

SEPTEMBER 2024

## GRIT, GLORY & YOUR STORY

**RUNNING IS FOR EVERYBODY**  
AND EVERY "BODY"

**RUNNING, VOLUNTEERING**  
& BEYOND

**TRAIN LIKE A PRO**  
STABILITY, AGILITY, MOBILITY,  
AND FLEXIBILITY



# PRESIDENT'S MESSAGE

Dear Runners,

I am so proud and excited of the role you all played, as organizers, volunteers, and runners in the incredible success of the 13th edition of the NMDC Hyderabad Marathon that featured up to 25000 runners this year. This also included a good number of Kouch 2 5K (K25K) finishers who completed their maiden running event, thanks to the passionate mentors who have dedicated their time and efforts towards these runners.

As the event and our society continues to grow year on year, we have started on a new milestone journey this year by getting the prestigious World Athletics Label Certification. This recognition sets us apart on the global marathon stage and elevates our event's reputation and also attracts elite athletes from across the world.

We had many international elites from different countries participating in this year's race and gave separate prizes to Indian elites. For the first time, the Chief Minister presented all the prizes at the awards ceremony on the race day.

I would like to take a moment to acknowledge the tremendous support we received from various government stakeholders, including the Police, GHMC, HCU, Telangana Sports Authorities, and HUDA. Without their cooperation, this event would not have been possible at such a grand scale.

We are also happy to report that our marathon's charity contributions have significantly increased this year with the total fundraising crossing INR 86 Lakhs. We hope this interest will continue and we enable us to support important causes and expand our community outreach in the ongoing future.

This year also marks the 2nd year of our **Project Champion** initiative, through which we partnered with 10 government schools helping their many students in their fitness, sports, and athletics. With continued CSR contribution, we are confident that we can reach even more schools in the coming years, and make a real difference in the lives of young children across Hyderabad.

Our Train and Shine program, which started in April, continues to see enthusiastic participation, and we look forward to more joining and benefitting from the structured training provided by our trainers and mentors. As the running season progresses, both here in India and globally, we urge runners to prepare through Train and Shine and perform at their best.

Our most sought-after Stadium Run is going to happen very soon in November, an event best suited for you all to participate in teams and in the solo runs by pushing the limits of your endurance.

I want to also thank each and every one of you for your continued support and I look forward to our future events

Regards

**Abhijeet Madnurkar**

President,  
Hyderabad Runners Society



# EDITOR'S MESSAGE

Hello everyone,

Trust you're all well and are training well for the upcoming marathon season ahead. Rendezvous is back, albeit a little late with a lot of useful content and information for all the readers 😊

This edition has specials on our fellow runner Vijay Yargal who volunteered at the Paris Paralympics and there's a special feature on the Hyderabad Marathon 2024 covering our theme 'Grit, Glory, Your Story'. Watch out for our special little feature on how running is for everybody irrespective of their strata.

Plus, we have our regular features like the Runtitude and Train like a Pro to improve our running. The Nutrition section covers important aspects like important nutrients for runners and the types of food to have and the ones to avoid while the Yoga article talks about hip mobility for runners. Don't forget to read our factoid on the Bob Graham Round. Solve the Crossword and send your answers now !!

We sincerely hope that you enjoy reading these articles as much as we enjoyed putting them together for you. Do share your feedback on our articles so that we improve. We will be on time henceforth.

Cheers !!

**Sunder Nagesh K**  
Editor,



# RUNNING, VOLUNTEERING AND BEYOND

– Sagarika Melkote

## A Portrait of Ultra Marathoner Vijay Yargal

The thrill, the excitement of running a marathon and the joy of finishing it are unparalleled for all runners. While all runners do a fair bit of volunteering to give back to running, it might come as a surprise to many to discover that there are some runners who derive the same amount of happiness and satisfaction from volunteering as they do from running itself!

**Vijay Yargal** is one of those rare individuals, who finds the motivation to run, in his own words – “from volunteering at runs”. He says when volunteering for a run, it is the sight of the runners passing by the water and support stations that encourages him. He admits to being in awe of the runners and that, in turn, makes him sign up for an event. Modesty must be Vijay's middle name. For someone who has completed eight tough Ultra Marathons to date, logging anywhere between 100 to 221 kms in each Ultra, to say he often wonders how marathoners run the way they do, it speaks a lot about the man. Vijay is also someone who wears a smile throughout any race he participates in! Where others are wincing or are plain exhausted, Vijay's beaming smile as he approaches the finish line has become his signature.



For Vijay, it all began in 2012, when a job transfer brought him to Hyderabad. Having played football and tennis from school days in his home state of Karnataka, he continued to play while holding a fulltime job. The move to Hyderabad brought with it an opportunity to train at the Gymkhana grounds. Every now and then, he would explore other parts of the city and during one of those times, he chanced upon a Couch to 5k training program that was going on in Sanjeevaiah Park. It was in fact, the “Graduation Run”, signifying the end of eight weeks of the Couch to 5k program. Piqued by curiosity, he made enquiries and one thing led to another. Vijay was soon a regular at all of Hyderabad Runners' (HR) weekend runs and other events, he was not just running but would regularly volunteer for SAG support at the Sunday runs.

The Hyderabad Marathon in August threw up another chance, and Vijay volunteered in 2014, and till date, he continues to do so, in whatever capacity he can handle.

The foray into Ultras was triggered by a chance encounter in 2015 with the legendary **Arun Bharadwaj**, who ran for 24 hours on a treadmill at the Hyderabad Marathon. Vijay ran alongside Arun, on another treadmill for 9 hours straight and logged 81 km. He recalls Arun saying to him “Aap mein bahut dam hain”. With words like that coming from the great man, he started reading whatever he could lay his hands on about Ultra Marathons and started training. In 2016, he ran the Bangalore Ultra for 24 hours and logged 138 km! For someone who used to wonder how marathoners run 42.2 km, Vijay went straight from doing Half Marathons to Ultras! He says whenever he gets demotivated during training for a run, a bout of volunteering injects him with a boost of motivation!

It is not just at runs that Vijay has volunteered, he has spearheaded **Project Champion** – an initiative of Hyderabad Runners to mandatorily inculcate sports into the school curriculum of government schools. Covering ten Government schools, and children from ages six to sixteen, the program is structured in a way that kids not only learn to play outdoor games, they are taught the importance of good nutrition, respecting and following traffic lights etc. In an age of gadget addiction, Project Champion aims to bring more children outdoors, and engage them in a manner that they enjoy and also derive the benefits that come from following a healthy lifestyle. Besides this, Vijay has been Race Director for the third edition of HR's stadium run, which he says, gave him valuable insights into organizing a run.

No wonder then that with his passion for giving back to running (or any other sport for that matter), Vijay set his sights higher and aspired to volunteer at an international sports meet. He believed it would be an invaluable learning experience, besides the satisfaction that comes from voluntary work. November 2022 saw him at the 50K World Athletic Meet, which was incidentally held in Hyderabad. Out of 28 teams that participated, he was placed in charge of the Estonia and Czech Republic teams. Being a part of the support team, he got a ring side view into how world class athletes prepare, the track and field area etc.

Armed with this experience, he tried to go to the World Athletics meet in Budapest the following year but could not.





Never one to give up, Vijay raised the bar yet again for himself. 2024 was the year of the Olympics and he was going to try for that.

The preparation began in March 2023, it was a long and arduous road to the final selection. A three stage selection process consisting of taking online tests, essay writing etc, where the volunteers were put through behavioral assessments, test of integrity, was anything but easy. A whopping 4 lakh aspirants from across the world had applied and only 40,000 volunteers were selected and Vijay was one among those. It didn't end there, for this was only the beginning. After this, all those who made it were assigned to a vertical. Then began an eight month grueling training program where assignments and essays were to be submitted. All the volunteers were put through tests of proficiency in English. It was only in January of 2024 that Vijay was informed that he made it to the final list of volunteers. This was followed by an online volunteer meet where all the volunteers from across the globe attended. Vijay was assigned to the anti doping vertical for the Paralympics and till August 2024, he was attending live webinars, gaining knowledge on testing the medal winners as part of the anti doping protocol.



Landing in Paris on August 23rd 2024, Vijay admits to being slightly overwhelmed. He was assigned four venues and eight events and handed a free pass for travel in the Paris Metro. Working with physically challenged athletes was an experience like no other, in his own words. Giving the athletes their space while keeping them in view all the time, observing the athletes during the events, chaperoning the medal winners, shielding them from the media and then preparing them for the all important dope tests were some of the tasks he had to take care of. A delicate balance between assisting the para athletes, while not being obtrusive had to be maintained at all times.

Vijay says working with the para athletes, while being a completely new experience provided him an enormous learning opportunity. Watching **Sheetal Devi**, the para archer handle the bow and arrows with her legs made him wonder about the endless possibility of the human mind. Soccer for the visually challenged was another humbling experience. He had the chance to watch **Kapil Parmar**, the para judoka win a bronze for India. Fencing in wheelchairs was something he never imagined possible.



After the Paralympics, it is probably a matter of time before we see Vijay conquer some of the world's toughest ultra marathons, considering he has had an overdose of inspiration. His key takeaway from the experience is that we are limited only by the mind, once that barrier is overcome, there are possibilities galore – he credits this to watching para athletes in action.

On a personal note, Vijay has taken responsibility for two teenagers from Uttarakhand, shifting them to Hyderabad and funding their education. Today, the two siblings are in their twenties, financially independent and holding corporate jobs! He beams like a proud father while speaking about his two "children" and says he hasn't "found time to marry yet"! Whether it is giving back to sport or paying it forward, his commitment is unparalleled. When he is not running, he does not lose an opportunity to support runners, such is his dedication. And to think, the man is yet to run a "normal" marathon of 42.2 km!

# RUNNING IS FOR EVERYBODY AND EVERY "BODY"

America's greatest Running Legend, Steve Prefontaine, once said, "Running is for everyone." He is right! Whether you are a CEO or a blue collar employee, running is a sport for every single person. Exercise and fitness tend to be a rich or a middle-class person's pursuit; however, running is slowly changing this landscape. Although half of regular runners are in managerial, administrative or professional occupations, comprising the top socio-economic category, running communities like the Hyderabad Runners Society (HRS) aim to support and encourage runners from low income backgrounds.

HRS aims to bring diversity in running by inviting athletes from across the country who are talented and hardworking. Let's take a look at some of the runners who participated in the 13th edition of the Hyderabad Marathon on August 25th. From the CEO and Directors of various companies, to drivers and workers, we witnessed a whole diverse range of runners, and there is no hierarchy. For many, running is a means to an end.

**Babu**, not only runs meters but also kilometres, an ace runner from the Nilgiris, took up the half-marathon challenge here in Hyderabad in under 100 minutes. When asked what motivates him to run, Babu said, "It is just my love for running that I discovered to stay fit". The stories of his runs range from his frequent encounters with bears, bison and porcupines to speed runs with the speedsters in the Wellington Ground. An auto driver by profession, 48 year-old Babu can run a half-marathon in under 85 minutes and has made it to the podium several times.

"Running makes me feel like I can do anything I set my heart to," says **Divya**, a 23-year-old from Pollachi, the podium finisher in the open category marathon completing the daunting course in 3:38, whose only aim is to make her mum proud by winning a national medal. An athlete from a village, she can run a 10k in 38 minutes and a half-marathon in 89 minutes.





**Rohit Pathak**, a Customer Experience Professional, beat Cancer and is associated with the Adidas Runners Group in Delhi. He was diagnosed with Hodgkin's Lymphoma, a rare type of Cancer, that affects the body's germ-fighting immune system in May 2022 right after he had turned 40. During Chemo and Radiation, he walked 30-35 Kms each week and with strength workouts 4 times a week. After enduring the harsh side-effects of chemotherapy, Rohit beat cancer in August 2022. The first race he had signed up for was 42K at TMM '23 taking a target of 4:15, he finished in 4:03 and a 1:46 HM at NDM. Rohit has run Boston, Chicago, Berlin and he also ran the New York Marathon recently. Rohit completed the half-marathon in Hyderabad Marathon in 1:57, which was part of his training for the NYC Marathon.



**Hyderabad** has paved the way for many athletes to come and shine by providing an avenue to showcase their talents. By choosing to run, we set an example for runners of all body types, runners from different strata of the society, thereby making running equal for all. In both running and HRS, a step forward is a testament to progress and perseverance.

What's your story going to be?



# GRIT, GLORY, AND YOUR STORY- THE HYDERABAD MARATHON 2024 ROUNDUP

- Shalini & Nikita -

With the rains lashing the night before, Hyderabad running enthusiasts woke up to a cloudy, breezy day on August 25, 2024. It was the 13th edition of the annual NMDC Hyderabad Marathon 2024 powered by IDFC First Bank that woke up the city with full enthusiasm.

A record number of 25,738 runners from across the nation as well as from 20 different countries participated in this edition. Of these participants, there were more than 77% male and 23% were females.

## GRIT

**Participation:** This year witnessed an astonishing turnout of a total 25,738 runners which was an overall increase of 12% from last year.

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

**International reach:** We had the privilege of hosting runners from 20 different countries.

**Community involvement:** Our event actively engaged the community through volunteer opportunities.

## GLORY

Winners - Elite Men



NAME	TIME
Hammington Kimayo	02:26:06
Ezekiel Kipkorir	02:26:08
Feleke Dersema Tulu	02:26:44

#### Winners – Elite Women



NAME	TIME
Sheila Chebet	02:39:24
Janeth Jepkosgei Kiptoo	02:39:46
Alemitu Haroye	02:42:20

**New recognition:** This year, the NMDC Hyderabad Marathon received the **World Athletics Label**, indicating its high quality in organization, safety, and course accuracy. This affiliation puts Hyderabad on the marathon world map. It also offers participants a world-class experience and enhances tourism by highlighting Hyderabad's culture and scenic routes.

**Charity participation:** This year's biggest highlight was the fundraising as it provided a platform to 13 Charity partners to raise funds and create awareness. With all the efforts of 1584 donors, 185 individual fundraisers, 867 charity bibs (being sold) and with the support of 8 corporates, a total amount of ₹86,63,000/- was fundraised against the target of ₹2 Crores. These contributions helped make a positive impact on our community.

<https://nmdchyderabadmarathon.com/downloads/nhm-newsletter-2024.pdf>

**Something different:** The NMDC Hyderabad Marathon is also known for its waste management and sustainability during the event. This year, in one section the organizers decided to employ ragpickers to manage waste and help them earn money too. Ten rag pickers were employed to collect and segregate plastic waste. The Ragpicking community is unrecognized and unpaid but is a critical component of any city's waste management.

The collaboration focused on rag pickers from the Singareni colony near Saroornagar, one of the largest slum areas in Hyderabad. On race day, ten rag pickers joined the event at 3:30 am. They worked with remarkable energy, collecting, sorting, and packing waste with dedication till 9:00 AM. Their efforts ensured a cleaner environment and gave them a sense of pride and belonging in one of Hyderabad's largest community events and in the process, they earned money too.



# YOUR STORY

It's the runners and their experiences that makes any event colorful. Any running event comes alive with the energies of runners from far and beyond. The local runners too add their own color to the proceedings. Sharing some excerpts from a few runners here:

## Sachin Bhatia (Jaipur)

I'm Sachin Bhatia from Jaipur, an architect and passionate runner. I signed up for the Hyderabad Marathon on a whim, encouraged by my friend Nikita, and finished with a time of 1:57, ranking in the top 10% overall and in my age group (45-54). This personal best in an outstation run owes much to the organizing team.

I had heard that the Hyderabad Marathon is challenging due to its five long flyovers, earning it the nickname "Hyderabad Flyovers Run." Coming from a city with flat terrain, I set a cautious goal of 2:00-2:05 hours, doubting my ability to finish. However, my confidence soared when I saw the Bib Expo: hassle-free parking, a grand pavilion with affordable running gear, and a well-organized bib and t-shirt distribution. Runners shared strategies over delicious food and coffee, while a live play on Thalassemia raised awareness for blood donation, an impressive touch for a race event.

On race day, the centrally located start at People's Plaza allowed for a smooth start despite a high turnout. The blend of full and half marathoners created a motivating atmosphere. The first flyover appeared early, mentally preparing us for the challenge ahead. Unlike many events, the start and finish were in different locations, adding intrigue throughout the route. I enjoyed scenic highlights of Hyderabad, from lakes to IT offices, culminating in a finish on a synthetic track that felt like a red carpet experience.

Everything from Route management, Traffic management, Hydration, Medical support and post run refreshments were fabulous!

On behalf of all the runners, I would like to thank the people of Hyderabad for their energetic cheering which was a push when needed. And finally a round of applause and 3 cheers for the minds who were behind this fantastic event right from imagining to finally executing it successfully. I am looking forward to the next edition with a promise to join this wonderful event again!



## Kavitha Reddy (Pune)

"Hyderabad Marathon holds a special place for me - This is where I ran my first full marathon in 2014 and this year I celebrated 10 years to my first FM with a 10km run.

Baring one year, I have been here every year either running it or cheering the runners. I come home every year and see the amazing celebration of runners. It is the best race of our country with great support and volunteering of Hyderabad runners and the city. The euphoria in the stadium after crossing the finish line gives you an international marathon experience.

There's always a scope for improvement and we learn with each passing year and expect this only to get better and better in the coming years!!!!"

*"Some graduates from the K25K 2024 program ran their maiden 10K runs at the NMDC Hyderabad Marathon 2024 had their own special stories to share."*

## Meenu

"The excitement of running alongside other participants, the support from the volunteers and the adrenaline from challenging myself all made my first 10K an unforgettable experience. I was nervous at the start, but with each step, I felt stronger. The entire experience taught me patience, consistency, and resilience. The spirits were kept high by music band, refreshment stations and inspiring fellow runners. The feeling of accomplishment at the end was surreal, and it showed me how far I've come.





## Soumya

Being a first time runner, I was not sure what to expect going into the NMDC Hyderabad Marathon 2024 in the 10K category. Having said that, I was blown away by the sheer scale in terms of number of runners and the clinical efficiency with which the organizers managed the event. Every aspect of the event, from registration, bib pickup and the run itself was managed in a way such that I could just focus on my run. In addition to the excellent event management, I must commend the sense of community created by the Hyderabad Runners. Leading up to the run, they had training sessions close to where I lived and during the run, the encouragement never waned. Having musicians at regular intervals to keep the spirits high was a nice touch. Finally, getting that final fist bump from the volunteers as I crossed the finish line was indeed special. I am looking forward to 2025 and many more running events in the future.

The post-run refreshments were the perfect end to a fantastic day. It's truly a testament to the organizing committee and volunteers' hard work and dedication. Hats Off to everyone involved – I'm already counting down the days to 2025!



Like every year, this year too the Hyderabad Marathon had its share of Grit, Glory and stories from far and wide. It truly has been a memorable event in more ways than one.

## Dipankar

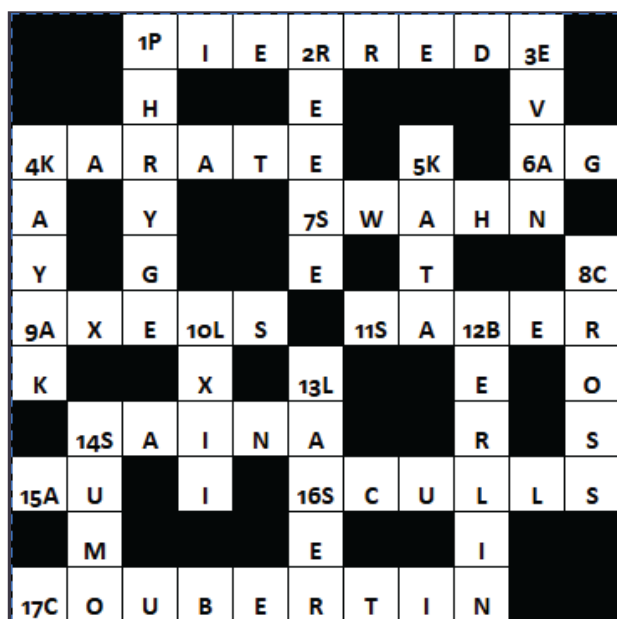
Participating in the Hyderabad Marathon 2024 was an incredible experience! Every detail was meticulously organized from the bib collection to meeting the pacers the day before. The volunteers were amazing, ensuring that the entire race was incident-free. The physiotherapists helped runners post-race, and the race-day photos, refreshments along the route, cheer groups, and lively music added to the camaraderie and spirit of the event.



# SOLUTION

## CROSSWORD #20

### OLYMPICS SPECIAL



#### Across

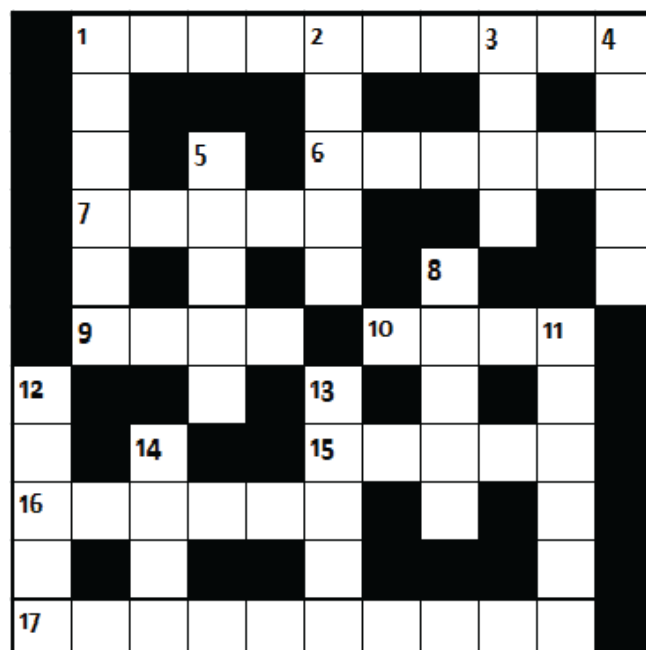
- 1&17 Ac. He is considered the Father of Modern Olympics. (6,2,9)  
 4. This martial art has been dropped from the 2024 and 2028 games. (6)  
 6. The chemical symbol of the medal given to the best in class. (2)  
 7. Oscar \_\_\_\_\_ - the oldest medal winner in Olympic history. (5)  
 9. These are complicated edge jumps performed by figure skaters. (5)  
 11. A type of weapon used in Fencing. US. (5)  
 14. First name of first Indian to win a Badminton medal at the Olympics. (5)  
 15. The chemical symbol of the medal given to the runners-up. (2)  
 16. A type of boat used in Rowing. (5)  
 17. See 1Ac.

#### Down

1. The official mascot of the Paris Olympics. (6)  
 2. Brittney \_\_\_\_\_ - Olympic Gold medalist and 7 times World champion in Long Jump. (5)  
 3. \_\_\_\_\_ Bates - Ice dancer and figure skater who won the 2022 Winter Games Gold medal. (4)  
 4&8 Dn. This boat event makes it's Olympic debut at the Paris games. (5,5)  
 5. Kumite and \_\_\_\_\_ the disciplines of 4 Ac. (4)  
 8. See 4DN.  
 10. Roman for 62. Abbv. (4)  
 12. The city of Jesse Owens' Olympic triumph. (6)  
 13. What the ILCA Dinghy boat was called earlier. (5)  
 14. This Japanese wrestling style hasn't yet entered the Olympics. (4)

# CROSSWORD #21

## GENERAL SPORTS



#### Across

1. The current Wimbledon champ. (10)  
 6. The 'U' in Man U. (6)  
 7. Australian Tennis champ and the only player till date to have won 2 Calender Grand Slams (in the open era). (5)  
 9. Epee, Sabre and \_\_\_\_\_. All three instruments used in one sport. (4)  
 10. Used by kayakers to refer to the bottom of the boat. (4)  
 15. Nickname of one regarded as the greatest pole vaulter of all times. (5)  
 16. Country of the WR holder for 5000m and 10000m. (6)  
 17. A sport played with paddles, which combines some rules of Tennis and Table tennis and can be played on a doubles badminton court. (10)

#### Down

1. See 13 Down.  
 2. Tennis, Badminton, Squash - all require this to play. (5)  
 3. The famous German swimmer winning 6 golds at a single Olympics Games. (4)  
 4. Another name for Brevet rides. (5)  
 5. This edition of the Olympics was the first one held in Asia. (5)  
 8. Nickname of the fist batsman to complete 10K runs in Tests. (5)  
 11. Argentine football great. One doesn't 'mess' with him! (6)  
 12. The most superior suit in Bridge ...or shall we say a former US President. (5)  
 13&1 Dn. Algerian Gold medal winning boxer who was the eye of a gender controversy. (5,6)  
 14. Gymnasts, Lifters and Basketball players could use this to better their grip....or you could use it to feel nice and fresh. (4)



# CURRENT ACTIVITIES OF HYDERABAD RUNNERS – SEPTEMBER

## 1. NMDC Hyderabad Marathon volunteers run

**Date:** 01st September, 2024

**Location:** Necklace Road MMTS station, Hitex gate, Gachibowli Stadium

This volunteer run is a special one in the Hyderabad Runners' SLR calendar. All those runners from the community who sacrificed their runs for the Hyderabad Marathon participate in this customary run.

Over 150 runners braved the torrential rains and participated in the Volunteers run this time around



## 2. Sunday long run – LB Nagar

**Date:** 08th September, 2024

**Location:** HMDA Bhagayath Layout near Nagole metro station

Over 55 runners from various running groups participated in the Sunday long run hosted by the LB Nagar Runners group.



## 3. Sunday long run – Kokapet

**Date:** 08th September, 2024

**Location:** Sri Krishna Go Seva Main Gate, Opp. Kokapet One Mall, Kokapet

Over 75 runners from various running groups participated in the Sunday long run hosted by the Kokapet & Gandipet Runners groups.



## 4. Sunday long run – Rabbit's Park

**Date:** 15th September, 2024

**Location:** Rabbit's park, Lal Bazar, Trimulgherry

Over 45 runners from various running groups participated in the Sunday long run hosted by the Alwal Runners group.



## 5. Sunday long run – Manikonda

**Date:** 15th September, 2024

**Location:** Manikonda

Over 40 runners from various running groups participated in the Sunday long run hosted by the Alkapoor Runners.



### 6. Sunday long run – Secretariat

**Date:** 22nd September, 2024

**Location:** Secretariat

Over 35 runners from various running groups participated in the Sunday long run hosted by the Sanjeeviah Park Runners.



### 7. Sunday long run – LB Nagar

**Date:** 29th September, 2024

**Location:** HMDA Bhagayath Layout near Nagole metro station

Over 40 runners from various running groups participated in the Sunday long run hosted by the LB Nagar Runners group.



### 8. Monthly meetup run – Khardungla & Ladakh marathon finishers

**Date:** 28th September, 2024

**Location:** Forestrek Park, Manchirevula, Narsingi

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for September was organized at the newly opened Forestrek park in Manchirevula, Narsingi. The participants got to meet the participants of the mighty Khardung La challenge and the Ladakh marathon 2024. The Khardung La Challenge (72km) is the highest Ultra Marathon in the World.

Over 50 runners from various running groups participated in this special “Meet & Greet” run that’s also dubbed as the monthly meetup run. The 5K run was followed by a tete-a-tete with the Khardung La challenge and the Ladakh marathon finishers.



### 9. Farewell run – Vinayak Sharma

**Date:** 11th September, 2024

**Location:** Yogashala, HUDA layout, Nallagandla

11th September saw us bid farewell to **Vinayak Sharma**, a decorated runner who relocated to the US. Vinayak started his long distance running very late but blossomed during the COVID-19 lockdown and has scaled up to the marathon and ultra distances very fast. He has participated in events like the 100 miler at the Border Ultra in 2021 and the 12 hours Stadium run in 2021 where he clocked over 100 kilometers. His debut marathon was the Ahmedabad marathon in 2022 where he finished in 03:22. Along with being a runner, Vinayak has been a regular volunteer at Hyderabad Marathon over the last few years, handling the Stage 3 & 4 sections of the race.

Here’s wishing Vinayak an everlasting run as he relocates from Hyderabad!







## 10. Farewell run - Animesh Barat

**Date:** 21st September, 2024

**Location:** KBR Park

21st September saw us bid farewell to **Animesh Barat**, an accomplished runner who relocated to Kolkata. Animesh serves the Hyatt group and during his tenure, the Hyatt place hotel became a much loved hub for the running community. He has been instrumental in Hyatt being the hospitality partner for the Hyderabad Marathon. Animesh has run regularly with the KBR and the Hitec City Runners here and has been an active participant in all our SLRs. Animesh has also been a multiple marathons finisher as well. Animesh's enthusiasm, expertise, and warm smile will be deeply missed but we do expect to cross lines with him again in multiple ways.

Here's wishing Animesh the very best!



## 11. T-shirts donation for the Khammam flood affected people by HR

**Date:** 02nd September, 2024

**Location:** Khammam

Through its community outreach program, the Hyderabad Runners Society distributed over 1000 dry fit T-shirts in the flood affected areas in the Khammam district in association with Khammam Fit police and Khammam Runners group.



## 4 లక్షల విలువైన సాఫ్ట్ టీ-షర్ట్ లు పంపిణీ

సవతలంగా-ఖమ్మంరూరల్

మున్నేరు వరదల్లో సర్దుం కోల్పోయిన వరద బాధితులకు సుమారు నాలుగు లక్షల రూపాయల విలువైన సాఫ్ట్ టీ-షర్ట్లను మండల పరిధిలో రాజీవ్ గృహ కల్ప పరిధిలోని వరద బాధితులకు ఖమ్మం ఫిట్ పోలీస్, ఖమ్మం రన్సర్స్ గ్రూపు ఆధ్వర్యంలో హైదరాబాద్ రన్సర్స్ క్లబ్ ఆధ్వర్యంలో గురువారం బాధితులకు అందజేశారు. వెయ్యికి పైగా సాఫ్ట్ టీ-షర్ట్లను పంపిణీ చేసిన టీమ్ సభ్యులను ఖమ్మంరూరల్ తహసీల్దార్ పిల్లి రాంప్రసాద్ ప్రత్యేకంగా ఆభినందించారు. కార్యక్రమంలో తహసీల్దార్లు పిల్లి రాంప్రసాద్, దార ప్రసాద్, గ్రూపు సభ్యులు పిల్లి రాజు, ఇబ్రహీం పాషా, రఫీ, గోపి, వెంకటే, రామకృష్ణ, ఉపేందర్, సరేష్, ఈశ్వర్, బాబు, శ్రీకాంత్ తదితరులు పాల్గొన్నారు.

## 12. School bags and Shoes donation by HR

**Date:** 14th September, 2024

**Location:** Government schools in Nallagandla and Somajiguda

Through its community outreach program, the Hyderabad Runners Society donated 200 school bags and 50 pairs of shoes to the needy students at the government schools in Nallagandla and Somajiguda.



## 13. Project Champion: sports equipment donation

**Date:** 26th September, 2024

**Location:** 10 Government schools across Hyderabad



The flagship outreach program of the Hyderabad Runners, the **Project Champion** kickstarted the 2nd year of operations by extending the program to 10 government schools (from the earlier 5) covering more than 1800 children.

This year, the schools covered are: the primary and higher secondary schools in Shaikpet, Borabanda and NBT Nagar, Manikonda primary school, KPHB Higher secondary school, MGN government primary school and the government school in Chowra Shahi, Film nagar.

This September, Hyderabad Runners donated Speed Hurdles, Basket Balls, Handball, Volleyball, Football, Cones, Speed Ladders, Hoops, Skipping Ropes to all the aforementioned schools.



### 15. Thanking the government officials for their support to the Hyderabad Marathon 2024

**Date:** September

**Location:** Hyderabad

The 13th edition of the Hyderabad Marathon was held on the 24th and 25th August this year. The event went smoothly, largely to the support of the government officials who ensured a smooth conduct of the event. The race management team visited the various government officials who supported the event and thanked them.



### 14. Annual General Meeting (AGM) of Hyderabad Runners Society

**Date:** 29th September, 2024

**Location:** Hyderabad Runners Society office, Manikonda

Hitec is the venue partner for the NMDC Hyderabad Marathon powered by IDFC First Bank and on 16th June, Hitec welcomed runners from far and wide for an SLR originating from their campus in Hitec city. Over 500 runners participated in this run and over 35 volunteers from the Hitec City Runners group helped in executing this run. Runners participated in categories like 32K, 16K and 5K. Mr. Vasant Reddy flagged off this run and Hitec was gracious to provide all the runners and volunteers with breakfast after the run.

The Annual General Body Meeting (AGM) of the Hyderabad Runners Society was held on the 29th September at the Hyderabad Runners Society premises. New initiatives were adopted and approved by the Office Bearers in the presence of the larger general body members.





# RUNNING NEWS FROM AROUND THE WORLD – SEPTEMBER 2024

– Javhara & Sujai

## Chennai Trail Ultra Marathon 2024 (1st Sept):

This is a thrilling event with runners showcasing unbeatable endurance and determination featuring multiple categories including 50K, 32K and 16.1K races. Participants navigated diverse terrains from lush dam and lake bunds to vibrant villages and majestic canyons. Safety and preparedness were emphasized in the event by arranging aid stations with water, ORS, fruit juices, energy bars and first aid. **Ashish Jangir** bagged the top position in the 50K men's category by securing a striking timing of **04:52:28**. In the women's category **Nandini Gangadhara** secured the top spot with a timing of **06:33:09**.



Image Source – Instagram



Image Source – Instagram

## Ladakh Marathon (8th Sept):

Known for its challenging terrain and breathtaking views, The Ladakh Marathon is an exhilarating event to be a part of. On the route, runners experience stunning landscapes including the rugged mountains and serene valleys of Ladakh. Set at an altitude of 11,500 feet makes it one of the most demanding marathons in the world. It offers an array of race categories and distances that the runners can choose from

- Silk Route Ultra – 122 Km
- Khardung La Challenge – 72 Km
- Full Marathon
- Half Marathon
- 11.2 & 5K

**Nwang Tsering** secured the first position in Marathon men's category with a stunning timing of 2:44:06 and **Disket Dolma** aced the women's category with an impressive timing at 03:33:41. It was an incredible display of endurance and determination by all participants.

## TCS Sydney Marathon 2024 (15th Sept):

The 22nd edition of the TCS Sydney Marathon was held on 15th September. **Brimin Kipkorir Miso** of Kenya won the men's marathon with a course record timing of 02:06:18 while **Wokenesh Edesa Gurmessa** of Ethiopia won the women's marathon with a course record timing of 02:21:41. They're incidentally the fastest marathon by a man and a woman (respectively) on Australian soil.



Brimin Kipkorir Miso  
image courtesy – thethaovietnamplus.vn



Workenesch Edesa Gurmesa  
Pictures courtesy- thethaovietnamplus.vn

### Sarmang Dehradun Marathon 2024 (29th Sept):

A spectacular event showcasing incredible athleticism and community spirit, this year's event witnessed a record participation from runners across India and several international athletes. The route wound through the picturesque landscapes of Dehradun providing a stunning backdrop for the runners. The local community came out in full force to support the runners, with cheering stations, music, and refreshments along the route. The event emphasized eco-friendly practices, including waste reduction and recycling efforts. **Ritesh Kumar** topped the charts in the men's Marathon category with a spectacular timing of 2:35:42. **Gouri Kotiyal** claimed the top spot in the women's Marathon category with a timing of 3:25:02.

### Karimnagar Half Marathon (22nd Sept):

A vibrant event that brought together runners from various backgrounds to celebrate fitness and community spirit, it was organized by the Karimnagar Runners & Cyclists Association (KRCA) aiming to promote resilience and healthy living among the residents of Karimnagar. On the route, runners crossed the most scenic parts of the city including lush green landscapes and iconic features like the lower Mandair reservoir. **Bajrang Talwade** emerged victorious with a timing of 1:18:44 in the men's half marathon category. **Alupula Kalyani** secured the top spot in the women's half marathon category with a timing of 1:47:34.



### Paralympics 2024:

Indian para-athlete, **Preethi Pal**, won two bronze medals in the women's 100m and 200m T35 race events. Preethi embedded India's name in the history of Paralympics Games, by becoming the first Indian woman to have won two medals in the track and field events. Preethi Pal hails from Meerut, Uttar Pradesh. **Simran Sharma**, a visually impaired para-athlete from Modinagar, Uttar Pradesh won a bronze medal in women's 200 m T12 race category. Both train in Delhi under coach Gajendar Singh.





### New Balance KO Meile:

Great Britain's **Elliot Giles** smashed the world road mile record in the New Balance KO Meile in Düsseldorf. The former European Bronze medalist created a record by clocking 3.51.3 in the 800m race beating the previous mark of 3.54.3 set by the Kenyan champion Emmanuel Wanyonyi. The road mile has been recognized as a world record event since last September.



Pictures courtesy- getty images

## FACTOID

### The Bob Graham Round

- Sunder

The **Bob Graham Round** is a fell running (hill running) event held in the Lake District in North West Cumbria, England. **Fell running** is a sport that includes running off-road over a series of hills (called fells). Fell running is a mix of trail running, cross-country and mountain running but is distinct from each of them. The participants are required to have mountain navigation skills to be successful in this run and should also carry survival equipment as suggested by the organizers.

The Bob Graham Round is a running challenge named after **Bob Graham** who broke the Lakeland fell record in 1932 by traversing 42 fells (hills) in a 24-hour period. As part of the event, runners have to traverse 42 fells and run a distance of 106 km (66 miles) with about 8200 meters of ascent. Since 1932, over 2800 individuals have started and finished this course with the course record held by **Jack Kuenzle** who in 2022 finished the course in 12 hours and 23 minutes.



### The Bob Graham Trail

Image source: wikipedia

# NUTRITION

- Vijigeesha



## FUELING UP FOR A FEW MORE MILES

We happily huffed and puffed our way successfully to the finish line of the Hyderabad Runners Society's flagship event-the NMDC Hyderabad Marathon. Kudos and congratulations to all once again, on that. Two months in, with those exact smiles intact on their faces as now, and an unwavering spirit, many of HR's runners are continuing training to conquer other races coming up in different cities across the country and even across the world. Such training and participation in multiple marathons within a few months requires meticulous attention to nutrition. As the demands on the body-specially physical, increase, so does the need for a strategic fueling that supports performance, recovery, and endurance. Here's a comprehensive guide on nutrition strategies to help maintain fitness during the marathon season.

## 1. FOCUS ON KEY NUTRIENTS

Certain nutrients play critical roles in maintaining energy levels, reducing fatigue, and promoting recovery:

**a) Carbohydrates:** These are the body's primary energy source, especially for long-distance running. It's crucial to prioritize complex carbohydrates to fuel muscles before the race and replenish glycogen stores afterward. Whole grains such as brown rice, quinoa, oatmeal, wholewheat bread, rotis made with atta, starchy vegetables like potatoes, sweet potatoes, carrots

legumes (lentils, beans) are some examples of complex carbohydrate sources that can be included in our daily meals. Simple carbohydrates on the other hand are essential for providing us energy almost instantaneously. These are good for a 10-15 minutes pre-run snack or even for fuelling during the runs. Energy gels, electrolyte drinks with added sugars, fruit juices, low fiber fruits etc. fall under this category.

**b) Proteins:** Running can break down muscle fibers, and protein helps in their repair and recovery. Aim for high-quality plant or lean animal protein sources. Chicken, fish, eggs, milk, curd, hung curd or Greek yogurt, lentils, tofu etc. are some of the examples of foods that provide good quality of protein.



**c) Healthy Fats:** Fats provide long-lasting energy and are important for absorbing fat-soluble vitamins like A, D, E, and K. They also help in reducing inflammation and promoting heart health. Including a fistful of nuts and seeds in your daily diet is the easiest way to get the good fats. You may also choose to add avocados, olives and chia seeds to the diet as per preference and availability.

**d) Electrolytes (Sodium, Potassium, Magnesium):** Electrolytes are essential for maintaining hydration, muscle function, and preventing cramps during long runs. Sodium loss through sweat must be compensated for, while potassium and magnesium are crucial for muscle contractions and preventing fatigue. Including fruits like bananas, oranges, vegetables like leafy greens, plenty of nuts and seeds will ensure that we do not fall short of these important nutrients.

**e) Iron:** Adequate iron levels ensure that oxygen is efficiently transported to muscles. Marathoners, especially female runners, are at risk of iron deficiency due to repetitive footstrike hemolysis (the destruction of red blood cells). Iron rich foods like spinach, lentils, beans, lean meat should be included as preferred.





**f) Vitamin C:** It is necessary for optimal immune function and enhances iron absorption. Including vitamin C-rich foods helps runners maintain a robust immune system, particularly in recovery phases. Including a fresh vegetarian salad along with most meals and eating a couple of fresh seasonal fruits daily will take care of the vitamin C needs.

## 2. PRE AND POST RACE NUTRITION

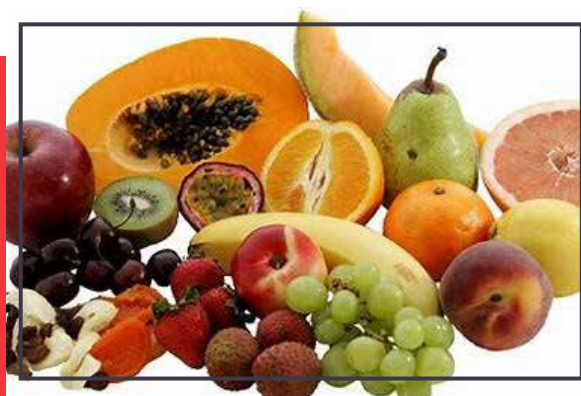
**Pre-Race:** In the weeks leading up to the marathon, carb-loading is a time-tested strategy to maximize glycogen stores. About 3-4 days before the race, gradually increase the carbohydrate intake while slightly reducing fats and protein. On the race day, opt for a light meal 3-4 hours before the race, with easily digestible carbs and a little protein. If that is not practical, you may even reduce the portion and have a lighter meal two hours prior to the start time. Toast or bread with nut butter, bananas, oatmeal with fruit, raisins, low-fat curd with fruit etc. are some examples of a pre-race meal you could have

**Post-Race:** After the race, focus on immediate replenishment of lost fluids, electrolytes and depleted glycogen. A balanced post-race meal should contain a 3:1 ratio of carbohydrates to protein to promote muscle recovery and replenish lost nutrients. A protein shake along with a fruit, eggs and cheese sandwich, roti or rice with dal and veggies etc. can make a good post-race meal.

## 3. TYPES OF FOOD TO INCLUDE

**Whole grains:** Provide sustained energy and keep glycogen stores replenished.

**Fruits and vegetables:** Rich in antioxidants, they help combat the oxidative stress caused by intense and prolonged physical activity. Water rich fruits and vegetables are also a good source of hydration.



Legumes and other protein sources such as eggs, dairy, fish, chicken etc.: Aid in muscle recovery and ensure steady energy release.

## 4. TYPES OF FOOD TO AVOID

**Ultra processed foods / Junk foods :** High in unhealthy fats, added sugars, and salt, such foods can cause inflammation, replace healthier alternatives, and delay recovery.

**Alcohol :** It dehydrates the body, disrupts sleep, and can impair muscle recovery.



**Excessive fibre or fats before a race:** While fibre is important, too much before the race can cause digestive distress, while fats slow down digestion. However, good sources of fibre such as vegetables and sources of good fats such as nuts and seeds also provide valuable nutrients when consumed as part of daily diet. Just avoid eating excessive quantities right before the races.

## 5. OTHER FACTORS FOR OPTIMAL PERFORMANCE

**Hydration:** Adequate hydration throughout training and on race day is essential. Runners should drink water regularly and incorporate electrolyte-rich drinks to prevent imbalances.

**Rest and Recovery:** Nutrition alone isn't enough; proper sleep and rest between marathons are critical. Over-training without sufficient recovery can lead to injury or burnout.

**Listening to the Body:** Every runner has unique needs. It's important to monitor how different foods affect energy and performance and adjust accordingly.



In conclusion, a balanced diet providing adequate macro and micronutrients is key to maintaining fitness levels during the marathon season. By focusing on whole foods, hydrating properly, and avoiding processed and heavy-to-digest foods, runners can stay energized and recover efficiently between races.

### HAPPY RUNNING !



**Dr. Lahari Surapaneni.**  
Nutritionist and wellness consultant, Nutriful You.

# RUN-TITUDE MINDSETS OF A MARATHONER:

## Run with your own Style... or not? – Revathi

Running style!!! What's that, you may ask. We have heard of running form, running pace, running cadence, running shoes, et al but running style is a new one!

But it exists for each one of us and we each tend to have our own innate preference of how we plan our runs, much like how we have our own styles of working or of communication.

Here are the typical working styles that we adhere to –

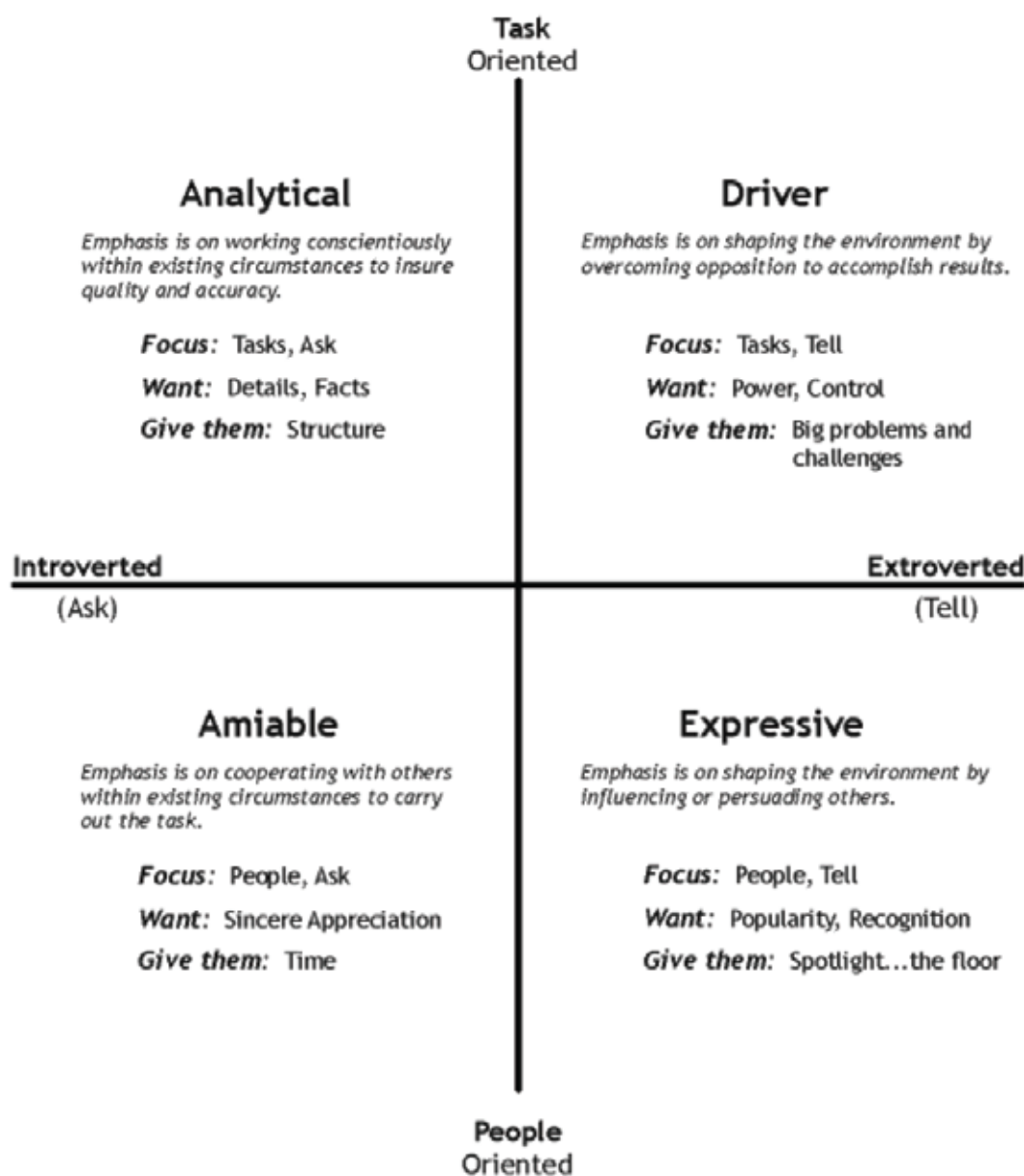
- Driver – one who takes charge, focuses on outcomes, and wants results
- Analytical – one who values accuracy, relies on data, and focuses on details

- Expressive – one who thrives on fun and excitement and loves being around others
- Amiable – one who is warm and friendly, wants support and is willing to give support to everyone

We all have all these characteristics, we all do a little bit of each of these, but some of us skew more towards one of them than the others. And for our key goals and big challenges, we tend to dig deeper into our preferred styles and rely more and more on those natural tendencies to succeed.



Here is how a runner skewed towards each of these styles would plan their training and running:



Style	Strengths	Potential downsides	What they can do differently
<b>Driver</b>	Runners set targets, focus on results, can take on bigger challenges and push themselves, will do what it takes to get to where they wish to, go with the coach's flow as long as they see results	May miss out on specific changes to make due to lack of attention to detail, may be a solo runner driven by ambition and misconstrued as non-social, may lose out on the community's social support system	Run with others once in a while even if it does not help reach their goals, talk to those who analyse stats and take help to improve
<b>Analytical</b>	Runners are interested in details and specifics, will be aware of the splits and cadence and heart rates of every lap, can analyse patterns and plan their training and runs for trends that can help them improve with each run	May get too focused on analysis of what worked and what didn't and not be able to take the next big step, may be risk averse to take on too big challenges, may be a solo runner who may lost out on the community's social support system	Take little bigger risks than they are used to, take the support of others to stretch themselves beyond their comfort zone, be wary of not getting lost in analysis paralysis

Style	Strengths	Potential downsides	What they can do differently
<b>Expressive</b>	Runners can love running in groups, like to have company and conversations during the run and catch up after too, look for groups that have similar cadence and pace, share their strategies and learning as well as ask and learn from others during the runs and other times, can be constant motivators for others	May get lost in enjoying themselves and not see much of a progress due to lack of focus on self-goals, may just be running and not know their strengths and areas of improvement to get better, may not understand when others start to run by themselves as they train for marathons, may tend to over-motivate with over-confidence and without training, leading to disappointments later	Understand that goals and targets matter for many and experiment on stretching themselves and focusing on going to the next level along with improving self, measure their runs and analyse stats once in a while to see what is working and what isn't and get better
<b>Amiable</b>	Runners who are the backbone of a running community, go all out to help others reach their goals, choose to mentor just to help others, have no hesitation in asking for help, silent supporters who are just there, sincere and specific in their appreciation of one's even minor accomplishments	May lose out on their own runs in helping others achieve their goals, may go slow on their running goals and challenges while attempting be a part of the group, may be slow in adapting and may take time in moving to newer groups and routes, etc	Shift the focus to self once in a while and ask others to support them for their own goals, look at the trends and pivot faster, explore newer routes and approaches to improve running, be more outspoken about needs

However, a mature runner understands that it is the combination of these factors that works and so in times that you see yourself digging too deep into one of them at the cost of the others, pause... and step back... and turn around to look deeper into the others too!

Focus on results... Plan your training... Share your successes and learnings... Take and give support... ..and run holistically



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

## STABILITY, AGILITY, MOBILITY, AND FLEXIBILITY FOR RUNNERS

- Amritha

Strength training is widely recognized as a crucial part of a runner's training regimen. However, to truly maximize one's running potential, it's equally important to **prioritize agility, stability, flexibility, and mobility**. These elements play a vital role alongside strength training in enhancing overall performance and reducing the injury risks for runners.

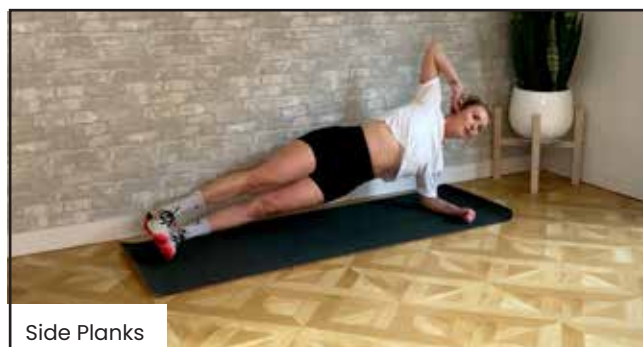
**Stability** in running involves both physical and neuromuscular components, reflecting the ability to maintain control, proper posture, and balance while in motion. This is particularly crucial when navigating uneven surfaces, changing pace, or dealing with different types of terrain. Good stability helps prevent injuries by ensuring that joints and muscles are aligned properly during movement.

1. A stable runner can transfer energy more efficiently, which can lead to better performance. Stability allows for more powerful and effective strides, contributing to speed and endurance.

2. Stability is closely tied to core strength; a strong core supports the spine and pelvis, providing a solid foundation for maintaining form over long distances.



Single Leg Deadlift



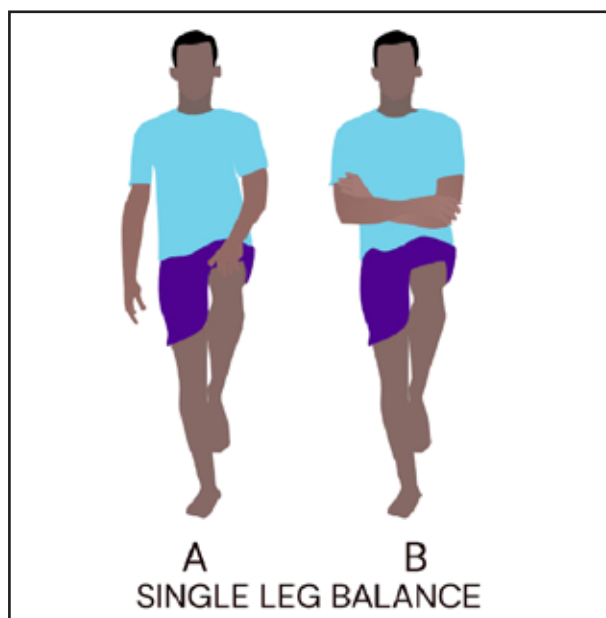
Side Planks



Planks with leg lifts



Step up with knee raise



**Mobility** encompasses joint health, and the functional movement patterns. It refers to the ability of joints and muscles to move freely and efficiently through their full range of motion which enhance overall movement quality.

1. Improved mobility aids in recovery by promoting blood flow and reducing muscle tightness.

2. Mobility work is essential for proper running mechanics and posture which can lead to more efficient strides, better speed, and improved endurance.

3. Runners with good mobility can adapt more easily to different surfaces and terrains, helping them navigate obstacles effectively and maintain speed. They can execute functional movements, such as lunging, squatting, and climbing, which are often required in various running conditions, especially on trails or uneven terrain

**Mobility drills** for runners include yoga, or foam rolling along with a few dynamic stretches as mentioned below.



Hip Circles



Cat and Cow Stretch



Quadruped Thoracic Rotation



Quadruped Thoracic Rotation



Ankle mobility drill



Deep Squat mobility



Pretzel stretch

**Agility** in running is the ability to change direction quickly and adjust their stride effectively while maintaining control and balance. It combines speed, coordination, reflexes, and balance, enabling runners to adapt to obstacles, adjust pace, and respond to sudden changes in terrain.

1. Agile runners can better respond to unexpected changes, reducing the risk of falls and injuries caused by slips or missteps on uneven surfaces or in races with turns or varied terrains. It helps in navigating these challenges smoothly without losing momentum.



2. Agility training improves coordination between the upper and lower body, leading to smoother and more efficient movements, which is essential for maintaining form during runs.

3. Agility training enhances a runner's ability to think and react quickly which contributes to quicker acceleration and deceleration, allowing runners to surge when necessary, such as during sprints or finishing kicks in races.

**Agility drills** for runners that can help improve coordination, quickness, and overall performance:

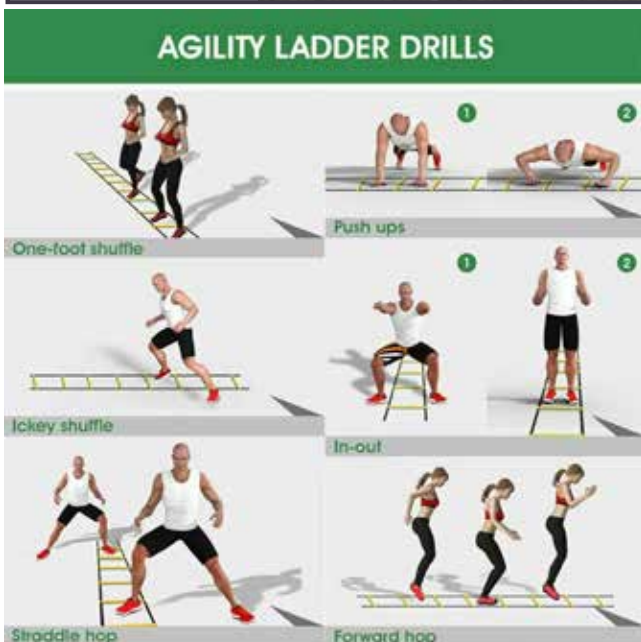
#### Cone Drills



Lateral Shuffles



Skater Jumps



Single Leg bound

**Flexibility** refers to the ability of muscles and connective tissues to stretch and allow movement through a wide range of motion. It involves the elasticity of muscles, tendons, and ligaments, which plays a crucial role in overall athletic performance.

1. Improved flexibility helps reduce the risk of injuries by allowing muscles to stretch adequately, preventing strains and tears. Flexible muscles can better absorb the impact of running.

2. Flexibility contributes to optimal running mechanics, enabling better stride length and efficient movement patterns. This can lead to improved speed and endurance.

3. Incorporating flexibility exercises into a post-run routine can aid in recovery and alleviate muscle tightness and soreness. It allows muscles to relax and reduces stiffness, which can improve subsequent performance.

4. Flexibility work can include breathing techniques that can promote relaxation and mental focus.

**Flexibility Drill-** such as static stretching, dynamic stretching, and yoga.



Cobra Stretch

# YOGA –

## HIP MOBILITY

- Vijigeesha

Runners often experience hip mobility problems that arise due to engaging their hip flexors and muscles while lifting the leg to run. This leads to tightening of the muscle which eventually limits the hip movement. Runners with low hip mobility may notice short strides, injuries, knee pain and reduced range of motion. They can tackle this problem by stretching & strengthening hip flexors, glutes and hamstrings.

Here are some effective asanas that help a runner improve their hip mobility:

### Triangle pose (Trikonasana)

Take a 3 feet gap between your legs and turn the right foot out perpendicular to the mat. Keep your hips squared to your body and lift both hands in line with your shoulder. Then, slowly bend towards the right side trying to place the right palm in front of the right foot while looking up at the left hand. Stay in this position for 5-8 breaths. Practice the same thing on your left side. This asana stretches the inner thigh, hip flexors, glutes and lengthens the hamstrings as well.

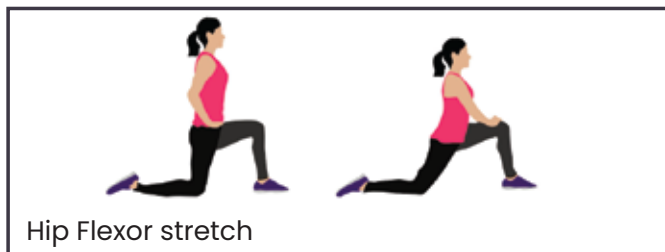


### Goddess pose (Utkata Konasana)

Take a 3 feet gap between your legs and turn both feet (outer) perpendicular to the mat. Join your palms in front of your heart center and sink your hips down in a squat while making sure your knees do not cross toes. While taking 5-10 deep breaths gradually drop your hips further down. This asana releases tightness and tension around the hip muscles.



Walking hamstring stretch/  
ground sweep



Hip Flexor stretch



Butterfly stretch



Pigeon pose

Together, these four components along with (Strength training ) create a comprehensive training approach that empowers runners to reach their full potential while minimizing injury risk. By prioritizing exercises that target stability, agility, mobility, and flexibility, runners can achieve greater success and enjoy a healthier, more fulfilling running experience.



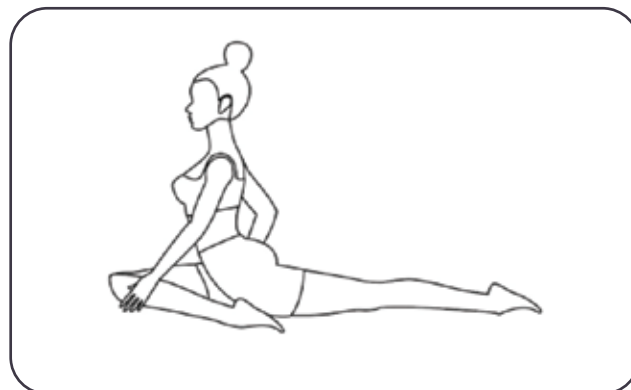
**Jyoti Khera.**  
Certified PT and GFI.  
Certified S&C Coach,  
Sports and Exercise  
Nutrition Advisor/Antenatal  
Postnatal Exercise  
Instructor/Injury Rehab  
Specialist





### Pigeon pose (Kapotasana)

Go to a downward dog, lift and place your right knee in front of your right hand. Slowly sink your hips to the mat. After getting comfortable move your right ankle towards the left palm. Repeat this with your left leg. This asana reduces stiffness and promotes flexibility by stretching glutes, quads and hips flexors. This also opens the hip joint.



### Butterfly (Baddha Konasana)

Sit down with your spine erect. Join both the soles of the foot together. Hold the feet in your palms while dropping the knees to the mat. This helps stretch your inner thigh, groin and hip muscles that offer deep stretch leading to greater flexibility.



Whether you're a marathoner or just getting into the sport, improving hip mobility can enhance your performance, reduce your risk of injury, and help you feel more comfortable during your runs. By incorporating regular mobility stretches and exercises into your routine, you can ensure that your hips stay flexible, strong, and ready for any challenge down the road.

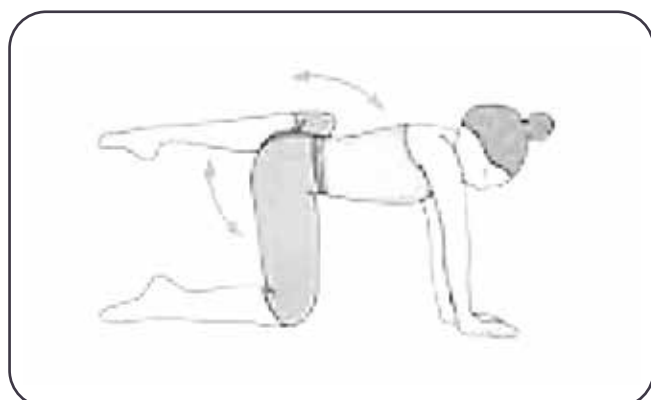
**Happy times. 'Hip hip' hurray!**

### Hip Circles in table top

Get on your hands and knees, with your wrists below your shoulders and knees under your hips. Keep the spine neutral and core engaged. Lift one knee off the mat, keeping it bent at 90 degrees. Now move your knee in a circular motion. Switch sides after 10-15 repetitions. This movement focuses on stability and rotation of the hip joint while increasing the range of motion.



**Shloka Narsin.**  
Yoga Practitioner, Trainer.



# EDITORIAL TEAM



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## Hyderabad Runners' Social Media handles:



<https://www.facebook.com/HyderabadRunners>



<https://www.instagram.com/hyderabadrunnerssociety/>



<https://twitter.com/hydrunners>



<https://www.youtube.com/hyderabadrunners>



<https://whatsapp.com/channel/0029VaPtBAhGE56cpm2QVc3S>