope removed from this earth in a flash.

Kiptum lied in repose and will rise no more. Survived by his wife, two children and parents, what words would ease the pain of that wound that will never heal.

Even though it doesn't seem fair, some people die young when most haven't even begun to live and many are just marking time trying to figure life out. We cannot control every outcome, but we can shift the direction of our lives in incredible ways.

As tributes poured in, some of the world's finest athletes described Kiptum as incredible, extraordinary, superstar, ambitious, talented. "An incredible athlete leaving an incredible legacy, we will miss him dearly," said Sebastian Coe, President World Athletics who was in Chicago to officially ratify Kiptum's historic time.

An extraordinary sportsman has left an extraordinary mark in the globe.



KELVIN KIPTUM
Image courtesy: prehab.com

CLUB RUN 2024

Easily the most popular run from the Hyderabad Runners' stable in the city today because of the venue, the choice of distance and the weather, let's see how the **Club Run 2024** came to be and what makes it a "don't miss this one" for every runner.



When the Hyderabad Runners Society (HRS) was but a Google group in 2007, the Hyderabad 10K Foundation had already established itself as the organizer of an event called Hyderabad Marathon. The Hyderabad Runners and the 10K Foundation jointly organized the Hyderabad Marathon in 2008 and the event featured a full marathon. Around 800 runners participated in that year and the partnership continued till 2009. A decision to independently organize a marathon that would be exclusively the Hyderabad Runners property led to an event that was organized in August 2010. This was christened the **Club Run** and was organized with Chaitanya Bharathi College of Engineering as the start and end point and the route was along the Shankarpally Main Road (a road which would be next to impossible to even walk on today). Very ambitiously, it featured a Marathon, a Half-marathon, a 10K and 5K distances – all done in repetitious loops of 10.5 kms! Around 450 runners participated and the event was organized with virtually no sponsorship, some of the founder members themselves pooled in amounts from their personal funds to ensure the event went well. After the Hyderabad Runners was formally registered as "Hyderabad Runners Society" later in October 2010, the subsequent edition of the Club Run in February 2011 saw a marked increase in participation numbers, going up to 750 runners. A change was made in it that the organizers thought it fit to do away with the Full Marathon, as the seeds of the Hyderabad Marathon were sown – an event that would be held on the last Sunday of August which would have the option of the Full Marathon. Thus, the Club Run was scaled down and the distances included a Half Marathon, 10K and 5K.

The venue and route would remain the same till 2013, when a chance meeting with the Director of Physical Education of the University of Hyderabad in 2012 (about 150 students from the University participated in the 2012 Club Run) led to the possibility of a collaboration between the University and Hyderabad Runners. Come 2013, the Club Run venue was changed to the University of Hyderabad and the rest, as they say, is history.



A run within the verdant green campus of the University of Hyderabad, with no traffic to bother about, the Club Run has seen dramatic increase in participation numbers, year on year. Timing mats were introduced in 2014, making it an event, where a runner's timing certificate could be used as a qualifier for any other marathon. Special tee shirts designed exclusively for the Club Run were also given to participants, adding to the Runners Delight quotient. Another important addition to the Club Run over the last few years has been the "Graduation Run" of the Couch to 5K training program of Hyderabad Runners – an eight week structured program for people who have never run before to train with experienced runners and complete a 5K run at the end of the program. The graduates of the Couch to 5K program enjoy running alongside their mentors and seasoned runners during the Club Run. With the exception of 2020 and 2021, when the venue had to be shifted outside the University campus due to Covid restrictions, the Club Run has always been held in the University of Hyderabad.

The 2024 edition of the Club Run saw over 2000 participants, which included about 550 graduates of the Couch to 5k program. The race tee shirt for 2024 was very colorful, with splashes of blue, green and mustard, drawing much appreciation from all.

For first time Race Director **Ajit Mishra**, the focus was on increasing the volunteer numbers so that every aspect of the race was covered adequately – especially on route SAG and medical emergencies.

Ajit is a long standing member of Hyderabad Runners and had shadowed the Race Director in 2023. From his experience, he has had firsthand knowledge of the areas of improvement and the shortcomings that needed fixing. It is from these observations that the decision to increase volunteer numbers was taken. Another important point that Ajit wanted to ensure was “on time” start for all categories of run – something that Hyderabad have always taken pride in.

With the Half Marathon first to be kicked off, followed by the 10K and 5K, the Club Run started on dot at the scheduled time. The route through the University of Hyderabad goes through avenues with tree cover mostly, and a few parts with no shade. There are a few gentle and not-so-gentle inclines along the route. This time around, there was a slight chill in the air just when the event began that soon gave way to warm, mellow sunshine. A run among greenery, along tree lined roads, with great weather is the stuff that runners’ dreams are made of! Add to that, a funky colorful finisher’s medal and a piping hot, freshly cooked breakfast at the end is just icing on the cake!

These “graduates” are often mentored by a former Couch to 5K graduate who is, today, a marathoner and is a source of inspiration. From 2010 to today, the Club Run has indeed evolved, not just in terms of participation numbers having quadrupled since but every aspect of the race has metamorphosed. Currently riding very high on the runner’s delight quotient due to near flawless execution, the Club Run promises to return next year, with all the features that make it a “not to be missed” running event in the twin cities.



In the words of Mamtha, who ran the Club Run this year- “this is not just a race, it’s an unforgettable experience filled with unique experiences.” For her, it has always been a “fulfilling event” because of the “exceptional organization and incredible support from fellow runners”. She loves “the vibrant atmosphere and the beautiful course”. She terms the Club Run as an “iconic run in Hyderabad”.

The Club Run is equally special every year for the “graduates” of the Couch to 5K program. After all, completing an official first run holds a special place in every runner’s heart! And so, it was no different this year too for the 5K finishers. Earning a specially designed finisher’s medal after completing the distance with their mentors running alongside them, their joy knew no bounds. The possibility that the 5K runner can very well scale up to a 10K and go on to do a Half or a Full marathon even in the future is something very real.



SOLUTION TO CROSSWORD #18

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

Across

- 1.&17. The owner of the 2:00:35 WR. (6,6)
- 5.Ac &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)

RUNDEZVOUS CROSSWORD #19 WOMEN'S DAY SPECIAL

		1		2			3		
4									
		5							6
			7				8		
9								10	
						11			
			12						
13									
14									

Across

- 2. Joshna Chinappa, Dipika Pallikal and Akanksha Salunhke -all excel at this game! (6)
- 5. See 8 Dn
- 7. How a sailor would refer to the afterdeck. (3)
- 9. One of the premier institutes in India for Information Technology. (Abbr) (4)
- 10. The long distance swimmer and her film by the same name. The Guinness Book of Records recently revoked her 110 mile swim record achieved at the age of 64. (4)
- 11. ___ ___ Chau-tai - the first woman to represent Taiwan at the Olympics. (3)
- 13. Former World No.1 and winner of the 2023 & 2024 Australian Open. (9)
- 14Ac & 6Dn. Captain of the WPL 2024 Winning team. (6,8)

Down

- 1. Last name of the wrestler who recently returned two of her medals to highlight alleged sexual harassment of women athletes. (6)
- 2. This Indian archer, born with a medical condition called phocomelia, received the Arjuna Award 2023. (7,4)
- 3. A small forced bet made by all players in a Poker game, prior to the initial deal. (4)
- 4. Between themselves, these sisters have won 30 Grand Slam titles. (8)
- 6. See 14Ac.
- 8.Dn & 5Ac. This Swedish professional golfer has a record 90 international tournament wins and is regarded as one of the best female golfers ever. (6,9)
- 12. The ___ ___ Cup, also called the World Women's Team Championships, is a major international competition contested by women's national badminton teams.(4)

CURRENT ACTIVITIES OF HYDERABAD RUNNERS – MARCH

RUNS IN March 2024

03rd March 2024.

ICRISAT Run 2024

Location : ICRISAT Campus, Patancheru

16th March, 2024

Moving Mountains Within

Location : Prasad Film Labs, Banjara Hills

24th March, 2024

Alwal Runners Anniversary Run 2024.

Location : Aranya Resorts, near NALSAR University campus, Shamirpet

30th March, 2024

Monthly meetup run – FAST & FURIOUS

Location: HITEX campus

31st March, 2024

Women's special SLR

Location: Sanjeevaiah Park

1. ICRISAT Run 2024

Date: 03rd March, 2024

Location: ICRISAT Campus, Patancheru

After a hiatus of 5 years, runners and running returned to the ICRISAT campus. The Hyderabad Runners hosted a special SLR on 3rd March at the pristine ICRISAT campus and the run saw more than 850 runners participate in it. The forever favourite 'banana bread' was lapped up by the dozens 😊. Volunteering was managed by mentors from the Hyderabad Runners chapters all across the city.



2. Moving Mountains Within - A movie screening session

Date: 16th March, 2024

Location: Prasad Film Labs, Banjara Hills

A special movie screening session was organised on 16th March. **Moving Mountains Within** is a telling tale of runners participating in the La Ultra - The High, the ultimate human race in the lap of the Himalayas. The movie is a tribute to the indomitable spirit and the doggedness of the runners.

Over 100 people attended this special movie screening that was followed by a Q&A session with Rajat Chauhan, the race director of the La Ultra - The High.



3. Alwal Runners Anniversary Run 2024

Date: 24th March, 2024

Location: Aranya Resorts, near NALSAR University campus, Shamirpet

The second anniversary of the Alwal Runners group (ARC) was held on the 24th March. Over 400 runners participated in the anniversary run that passed through some interesting landscapes. All the finishers were given special medals and breakfast was also served for all.



4. Monthly meetup run – FAST & FURIOUS Celebrating the New Delhi Marathon (NDM) Finishers

Date: 30th March, 2024

Location: HITEX campus

The monthly meetup runs are an important initiative to foster interactions amongst different runners – from the beginners to the experienced runners. The March month's meetup run was held on the 30th inside the HITEX campus in the Hitec city area. The running community got a chance to meet the NDM 2024 finishers, quite a lot of who got their personal bests at the event. Around 30 runners participated in the event. Everyone ran an easy 5K inside the Hitex campus; this was followed by a Q&A session where the senior runners answered queries ranging from training plans to sleep cycles to hydration, nutrition and race day execution etc.



NMDC HYDERABAD MARATHON 2024 powered by IDFC First Bank

With Hyderabad Runners announcing the NMDC Hyderabad Marathon 2024 powered by IDFC First Bank, activities around the event have started to flow.

A. The event shall happen on the 24-25th August, 2024. Online registrations were launched on 21st March. Runners can register themselves on

www.nmdchyderabadmarathon.com

B. The planning for the event has already begun with leads identified for most of the verticals. All the vertical leads meet on a regular basis to discuss the progress of various items

C. A special meeting involving the participating corporates and charities was held on the 22nd February which the first set of companies and charities attended.

D. A Whatsapp channel for the event was launched recently:

<https://www.whatsapp.com/channel/0029VaPQ59CGJP8EqrPCIK2j>



5. Women's special SLR

Date: 31st March, 2024

Location: Sanjeevaiah Park

March is celebrated as the Women's month the world over and Hyderabad Runners also celebrated it in their own manner by organising a special SLR on the 31st March. Around 200 runners participated in this run which was followed by a cake cutting ceremony.



RUNNING NEWS FROM AROUND THE WORLD – MARCH 2024



Image Courtesy - Twitter handle of Tokyo Marathon

Tokyo Marathon:

The 19th edition of the **Tokyo Marathon** was held on the 03rd March. Course records fell at this edition. Kenya's **Benson Kipruto** won the men's race with a timing of 02:02:16 and Ethiopia's **Sutume Asefa Kebede** won the women's race with a time of 02:15:55. Former world record holder and two-time Olympic Champion Eliud Kipchoge finished 10th in this race.

Buddha Trails:

One of the most popular races in Northeast India, the **Buddha trails** was held on the 10th March. **Hemant Limbu** came first in the men's category with a time of 6:51:46, while **Ashwini Ganapathi** came first in the 65K category with a timing of 12:53:15. **Nimsang Limboo** came first in the 30K category with a time of 2:23:58 while **Mingma** was first female with a time of 4:00 hours.

Lululemon FURTHER, a 6 day women's only ultramarathon that helps women achieve goals and break world records was kicked off on March 6th 2023. One of the 10 participants, **Camille Herron** set 13 new records including the women's 6 day (144 hours) world record of covering a total of 560.33 miles.

Barkley Marathon:

Known as one of the toughest ultra marathons on the planet, the **Barkley Marathon** was held on the 20th March. This year's event saw a record five finishers, including **Jasmin Paris**, the first ever women finisher of the event in its 38-year history.

Ukrainian **Ihor Verys** finished first, American's John Kelly and Jared Campbell finishing second and third respectively and Greig Hamilton from New Zealand finishing fourth. Paris finished the grueling course with a time of 59 hours, 58 minutes, and 21 seconds; just 99 seconds before the 60-hour time limit elapsed.



Image Courtesy - Twitter handle of CNN

Kalimpong Ultra:

The second edition of Kalimpong Ultramarathon, was held on 24th March. In the 90K category, **Sugourav Goswami** won the men's race in 09:06:43 while **Renu Rana** was the sole finisher amongst the women with a time of 13:04:15. In the 65K category, **Prasant Malay** won the men's race in 07:55:36 while **Taru Mateti** won the women's race in 08:36:44. Our very own **Suman Ojha** stood 2nd finishing the race in 08:42:38.

In the 42K category, **Prabin Rai** won the men's race in 03:10:29 while **Sharmishtha Dhar** won the women's race in 05:09:30. The winners of the 21K category were **Prabal Chettri** (01:09:40) and **Urmila Rai** (01:36:47).



Image Courtesy - Facebook page of Taru Mateti

FACTOID

PROJECT AFRICA

Russell Cook is a 26 year old English endurance athlete from Sussex, United Kingdom, popularly known as **Hardest Geezer**.

Growing up Cook struggled with mental health issues and binge drinking, gambling with friends. One night after hours of drinking, he thought there must be more to life than drinking and partying. That was his damascene moment. At around 3 am in the morning he decided to run back to his home, 12 miles away. Taking little power naps on the way he managed to reach home in 3 hrs. Days after that, a friend asked Cook to run a local half marathon. He completed it. He then thought he'd try a full marathon a few weeks later. He completed that as well and felt confident about himself for the first time in his life.

Cook with his new found love for running was motivated to discover more about life and himself which took him on a one-way trip to Kenya. He met an Italian cyclist who was riding non-stop around the world which set the trigger for him to do something that was never done before - run across the entire length of Africa. He named this feat **Project Africa**.

On April 22, 2023, Cook started **Project Africa** (a distance of 15000 kms) from the southern tip of South Africa. Cook ran for a total of 352 days completing 386 marathons and running across deserts, forests, savannahs and mountains. His final run was on **April 7, 2024**, completing Project Africa at Ras Angela in Tunisia.

While on this journey to achieve something which wasn't done before, Cook raised over 700,000 pounds for charitable causes by the end of his project.



NUTRITION



HYDRATION STRATEGIES FOR RUNNERS TO BEAT THE SUMMER HEAT

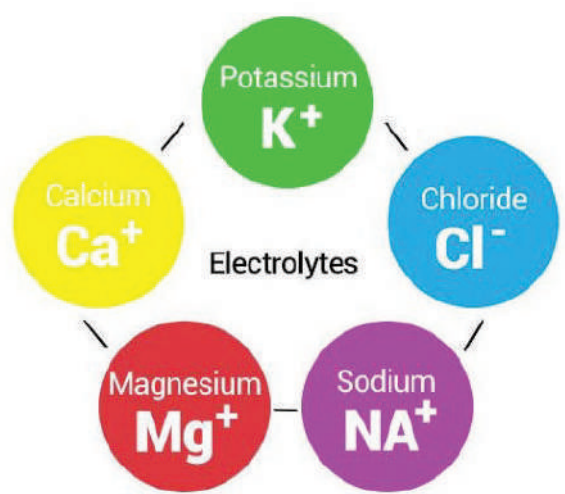
The searing heat of Indian summer has already started making the runs more challenging. Staying hydrated is the biggest challenge runners face in summers. Dehydration not only impairs performance but also poses serious health risks and increases the risk of injuries too. Therefore, implementing effective hydration strategies is crucial for runners to maintain their endurance and well-being during intense summer training sessions. Here are some essential tips to help runners stay hydrated and perform at their best in the sweltering heat.

PRE-HYDRATION:

Attention to hydration status should not be limited to the days you run. Extend your hydration routine to non-run days as well. Drink plenty of fluids throughout the day aiming to consume at least 8-10 glasses or 2-2.5 liters of water, even on a non-active day. This pre-hydration phase helps you to be well-hydrated for the days you are out and about for your run.

ELECTROLYTE BALANCE:

Increased sweating during summer runs causes water loss as well as depletes essential electrolytes like sodium, potassium, and magnesium. Replenishing these electrolytes is vital for maintaining fluid balance and preventing muscle cramps. Consider consuming electrolyte-rich drinks or snacks before, during, and after your run to support optimal hydration. All fresh fruit and vegetables are naturally rich in potassium. Nuts, seeds and legumes are good sources of magnesium. No better source than salt for sodium.



However, salt should be used with caution in case of people with hypertension or high blood pressure. Naturally electrolyte rich drinks such as coconut water, unsweetened lemonade with salt, cucumber juice, and Jaljeera water can also be used to help with hydration. Packaged electrolyte drinks, electrolyte tablets that can be added to water are also widely available in the market and offer ease of usage during training..

TIMING OF THE RUNS

Plan your runs during cooler times of the day, such as early morning or late evening, to minimize exposure to the Sun's intense heat. If running during peak heat hours is unavoidable, take frequent breaks in shaded areas and adjust your pace accordingly to prevent overheating and excessive sweating.

PLAN SAG

Investing in a hydration belt, handheld water bottle, or hydration backpack to carry fluids with you during your run is a good idea when SAG is not always possible. This allows for convenient access to water or electrolyte drinks whenever needed, especially on longer runs where dehydration risk is higher. When running in familiar routes, storing water and other hydration aids at predetermined points is a smart strategy.

MONITOR SWEAT LOSS

Pay attention to your body's cues and monitor your sweat rate. Weigh yourself before and after a run to estimate fluid loss, and aim to replace each lost 100 grams with 100-150 ml of fluid. This personalized approach helps tailor your hydration strategy to your individual needs.

ALTERNATE FLUIDS

While water is essential for hydration, incorporating sports drinks or electrolyte-enhanced beverages can be beneficial, particularly for prolonged or intense workouts. These beverages not only replenish fluids but also provide carbohydrates for energy and electrolytes for optimal muscle function. Both energy gels and electrolyte drinks/tablets can do the job. Usage of electrolytes might be more necessary during summer runs although you are not used to doing it at other times of the year.



RIGHT CLOTHING

Wear lightweight, moisture-absorbing clothing that allows sweat to evaporate and helps regulate body temperature. Additionally, consider cooling strategies such as pouring water over your head or using cooling towels to lower your body's core temperature during breaks especially if your runs are exceeding 60-90 minutes.

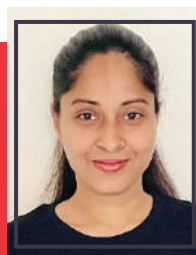
POST RUN HYDRATION

Rehydrate promptly after your run to replenish fluid and electrolyte losses. Aim to drink at least 500-750 ml of fluids within the first hour post-run, and continue hydrating throughout the day to support recovery and prepare for your next run.

LISTEN TO YOUR BODY

Listen to your body and prioritize hydration above all else. If you experience symptoms of dehydration such as dizziness, fatigue, or dark urine, stop running immediately, seek shade, and rehydrate until symptoms subside. Do not hesitate to stop your run and go home/ get help if you do not feel fully well while running.

Implement the above-mentioned strategies and enjoy your well hydrated runs. Remember, proper hydration is the key to unlocking your full potential as a summer runner. Happy and hydrated running!!



Dr. Lahari Surapaneni

NUTRITIONIST AND WELLNESS
CONSULTANT,,NUTRIFUL YOU

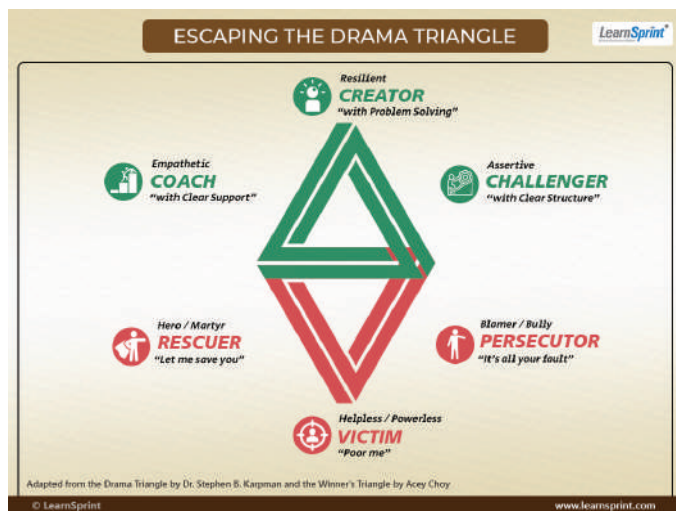
RUN-TITUDE

MINDSETS OF A MARATHONER

Avoid the Drama... Just Run!

When Karpman conceptualized the three roles of the Drama Triangle we all play in life, he maybe had no idea of how vast the concept would apply to human behaviour! Not just leadership and day to day personality but I have seen even us runners manifest these roles unknowingly and then consciously work to overcome them too, just like he suggests.

So, what are the 3 roles that create drama and what are the 3 roles to overcome them and how does that resonate with us as we run?



The three roles and how to overcome them

1. The Persecutor Role

The persecutor inflicts harm upon the other person or even, upon self. The harm can be physical to mental to emotional. These behaviours can range from anyone in general to abusive spouses or parents in life to toxic managers at the workplace.

Runners, especially with half or no knowledge, many a time tend to persecute themselves. We may tend to set unrealistic targets or attempt courses that we have not trained for. We tend to take the pain as a part of the challenge instead of recognizing it for what it is, i.e. overtraining or too quick a progression.

This may seem masked like taking on challenges in the short term but in the long term will cause more harm than good.

Move from persecutor to challenger

Seasoned runners or those of you who have pushed yourselves too hard start to realize that step by step progression is important, that proper escalation of distances, speed, cadence, and routes is essential. We move from over challenging ourselves to challenging ourselves appropriately i.e. asking ourselves, "what is the next right step for me?" and not, "what is the next step everyone is taking?"

Choosing to not only take on the right level of a challenge but also choosing to create pathways for ourselves to positively accomplish them is the trait of one who has moved from being a persecutor to a challenger.

2. The Victim Role

From DNFs to pulled hamstring muscles to legs giving away, I am sure you have seen it all and been through it all! Go back to the first time it happened – ask yourself what reasons you impulsively got to your minds – it was hotter that day, the road somehow was not your friend, missed out on proper hydration or food, it just was not my day, etc. Every time we tend to hold external reasons accountable for our failures, we are playing the role of a victim.

Move from victim to survivor / thriver

Fortunately, one thing I have seen in our community is that we bounce back from these reasons to doing a proper retro as to what could you have done differently! From WhatsApp messages to discussions with the coaches the next week, to practice runs with other runners, we leverage some many of our friends and coaches.

However, one thing I have noticed consistently time and again is that the runners from our Hyderabad Runners are one group I have seen move the fastest from being a victim to a survivor, even to the extent of becoming a thriver. We start to own our mistakes, we start to choose to take action, we start to say it is in me, we start to reflect, introspect, and shift not only our actions but also our beliefs and mindsets to get us back on track and get us back to the next successful run!

Just imagine, if we take this to our day to day lives, and own what we can do, how beautiful we can carve our lives too, just as much as we carve out those finish lines!

3. The Rescuer Role

This is a trap so many of us fall into. Once we start to be comfortable in our skin as a runner, we start to read up a little, listen to other coaches, etc and start to feel much more confident of our knowledge and capabilities than we actually are. This is the state where we start to advise others or to start guiding on what to eat, when to eat, how to run, how much to push self, what to strength train, etc without realizing that it may not suit the other person.

The success and exhilaration we feel when we start to feel healthier and fitter makes us want to inspire others too, which is great, but we succumb into assuming that what worked for us will work for them too. Many a time we do not get listened to, and we feel disappointed and crushed as to why others are not taking what we say and are not realizing how we just want to help them. This is a rescuer syndrome where we are thinking more about ourselves than about others.

Move from rescuer to coach:

Those of us that survive this stretch and start to see others taking our inputs would have, knowingly or unknowingly, moved into being a coach from a rescuer. When we realize that what works for us may not necessarily work for others because their situations, body, and thinking are different, we then start to pause telling and start to ask questions and listen more.

We shift our focus from trying to pull people towards our runs to gently nudging them a little forward, inch by inch, but on their own path at their own pace by being there for them and sometimes even taking that path along with them. From an unsuccessful and disappointed rescuer, we move to being a satisfied coach taking pride in those who start to cross our achievements too!

In life, and at work, and in running – be aware and recognize these 3 roles, when you are tending to become a persecutor or victim or rescuer – and pause – auto-correct – and shift to behaving instead like a challenger or survivor/thriver or coach!

Think: Today, as you run, are you succumbing to any of the 3 drama roles or are you choosing to move towards the more empowering roles?



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

STRUCTURE AND PHILOSOPHY OF VARIOUS TYPES OF RUNS

Most of us log our running distances at the exact same effort. This is usually not fast enough to make your body work hard enough and adapt but is too fast to provide a recovery or build endurance.

Let's break down why varying your running speeds is crucial:

1. Adaptation and Improvement: Running at a varied speed stresses our cardiovascular system, muscles, and joints in different ways which helps you improve endurance, speed, and overall fitness.

2. Different Energy Systems: By incorporating faster intervals (like sprints) and slower recovery runs, we activate different energy pathways, enhancing your overall performance.

3. Injury Prevention: Recovery runs at an easy pace allow your body to heal while still staying active and reduces the risk of overuse injuries.

4. Cardiovascular Benefits: Intervals and tempo run challenge your heart and lungs more effectively than steady state running which improves your cardiovascular capacity and efficiency.

5. Muscle Adaptation: Different paces engage different muscle fibres. Sprinting works fast-twitch fibres, while slower runs target slow-twitch fibres. A mix of both ensures balanced muscle development.



Image courtesy: runnersworld.com

To achieve the above benefits, below are different types of running workouts to include in training.

The Long Run:

This is most important to build endurance, ensure proper running form, builds mental confidence and toughness, teaches our body how to better utilize glycogen stores and establishes our running base. It's essential to resist the temptation to speed up during long runs. Walking breaks are acceptable.

Example: Approx. 20% of weekly run mileage or 90 mins + at conversational Pace (70% of max effort pace)

2. The Tempo Run Or The "Comfortably Hard" Run:

These should be hard enough for you to push, but comfortable enough for you to sustain the effort. They increase the Lactate Thresholds (where the body moves from aerobics system to anaerobic and fatigues thereafter). This helps us to sustain any running pace and run farther and faster without sudden onset of fatigue.

Example: 25-30 mins running @ 85-90 % of your max heart rate or at least 15 to 20 seconds slower than your 10K race pace.

3. Hill Run or Hill Repeats

This workout builds speed, stamina, and power. Uphill running improves running form and builds the explosive power that promotes speed and improved running economy. Running downhill strengthens quadriceps, tendons, and joints.

Example: Short bursts of uphill running @ 85-90% of Max heart rate with 90-second jogging recovery breaks /downhill between each rep.

4. The Intervals

Typically done on tracks or flat surfaces, they are hard effort runs with short bursts of high intensity running followed by periods of low intensity jog/walk recovery. This strengthens our anaerobic system and builds running efficiency(V_{O2max}). Interval workouts can vary with distance, time, speed, rest periods, speed of rest periods (jog or standing still).

Example: 8x400 mts intervals at 80% of max effort with 2-minute walk/jog recovery period between each interval.

5. The Fartlek or Speed Play

This is a low intensity and less structured form of interval running (random variations in speed/intensity/distance etc) which builds strength and running efficiency. It could be a combination of long run and interval running.

Example: 12-15 kms or Long run at Varying high-effort pace intervals. Use markers on roads for intervals.

6. The Easy Run

This is a short running session completed at a comfortable pace and can be considered as a recovery run between long runs and interval workouts.

7. Sprints

These workouts not only improve our neuromuscular connection, muscular strength and power but prepare us for the sprint finish in the races. They can be done at the beginning, middle or end of any running workout.

8. The Ladder Workout

It's a fantastic way to challenge yourself and mix things up, with a variety of high-intensity running paces and distances, all in a single workout. You can climb up, down, or both up and down in distance with a short up and down rest period in between each interval.

One should strive to include few or all these workouts in our training gradually as they play an important role in making us a faster, stronger and less injury-prone runner.



Jyoti Khera
Certified Fitness Coach,
RRCA Running Coach(LV-1)

TRIUMPHANT RUNNING: THE PHYSIO WAY

LYMPHATICS – THE MISSING LINK

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

Though the above lines by Robert Frost are often used metaphorically as motivation many a time, for us runners these words are outright LITERAL!

Almost every runner, right after successfully finishing a marathon and donning the medal, starts to feel the itch of wanting to get back on the road / trail. However, we resist that feeling, and choose to recover for a few weeks!

So, how long is this mandatorily needed recovery time? Many say that it is subjective and differs from runner to runner. Most runners however get back on the road within a week or two and keep moving on the miles!

And then the second phase of stiffness and soreness hits them! This recovery time takes longer and their body / face / eyes swell or become puffy after intense workouts or long runs!

The reason is not just less rest. Most times, it also is due to poor **"lymphatics"**!

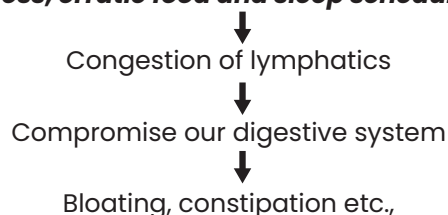
Lymphatic System: the basic functions

The lymphatic system is a network of delicate tubes throughout the body. Its basic functions include:

- Draining metabolic waste (called lymph) into bloodstream via lymph nodes
- Being the primary delivery system for energizing every cell of the body after each meal and
- Maintaining adequate fluid balance

What alters the lymphatic system?

Major factors that impact lymph flow big time are **stress, erratic food and sleep schedules.**



Given the above scenario post intense exercises / runs, one experiences prolonged DOMS (Delayed Onset Muscle Soreness), puffy eyes / swollen face post activity

How to overcome /avoid the above effects

Matrix Rhythm Therapy (MRT) devices in the hands of credentialed physiotherapists provides vibration and massage that activates and rebalances specific vibrations, induces correct metabolism, and maximizes lymphatic perfusion.

However, runners can also use the following techniques to get their lymphatics work better:

1. Dry brushing: A soft cloth to move in circular motions starting at the extremities and working your way toward the trunk

2. Tapping: Gently tapping the whole body starting from the head, face, neck, special concentration at the armpits, abdomen, inguinal area, inner thigh, back of knee first thing the morning helps keep the lymph nodes working at their best

3. Legs up the wall: Lie on your back with legs supported on the wall or chair at least 10-12 min post exercise or running helps prevent lymphatic congestion

4. Deep breathing: Slow and deep breaths as place you place your hands on your belly as you inhale and gently pulling in your belly as you exhale helps moving fluid through the lymph nodes

5. Swimming: Moving through water provides built in compression for your body, so swimming is a great way to get your lymph moving

** If you think your lymphatic system is compromised, get it checked by your doctor before trying out remedies on your own.*

** 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 - BACKBENDS

Back strength is a crucial element for runners and their performance. One of the exercises that can be practised are backbends. **Backbends** in particular are strong energizing postures. They tap into the circulatory system by increasing blood flow throughout the body, all the way from the head to the toes. Instant energy. Backbends can excite the nervous system leading to an increase in energy levels and boosting your feeling of vitality.

The days you feel down and out, including backbends in your practice can take you out of your blues.

But most of us, when we practice backbends, experience discomfort or pinching in the lower back. And we wonder then, that backbends are supposed to alleviate back pain, then why this discomfort?

This happens when we tend to create most of the bend from the lower back, it can cause compression and pain, and excitement is quickly replaced by fear. Since the lower spine is naturally more flexible than the upper spine, it's easy to overdo the arch there. Ideally, you work toward an even bend along the whole spine, including your neck. It helps if you learn to work carefully, making conscious choices each step of the way.



PRATHIBHA AGARWAL
DIRECTOR AND INSTRUCTOR,
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To create an even, pain-free backbend, learn to engage your abdominals in the pose—they act as the guide rope that keeps you safe. The abdominals can support and protect your lower back while you reach for more opening in the upper back. Once your lower back is stable, you can focus on contracting your upper-back muscles and pressing your shoulder blades into your back to create space in the spine and open your chest. As long as you feel supported, you can keep going deeper, continuing to press your upper spine in toward the front of your chest and coiling—like a snake—into a big, healthy backbend.

Good luck bending your backs 😊

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