

THE ULTRA QUEEN

Lipi Kalita



**AIMS 2024
ROUNDUP**

**PROJECT CHAMPION
INTER SCHOOL GAMES 2025**

ULTRA HYDERABAD

**RUNNING NEWS
FROM AROUND THE WORLD**

**FACTOID
GERMAN 'WRONG WAY' SILVA**

**NUTRITION
A HOLISTIC APPROACH
TO WELL-BEING**

PRESIDENT'S MESSAGE

Dear Runners,

As we bid farewell to an incredible running season 2024-25, we are thrilled to share highlights of our journey and give you a glimpse of what's ahead!

Celebrating the Past Season

This season was marked by numerous achievements, from personal bests to inspiring participation in events across cities and even internationally. A special shout-out to all who participated in the 24 Hr Stadium Run, The Club Run 2025, and other formats, achieving remarkable milestones. Your dedication inspires us all!

Looking Ahead: A New Season Beckons

Train and Shine Program: Starting April 2025, this program welcomes both new runners from the K25K initiative and our seasoned members. Together, let's train hard and shine brighter than ever!

NMDC Hyderabad Marathon 2025: The much-anticipated marathon, powered by IDFC First Bank, is just around the corner. With registrations just opening, let's also work on welcoming our sponsors and partners to make this event even more spectacular.

Milestones and Recognitions

We are incredibly proud to announce Mr. Rajesh Vetcha's election as a Board Member of the Association of International Marathons and Distance Races (AIMS). Congratulations also to OB members Raghu and Arun for representing us at the AIMS conference in Vietnam—your contributions bring immense pride to our community!

Project Champion: Making an Impact

This initiative's second year has been a resounding success, inspiring over 5000 school children across 10 schools. The school games at Gachibowli Stadium saw an electrifying turnout of 1600 students, reaffirming our commitment to fostering physical literacy. We aim to expand this project further, so your support—both in participation and contributions—is invaluable.

Our Running Communities Shine

With anniversary runs in Uppal, PBEL City, ECIL, Aparna Grande Nallagandla, NCC Urban Gachibowli, and LB Nagar, the enthusiasm across our running groups has been nothing short of extraordinary.

Thank you for being the heart of this incredible journey. As we prepare for another exciting season, let's continue to inspire, support, and celebrate each other's triumphs.

Together, we make every step count!

Warm regards,
Abhijeet Madnurkar
President,
Hyderabad Runners Society



EDITOR'S MESSAGE

Hello everyone,

Trust you're doing well and are relaxing after what has been a long training season. We've chased multiple targets and met a lot of them (hopefully) while many others are in the pipeline. Hope all of you are taking care of yourselves in this sweltering heat - please hydrate well.

The newest edition of our Newsletter *Rundezvous* is back after a hiatus and we've packed quite a lot of information for you to go through. Do read our round-ups of the Club Run and the Stadium Run. Also get to know what happened at the AIMS meeting in Vietnam in late 2024. Know about the Hyderabad Marathon medical race directors' participation in REMC 2024. Check out our special about how our Hyderabad Runners have been blazing trails across multiple Ultra running events in India. Read our special on the Ultra Queen, Lipi who has been steadily climbing up the adventure racing circuit now.

We also cover a race round up of the Jawadhu Ultra by Sridhar Rajaparthi. Also read our event review of the Project Champion sports meet. Be sure to check out our exclusive on training in Summers - this is definitely helpful for a lot of us.

Read our regular articles like how Yoga can help with running; on the interplay of stress, Nutrition and running. Go through Runtitude and Train like a Pro on ways to improve our running. Also check out a certain German Silva in our Factoid section. Plus, check out the Crossword section while you go through running news from around the world.

I'd like to commend the Newsletter team in putting together these articles. We genuinely 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.

Cheers!!

Sunder Nagesh K
Editor



24TH WORLD CONGRESS OF AIMS

HANOI, VIETNAM, NOVEMBER 2024

- Arun Kaliappan



The AIMS Congress agenda also had the Annual Report presentation, which provided details about the memberships status, financials and sponsorships.

There were about 182 participants from 66 different countries who are part of the AIMS members group and involved in conducting marathons in their respective countries.

This event gave everyone a platform to network with the other race organisers and understand and share information on the trends, challenges and other aspects of the various marathons from an organising point of view.

The participants of the Conference also had the opportunity to participate in the Halong Bay Marathon which was conducted in the picturesque Halong Bay, a UNESCO heritage site near the coastline of Northern Vietnam.

The Annual Congress of AIMS (Association of International Marathons and Distance Races) was held in Hanoi, Vietnam between 14 to 17 November 2024.

Hyderabad Marathon has been a member of AIMS since 2017 but with our event now becoming part of the World Athletics, the Society deputed 3 members from Hyderabad Runners Society to attend the Conference. Rajesh Vetcha, Raghu Peethambaran and Arunkumar Kaliappan attended on behalf of the Society.



AIMS Congress 2024

The Annual Conference had sessions about the latest marathon trends, challenges and evolution of running movements across the globe. There were sessions on the current trends in marathon, Using heritage as a link for conducting marathons, AI and running, the Super Halves which are now a rage in Europe, sustainability as an important priority in road races, branding as a key aspect for marathons and India as an emerging leader.

The panel discussion around Women in Running focussed on the participation percentage of women in distance running and how various event organizers, running groups are taking steps to improve them. In general, women participation was about 20% in running events, whereas for distance running like Half Marathon and Marathon participation was less than 10%. It was discussed that lack of enabling facilities for women like training ecosystem, safe environment and preoccupation with other priorities were main reasons for the lesser participation in longer distance running events.



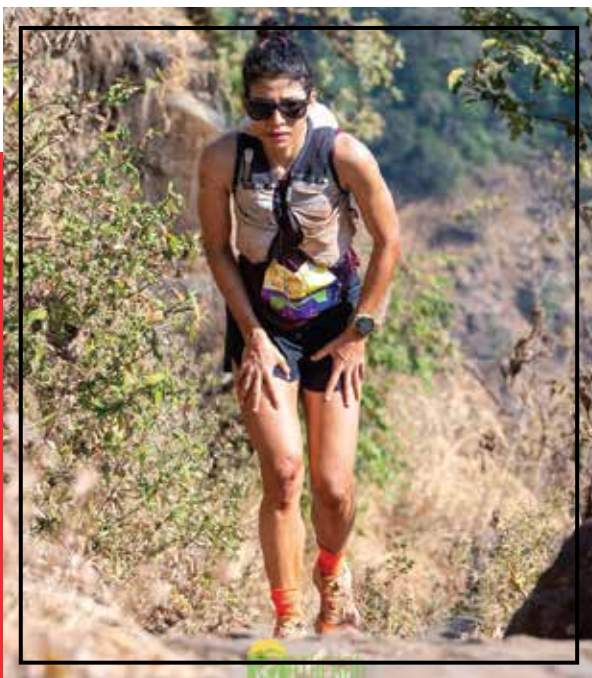
Halong Bay Marathon 2024



LIPI KALITA – THE ULTRA QUEEN

– Sunder

Lipi Kalita is no stranger to the world of 'trail running' and 'adventure racing'. She's one of the most recognized and respected ultra runners from India by now; someone who has gone up the ladder by sheer determination and commitment. Sunder from the Newsletter team spoke with her recently on a morning when she was going for her run. Runners and morning runs are inseparable anyway, aren't they? She was kind enough to share her running journey with us.



participated in the Hyderabad Half Marathon event that year. In late 2017, she travelled to the US and was running everyday there, making use of the lower temperatures and relatively traffic-free roads. She was training for the stadium run where she'd accompany her relay team. But fate had other plans. Unfortunately, she met with a road accident in the US in 2017 that put her off physical activity for a good 1.5 years. What promised to be a bright start started to fall by the side.

The Reset:

She resumed training albeit slowly in 2019. Sai and his friends had signed up for an ultra run organized by the Western Ghats Trail Running Association in 2019 when they asked her to join them. She participated in that run in the 10K category and stood 3rd. A run that she didn't train much for and a chance podium set her up for bigger things in the Ultra running world. Before she could realise, her Ultra running journey had begun.

Post the event, she started training with more vigour. She trains extensively in Hyderabad but a downside of the terrain here is that there aren't many trails here. But that doesn't deter Lipi from training on the roads. She also found a few trails on the outskirts of Hyderabad. In the world of Trail running, runners prefer training in the trails than the roads but she has continued to train on the roads while she raced on the trails making the most out of what was available to her.

The Beginning:

Lipi's foray into endurance athletics didn't start with running. She cycled for a good length of time before she took to running.

Lipi hails from Assam and moved to Hyderabad in late 2016. Her cycling journey at some point transitioned into running. With her partner Sai, she started running for fun with a group of friends who called themselves Run Machas. She participated in the Hyderabad Go Heritage Run in 2017 where Sai ran with her – she finished that run in around 3 hours without any training; too much time, yes but by the end of it, she got the ick of running and like they say, she didn't look back after that. She says- "I found running to be nice. Running is the kind of exercise which has helped me both physically and mentally".

The Promise and the Break:

Enthused and energised by the running bug, she began running on the weekdays and participated in the Sunday Long Runs conducted by the Hyderabad Runners. (cue for you to talk to your co runners; you never know who is aiming for what) She also



She avers "I wanted to learn everything about trail running and was eagerly looking for any trail races to happen in the country. I have participated in almost all the trail running events in India but have witnessed less female participation. I personally feel like bringing more female athletes into this sport. The format has to match their needs, has to tell their stories"

Later in 2019, she participated in the Solang Sky Ultra in Manali in the 30K category and stood 3rd. This gave her the confidence to do more trail races and she not just dreamt of them but also started training diligently now with even better dedication and commitment and was clocking more distances than ever before.

During the COVID-19 pandemic in 2020, she restricted herself to the indoors and didn't train much. Later that year, she participated in the SRT Ultra in the 25K category and was a podium finisher there too. Her relationship with the podiums had been cemented by now. 😊

She now started to train for more outstation races and in 2021. She participated in the Buddha Trails 65km category and the Solang Sky Ultra in the 60 km category (2nd runner up). In 2022, she participated in the Vagamon Ultra (60K). At Vagamon, she was the winner. She also won the 50K category at the Malnad Ultra 2022.



The Adventure Racing Journey:

Sometime in 2021, Santhosh Gowda (who goes by the name 'Bolt Gowda') from Bangalore contacted her to join their adventure racing team. Adventure racing was just picking up in India and as a rule, one female member was mandatory to form a team (of 4 members). Lipi was sceptical about it initially but she did take the plunge into the world of Adventure racing.

Adventure racing is an interesting variety of a race where all the team members have to do everything together (it's a multi-sport race) - mountain biking, ultra running (trails and roads), swimming, kayaking etc. The biggest challenge for the team is the navigation (orienteering) - to go in the right direction without getting lost. Typically, the team has to cycle (mountain biking) for 100-120 kilometers, run for 40-50 kilometres and kayak for 10-15 kilometers without getting lost - all together.

When the team participated in their first adventure race, they won everything and they were buoyant. They participated in a similar race in 2022 and qualified for the Asian adventure championship.

In 2023, The Asia Regional Adventure Racing championships were conducted in the Philippines. The teams had to participate in a 350K race across 3 days that included all the aforementioned segments. They found it to be challenging but they learnt a lot from this event. Her team, The Skyrunners did face many hardships but managed to finish 11th overall.

The Ultra Journey Continues:



Her participation in the Adventure racing circuit didn't stop her Ultra running journey. In 2023, she participated in the Buddha trails for the 3rd time in the 55km category and this time, she was the winner. Finally a podium at Buddha trails in 3 attempts and she was elated and joyous. She also won the Solang Sky ultra 52 km category in 2023.



She states - "My biggest achievement is to complete the CDH by Val d'Aran 112km (5780M+)"

In 2024, she also participated in the 100K trail race at the UTMB in Spain as part of the UTMB world series. Her gender ranking at the UTMB race was 36 where she finished the course distance in 24:28:18 hrs. She also qualified and participated in the Asia-Pacific trail running championship held in South Korea in October 2024 in the short trail category (42K) with an elevation gain of 2593M+. Her gender ranking here was 29 and she finished this gruelling course in 06:38:06 hrs. It was a learning experience for her and she says that she learned a lot from the elite runners there.



Some of her major podium finishes have been the Deccan Ultra 2024 (30km - winner), Buddha trails 2023 (65 km - winner), Solang Sky Ultra 2023 (52 km - winner), Malnad Ultra 2022 (50km - winner) and the Vagamon Ultra 2022 (60km - winner)

Looking Ahead

She's currently training for the Adventure race national championships scheduled to be held on the 18th April in Arunachal Pradesh.

After this, she's scheduled to participate in the Mawla Ghati Ultra (near Pune) in June 2nd week in the 100K category

We did this little interview with her at 05:45 AM and she was very gracious to share her insights. It left the author in awe and inspired. Here's wishing this trailblazer (literally) the very best as she continues to blaze an unfathomable trail in the Trail, Ultra and the adventure racing world.

Best wishes Lipi 😊

CLUB RUN 2025 – A SUMMARY

The 16th edition of the **Club Run** by the Hyderabad Runners Society was held on 16th February, 2025. The venue for the event was the lush University of Hyderabad (UoH) campus. The event saw more than 3000 runners participate across the timed 10K and the Half-marathon categories along with the finishers of the K25K program who ran a 5K.



For the first time ever, the event T-shirt was made optional for the runners. This is a new sustainability initiative by the Hyderabad Runners. Along with this, runners also had the option to donate to the Charity program of the Hyderabad Runners (Project Champion) during the registration process. These two initiatives saw considerable support from the running community.

The event was led by Ajit Mishra who served as the race director with support from the other members of the running community. The expo of the event was held at the L&T mall at Hi-Tec city on the 15th February.



On the event day, the Half Marathon was flagged off at 06:00 AM while the 10K and the 5K categories were flagged off at 06:15 AM and 06:45 AM respectively.

The K25K program is a flagship program of the Hyderabad Runners that trains beginners across 8 weeks. This is a structured program that takes place from the 1st week of the new year onwards - this happens at more than 30 locations of the Hyderabad Runners. The program is led by a couple of mentors at each location and they lead the batch of newbie runners taking their first strides into the world of running and an active lifestyle.



Avik Pal won the Half-marathon category with a timing of 01:18:57 while **Prahl Jain** came second with a timing of 01:28:46. **KVB Reddy** came third and finished in 01:29:10.



In the 10K category, **Chaudhary Balmiki Sharma** won the event by finishing in 00:38:05 while **Sai Teja Maddi** and **Biren Sahoo** came 2nd and 3rd with finish timings of 00:41:50 and 00:41:57 respectively.



Many thanks to all the volunteers (more than 100) who helped us execute the event to the T.



STADIUM RUN 2024 A ROUND UP

The 4th edition of the **Stadium Run** by the Hyderabad Runners Society was held on 16th and 17th November, 2024. The venue for the event was the Gaudium Sportopia campus at the Velimala village in Sangareddy district.. The event saw 600 participants across various categories - 486 runners participated in 81 relay teams while the 6-hours solo, 12-solo and the 24-hours solo saw 84, 20 and 10 participants respectively. We had a 10% increase in the overall runner participation. Each relay team is a mix of male and female runners with one of each gender mandatory to form a 6-member relay team. The event expo was held on 15th November at the Hyderabad Runners office in Manikonda.



The event was flagged off by Sri. K. Nityananda Reddy, Chairman of Aurobindo group and Sri. Ramakrishna Reddy, CEO of the Gaudium Sportopia school along with Sri. Abhijeet Madnurkar, the president of the Hyderabad Runners Society. The event started at 06:00 PM on the 16th November.

The event was led by Sudhakar Silveru who was the Race Director of the event. He was supported by Srinivas Maggari who was the Assistant race director. Dr. Ashwin and Dr. Madhumathi Sanjay served as the Medical race directors for the event. They were ably supported by runner volunteers from multiple running groups and the medical volunteers. Care Hospitals was the medical partner for the event. Dr. Lahari was the nutrition consultant for the event.



Like any Hyderabad Runners event, this too was driven by a gang of volunteers - this time, we had 250 volunteers spread out across 26 hours. The top 3 teams and individuals across the categories were awarded prize money with additional prizes for the max milers amongst the men and the women. The total prize money was over 3 lakhs.



Amongst the men, **Jagan Reddy** won the 24 hours solo event by clocking 461 laps (184.4 kilometres) while **Mansing** came 2nd with 452 laps (180.8 kilometres). **Ankamma Rao Pola** finished 3rd with 403 laps (161.2 kilometres). **Devyani Halder** was the sole winner in the 24 hours female category with 272 laps (108.8 kilometres).

In the 12 hours solo category, **Neeraj Tyagi** was the winner amongst the males with 262 laps (104.8 kilometres) while **Shashi Singh** was the winner in the female category with 236 laps (94.4 kilometres). In the 6 hours solo category, **Geeno Antony** was the male category winner with 183 laps (73.2 kilometres) while **Shivangi Agarwal** won the women's category with 126 laps (50.4 kilometres). **Team Coonoor** was the relay category winner with 418 laps in total (177.65 kilometres).

The medical team did a commendable job with regular checks for the solo runners every 6 hours and tending to them whenever needed. There were no untoward incidents and it was a successful event. Over to the 5th edition of the event now 😊

PROJECT CHAMPION INTER SCHOOL GAMES 2025: A REPORT

- Shalini Sinha

Hyderabad Runners Society launched its **Project Champion** initiative in October 2023 to spread the joy of active lifestyle among the kids of five selected Government schools. January 2025 saw the culmination of the second edition of this initiative in the form of Inter School Games held at Gachibowli Stadium.

The Inter School Games was held for two days from January 24-25, 2025 at Gachibowli Stadium from 9:00am-5:00pm and was attended by many of the runners who came forward to cheer these enthusiastic kids.



Project Champion Inter School Games 2025

was attended by **10 Governments Schools** with over **1000 students** participating in the event. The whole-hearted participation of the kids was a testament of the Project Champion's tremendous success. It was spectacular to see kids engaging with sports, games, and exercises and reaping benefits from it. Project Champion has been instrumental in shaping their relationship with physical activity and the Inter School Games was the ultimate culmination and display of what the kids imbibed.



Highlights of the Project Champion Inter School Games 2025

- One event held over 2 days involving all students
- Conducted 8 athletic games, 4 different sports and 67 different events and activities
- Covered 10 Government Schools
- Participated by 2500 students overall
- Conducted by 9 Physical Education teachers along with Hyderabad Runners Volunteers
- Supported by Corporate Donors Tungsten Automation and Arcesium
- KPHB Government Upper Primary School and NATCO Borabanda Government High School claimed the top spots in the medals tally for Primary and High School, respectively



To get an idea of how much the Project Champion has grown in just one year, here is a recap of the event held in 2024:

- Total number of kids who participated: 1363
- Number of schools: 5
- Number of days the event was held: 4 (individual events)
- Number of Victorious students: 732
- Physical Education Trainers: 5



How does Project Champion help children?

Project Champion Inter School Games Organiser understood what children wanted and created opportunities that were right for them.

The Inter School Games showed how integrating sports into education can motivate students. The Project not only made sure that the children attend school regularly, but it also instilled values such as teamwork, resilience, and discipline among them. The school games have strengthened community bonds, promoting camaraderie and mutual support among the children.



The event celebrated the athletic spirit of the participants across various events – Running (all tracks), Long Jump, Tug of War, Volleyball, Handball, Kho Kho, etc. The winners were awarded medals and certificates.

The Ultimate Goal

Our ultimate goal is to inspire young children to be physically active for life through positive experiences of daily physical activity and competition. The School Games will continue to put physical activity and school sport at the heart of schools, and provide the children with the opportunity to enjoy and learn through competition to achieve their best.



RAJESH VETCHA AS AIMS BOARD MEMBER



Another feather was added to the glorious cap of **Rajesh Vetcha** when he was elected as a **Board Member of the Association of International Marathons and Distance Races (AIMS)** <https://aims-worldrunning.org/aims.html> for a period of 4 years. The election took place during the 24th AIMS World Congress, held in Vietnam and marked a significant milestone for India in the global distance running community.

Rajesh is the founder of Hyderabad Runners and Race Director of the NMDC Hyderabad Marathon and he achieved another rare distinction of becoming the first individual from the running community and the second from India to be elected to the AIMS board since its inception in 1982.



His election is of significance as this is a global recognition accorded to the endurance and road running community in Hyderabad.

As a board member, his work would involve:

- Fostering and promoting distance running throughout the world
- Working with the World Athletics on all international road racing matters
- Exchanging information, knowledge and expertise among the members of the Association.

This achievement highlights the growing recognition of Indian marathons on the global stage and the impact of our collective efforts in promoting running and fitness.

Having founded Hyderabad Runners in 2007, Rajesh has been a trailblazer in the Indian running movement. Under his leadership as the President from 2011 to 2018, Hyderabad Runners transformed into one of the largest running organizations in India. The group institutionalized the running community with a focus on advocacy, training, and events, promoting active lifestyles across the country.

Currently he is the Race Director for the NMDC Hyderabad Marathon, the second-largest marathon in India after the TATA Mumbai Marathon. Rajesh has also played a pivotal role in mentoring and establishing running groups and marathon events nationwide, including in Chennai, Kochi, Bangalore, Coimbatore, Bhopal, Raipur, and Visakhapatnam.

Rajesh's election to the AIMS board highlights his significant contributions to the global running community. AIMS, with over 448 members across 113 countries, works to foster distance running worldwide and promote the exchange of expertise among its members.

Expressing his gratitude, *Rajesh said, "It is an honor to be elected to the AIMS board. This is not just a personal achievement but a recognition of the growing prominence of Indian marathons on the global stage. I look forward to furthering the cause of India's vibrant running ecosystem with insights from the experiences of the races overseas and making the voice of India heard on the global distance running space."*

RACE EMERGENCY MEDICAL COURSE 2024

The application for grant of the **World Athletic Label** for the NMDC Hyderabad Marathon mandates the Race Medical Director to be certified in the **Race Emergency Medical Course (REMC)**, conducted by the **World Academy of Emergency Medicine (WAEM)**. The REMC has two parts, an online theory and short assessment module (Part 1) and a Practical On site observership at a designated center by the WAEM appointed faculty (Part 2). To be eligible to participate in part 2, one must complete part 1. After completing both the parts, certification is issued which is valid for three years.

In partial fulfilment of the REMC, our medical directors, **Dr. Madhumathi Sanjay and Dr. Krishna Mohan MVT** have qualified for the part 2 and have attended the same in Singapore, which was conducted during the **Standard Chartered Singapore Marathon (SCSM)** on 30th November and 1st December of 2024.

The practical course had approximately 30 participants from all over the Asian countries and instructors were the faculty of the World Academy of Endurance medicine. The one and half day course was well structured and the participants received practice oriented revision of principles of planning practice medical aid stations at the start and finish area as well as the entire course of the marathon, with Singapore marathon course as a model. Common medical emergency simulations and video demonstrations of managing medical emergencies such as Exercise induced Hyperthermia, exercise induced Hyponatremia and collapse were discussed in the course. Day 1 of the REMC concluded with a formal oral assessment and feedback by the instructors.



The Cohort

Day 2 of the REMC, the day of the SG marathon, started at 4:00 AM with an inspection of the start area medical facility and race flag off. Then, the participants walked around the finish arch, medal and refreshment distribution and inspected the medical stations, medical set up in the finish area. Each one of the participants exchanged their experiences and ways to improve their respective race medical managements before posing for a group picture and bidding goodbye.

A certificate of completion was later issued to all the successful participants. Our Medical Directors received the certificate in the following week.

Our medical team made some important observations at the SG marathon and suggested a few practices that could be implemented in our NMDC Hyderabad marathon in future. A detailed report was submitted to our Race Director and the HRS office bearers which is being analysed by the office.

The following are some of the observations:

Parameter	SCSM 2024	NMDC HM 2024	Suggestions
Medical Personnel	Plenty	Just adequate	Identify the resources early and talk to them repeatedly about our plan
Medical Volunteers	600	40	More volunteers – encourage medical college students to sign up and volunteer, make them as first responders; can be trained and motivated (including BLS)
AEDs	105	6 (excluding 10 ambulances)	It's a challenge. AEDs for rent? Pool all the major city marathon organisers and rotate them for rent
Parameter	SCSM 2024	NMDC HM 2024	Suggestions
Ice tubs	All major medical stations (Finish)	None	Have to procure inflatable tubs and keep ice ready (40 kg of ice per tub – may be a challenge)
Bikes with AEDs	10	8	Bikes should have AED on board
Sweep teams	Plenty	2-3 only	More medical volunteers- more training well in advance



Dr. Krishna Mohan & Dr. Madhumathi Sanjay



The doctors gang

RUNNING INTO THE SUN

A SUMMER SURVIVAL GUIDE FOR HYDERABAD RUNNERS

—Nikita Bhatia

By the time April rolls around in Hyderabad, the sun no longer rises—it attacks. The roads radiate heat, and stepping out for a run feels like walking into a hairdryer on full blast. But hey, we're long-distance runners. If there's one thing we do well, it's suffer... willingly. 😊

Whether you're training for your first half marathon or your tenth full, this summer will test your willpower, discipline, hydration strategy, and wardrobe choices. But don't sweat it—well, you will sweat it—but here's a guide to help you train smart and survive the summer running season.

☀️ Timing is Everything

The summer sun in Hyderabad isn't here to play—it shows up like it owns the road. So the earlier you run, the kinder it'll be.

Golden hour? Try 'survival hour'. Set your alarms and be out the door before 5:30. Trust us—your body and sweat glands will thank you.

Evening runs? Sure, if you like spice. Hyderabad evenings stay hot and humid. If you can't train early in the morning, pick shaded routes and slow your pace. Focus on effort, not speed.

💧 Hydration: Not Just Water

In summer, hydration isn't just about drinking water. You lose a lot of salt (and dignity) during a long run.

- **Electrolytes are your best friend.** Coconut water, ORS, electrolyte tabs—whatever works for you. Use them before, during, and after your long runs.
- **Don't wait to feel thirsty.** Sip regularly throughout the day, not just during runs.
- **Weigh yourself pre and post-run.** If you've lost more than 2% of your body weight, you need to hydrate more.

And please—if you ever feel dizzy or nauseated during a run, stop. This isn't a Christopher Nolan movie. You don't have to push through every layer of pain to get to the "other side."

👕 Dress Like a Desert Nomad

- **Light-colored, loose, and breathable fabrics.** Ditch cotton.
- **Wear a cap or buff.** It's not a fashion statement—it's the sunscreen you can wear.
- **Apply sunscreen.** SPF 30+, water-resistant. You will sweat it off, so reapply before heading out.

🏃 Training Strategy: Go Slow to Go Long

Heat forces your body to work harder. Remember:

- **Lower your pace, not your standards.** Focus on time on feet, not distance or pace.
- **Break your long runs.** If your plan says 20 km, try 10 km in the morning and 10 in the evening.
- **Cross-train indoors.** Swimming, cycling, yoga, strength training—they're all great ways to maintain fitness without frying your brain in the sun.

Remember: Even elite runners slowdown in summer. So unless you've recently discovered you're Kipchoge's long-lost cousin, cut yourself some slack.

📅 Weekday Warriors: Balancing Work and Training

You're not just runners—you're also Excel gladiators, Zoom zombies, and 9-to-6 warriors.

- **Schedule your runs like meetings.** Block that morning slot on your calendar. No one's going to schedule a call at 6 a.m. (and if they do, run from them).
- **Lunch breaks = stretch breaks.** Use 10 minutes to stretch, foam roll, or do a quick strength routine.
- **Sleep is non-negotiable.** Aim for 7–8 hours. Training without sleep is like driving a Ferrari with no fuel—it's pointless and mildly dangerous.

🥗 Eat Like You Mean It

Training in summer = higher calorie burn + nutrient loss.

- **More fruits, veggies, and cooling foods.** Think cucumbers, melons, curd, lemon water.
- **Add salt (moderately).** Especially after sweaty runs.
- **Avoid spicy or oily meals before long runs.** Unless you want to explore "tempo run to the nearest toilet" as a workout category.

☁️ What About the Rains?

Hyderabad's monsoon is as dramatic as a Tollywood climax—late but intense.

- **Don't fear the rain.** Running in the drizzle can be refreshing. Just watch out for slippery roads and potholes.
- **Dry your shoes well.** Stuff them with newspaper, keep them in a ventilated spot.
- **Keep a backup plan.** Treadmill runs, strength workouts, or cross-training can save the day when the clouds burst.

🧠 Mental Game: Your Strongest Muscle

Summer running is tough. The heat, the slow paces, the fatigue—it can mess with your head. But here's the secret: every hot, hard, sweaty mile you run now is a deposit into your marathon fitness bank. Come late July and August, when race day rolls around and the weather cools, your body will thank you with every strong, effortless stride. So hang in there. One sunrise run at a time. One electrolyte drink at a time. One soggy T-shirt at a time.

In conclusion:

Summer training in Hyderabad isn't for the faint of heart. But neither is running 21K or 42K. So lace up, show up, and glow up (with sweat, mostly). Let the rest of the city sleep through summer. You've got marathons to chase and finish lines to conquer.

THE JAWADHU EXPERIENCE

–Sridhar Rajaparthi

Introduction and Motivation:

I am a roadrunner transitioning to trail running, and was inspired to tackle the Jawadhu Trail Run after completing the NMDC Full Marathon in August 2024.

The **Jawadhu ultra**, a 60-kilometer trail run with a 12-hour cutoff and 1600 meters of elevation gain, intrigued me despite a tight preparation window of five weeks due to a prior family vacation. The allure of trail running—its natural settings, physical demands, and unique challenges—cemented the decision to participate.

Trail Running Basics:

Trail running differs significantly from road running, offering diverse terrains, natural beauty, and a focus on endurance and strength. It requires specialized equipment like trail shoes and hydration packs. I realized the sport highlights its immersive experience in nature and emphasis on mindfulness, balance, and navigating challenging terrains.

Preparation:

Upon returning from vacation, I planned a training regimen incorporating local Hyderabad trails with varying elevations. Key locations included Forest Trek Park, Khajaguda, and Keesara Gutta Hills, among others. The training focused on elevation gains and time spent on trails rather than distance, progressing weekly from 4 to 6 hours of trail running with significant elevation.

Pre-race Arrangements:

The event, held in the remote village of Jamunamarathur in Tamil Nadu, required logistical adjustments as accommodations were scarce. We chose to camp in tents which we have taken along with us, adding to the rustic charm of the event. Pre-race preparations included ensuring mandatory gear such as trail shoes, hydration packs, and headlamps, a requirement verified during the BIB collection. The race packet included thoughtful additions like a whistle, emphasizing safety and preparedness.

Race Day:

The race commenced at 5:30 AM with 80 participants embarking on the trail illuminated by headlamps. The initial segment included a mix of road and trail, gradually transitioning into technical sections with rolling hills, steep descents, and narrow paths lined with thorns. The first aid station appeared at 6.5 kilometers, providing hydration and support.

Trail Highlights and Challenges:

The trail offered a mix of picturesque landscapes, technical challenges, and diverse terrain.

Rolling Hills and Sunrises:

Early sections featured minor rolling hills with a stunning sunrise as a backdrop. Volunteers guided participants through tricky areas, ensuring safety.

Steep Climbs and Cloud-covered Valleys:

The climb toward Udamangalam at the 13.5-kilometer marker was marked by stunning views of peaks and valleys shrouded in clouds. Aid stations offered food and hydration.

Thick Forests and Gradual Climbs:

Running through dense forests, participants navigated bamboo gates and unmarked paths. The organizer's meticulous marking system ensured no one lost their way.

Technical Sections and Descents:

Midway through the trail, participants faced steep descents, including a challenging technical section marked by sharp rocks, narrow paths, and tree cover obscuring the route. Volunteers and signage helped runners navigate safely. A 75-meter stream crossing tested agility, with some opting to remove their shoes for comfort.

Lunch Break and Rejuvenation:

At the 37-kilometer marker in Padri, participants had a well-deserved lunch break, refueling and resting. The subsequent climb, the longest and steepest of the race, proved physically demanding but was interspersed with scenic views, refreshing streams, and the support of cheering villagers.

Final Stretches:

The last 17 kilometers were a combination of challenging descents and rolling hills. A steep climb after a stream crossing tested endurance, followed by manageable rolling hills and jeep tracks. The mid-day sun intensified the effort, but the thought of the finish line spurred participants forward.

The Finish Line:

The final stretch was marked by a steady downhill and road sections, with volunteers and children cheering runners toward the end. The finish was accompanied by local children, culminating in receiving the well-earned finisher's medal.

Reflections and Takeaways:

The Jawadhu 60K Trail Run left a lasting impression, the event's meticulous organization, scenic route, and diverse challenges. The run offered everything from technical descents to serene forest trails, emphasizing the beauty and rigor of trail running. It was an unforgettable experience, blending physical endurance with a deep connection to nature.

I would recommend the Jawadhu Trail Run to trail running enthusiasts, celebrating its well-planned route, natural beauty, and unique challenges. The event exemplified the transformative power of trail running, leaving participants with lasting memories and a sense of accomplishment.



ULTRA HYDERABAD

- Johannah Hull

Ultramarathons test endurance, resilience, and determination as runners are drawn to running beyond the marathon distance. What keeps them going? Is it the allure of exploring new terrains? Is it the thrill of discovering new landscapes and pushing their physical boundaries? Or the experience on the whole? Ultramarathons are both unique and rewarding. Through fatigue, muscle soreness, and harsh weather, runners overcome their mental resilience and push through every low point to elevate their race experience and scale new heights!

Despite the challenges, ultramarathons offer immense rewards. Participants often experience a profound sense of accomplishment, camaraderie with fellow runners and explore stunning landscapes. Let us talk about the growing community of ultra-runners in Hyderabad, showcasing their passion for long-distance running and going through the grind.

The **BORDER 100**, conceived in 2018, celebrates the bravery of Indian soldiers and keeps the memory of the Battle of Longewala alive through this challenging and scenic ultramarathon. This race begins in Jaisalmer, Rajasthan, and goes to the Indo-Pak Border at Laungewala Post. It covers 100 miles and is known for being one of the flattest terrains in India. Soma Jagan Mohan Reddy completed a 100k race in 09:34:36, securing the first runner-up position. The Border 100 had many runners from across India, including over 10 participants from Hyderabad in the 100k and 100-mile events. Sandeep said, "The Border 100-miler is tough but doable, with the right training and guidance from other finishers."



A **Backyard Ultra** is a type of ultramarathon with a unique format where participants run a 6.7 km (4.167-mile) loop every hour, on the hour, until only one runner remains. The race continues indefinitely, with runners completing as many loops as possible. The last person to complete a loop within the hour is declared the winner, while all other participants receive a "Did Not Finish" (DNF) status. The first edition of the Coimbatore Backyard Ultra was held on March 22, 2025, at the lush green campus of Kumaraguru Institutions. Taking on this gruelling challenge, Jagan Mohan clocked an impressive 201 km in 30 hours. When asked about his experience, he shared: "The Backyard Ultra tests more than just physical endurance; it's a mental marathon—a battle of wills where each loop strips away excuses and shows one's true grit. It's not about how far you can run but how long you can keep running and restarting your run. That's the heart of the Backyard Ultra. When your body screams to stop, let your mind roar to continue. That's the secret of the Backyard."



The **Ooty Ultra** is a popular ultramarathon in the picturesque Queen of the Hills, Ooty. Runners experience the breathtaking beauty of the Nilgiris while testing their endurance and never giving up motto on a challenging course through the different race categories: 15k, 30k, 60k, 75k, and 90k. The route winds through the scenic Nilgiris, with breathtaking views of tea plantations and dense forests. The steep inclines push seasoned runners to their limits. When asked about the newly introduced 75k distance, Srikanth Thaduri shared: "The hills were humbling me, and I conquered them when I surrendered to their rhythm. I was mesmerised by their beauty."



The **Khardung La Challenge** is one of India's most gruelling and prestigious ultramarathons, conducted in Ladakh. Known for its high altitude and challenging conditions, KC tests the endurance and determination of its participants. With its high-altitude course, stunning scenery, and extreme conditions, it is unforgettable and definitely a one-of-a-kind experience that tests the limits of human endurance. When asked how to prepare mentally for challenging courses, Pradeep explained, "I divide the race into 30 km segments, focusing on hydrating and preparing for the next 30 km within the current segment." Pradeep, an L.B. Nagar Runners group member, has completed the Khardung La Challenge, the Border 100 Miles, and the 90 km Ooty Ultra.



Certified by the Athletics Federation of India and AIMS, the **Tata Ultra Marathon** was conducted on February 23rd with two race categories: 35k and 50k. The slopes of the Sahyadri range put the endurance of ultra runners to the test. The races begin at 1:00 AM and 2:00 AM, and the runners bask in the beauty of nature as the day breaks. Nelisiwe Magongo, a student at the University of Hyderabad, finished fourth, completing the 50k in 04:21:10.



Not all ultramarathons are officially recognised. Some of our runners participate in ultras to support a cause. One such event was the "Movember La Ultra" held in November, where Srikanth Thaduri and Nikhil Reddy ran from Hyderabad to Warangal to raise prostate cancer awareness. The duo covered 111 kilometers and raised ₹83,000 for St. Ann's Hospital Cancer Unit in Warangal.

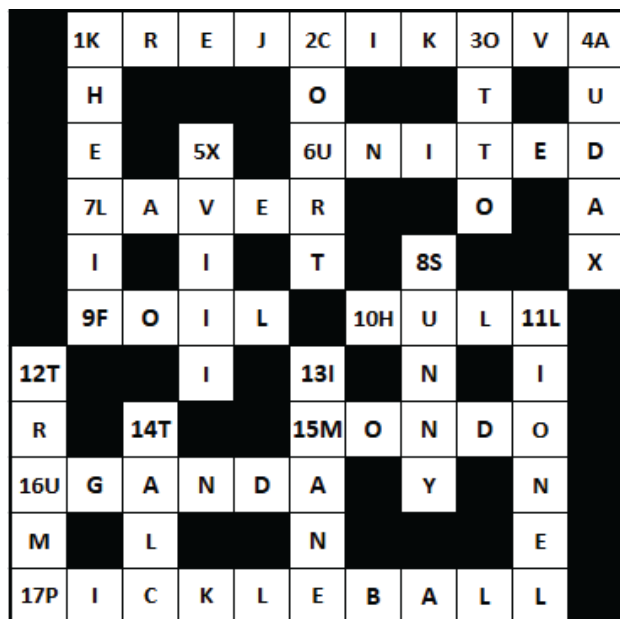


The article highlights the dedication and spirit of Hyderabad's ultra-running community, celebrating their achievements and the strong bonds formed through their shared passion for the sport.

SOLUTION

CROSSWORD #21

OLYMPICS SPECIAL



Across

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

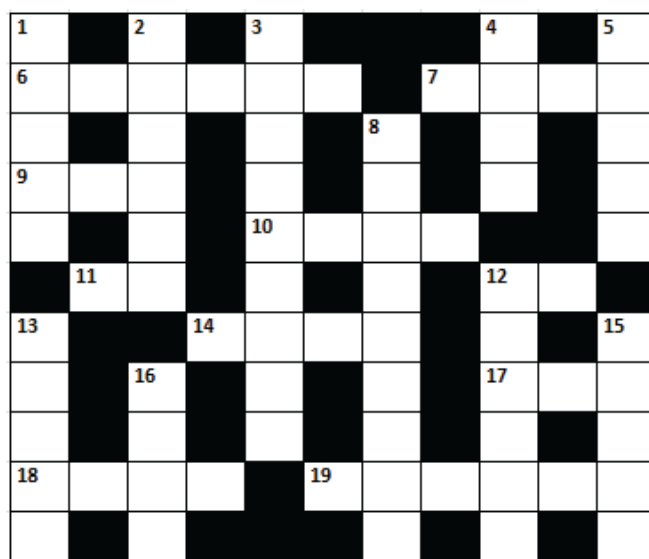
Down

- See 13 Down.
- Tennis, Badminton, Squash - all require this to play. (5)
- The famous German swimmer winning 6 golds at a single Olympics Games. (4)
- Another name for Brevet rides. (5)
- This edition of the Olympics was the first one held in Asia. (5)
- Nickname of the fist batsman to complete 10K runs in Tests. (5)
- Argentine football great. One doesn't 'mess' with him! (6)
- 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)
- Gymnasts, Lifters and Basketball players could use this to better their grip....or you could use it to feel nice and fresh. (4)

RUNDEZVOUS

CROSSWORD # 22

SPORTS & GAMES



Across

- 6&7. Name of the Media company of the recently retired Indian spinner. (6,4)
- See 6 Ac
- A very popular proprietary card game, now owned by Mattel. (3)
- Your partner, friend or helper in a game or war. (4)
- A way to denote the year. Also called CE. Abbrev (1,1)
- A way to deonte the year. Also called BCE now. Abbrev (1,1)
- An acronym used to represent girlfriends and wives of sportsmen and women. (4)
- Used to refer to someone's nickname or stage name. ex: Novak Djokovic ___ The Joker. Abbrev (3)
- Ring name of Dwayne Johnson. (4)
- 19 Ac&3Dn. India's youngest Chess Grandmaster. (6,9)

Down

- Method of restarting play in rugby that involves players packing closely together with their heads down and attempting to gain possession of the ball. (5)
- First name of 8 times Mr Olympia winner turned actor turned politician. (6)
- See 19 Ac.
- 4&12. The only Indian to have won 2 medals in a single Olympic games since Independence. (4,6)
- A hand that contains five cards of the same suit in Poker. (5)
- The Roman amphitheatre. It's use in the 2000 Olympics medal
- See 4 Dn.
- Chess, Checkers, Monopoly are all _____ games. (5)
- A sail or motor propelled watercraft. (5)
- Measured in minutes per km or miles, when you run. (4)

Created By: Prashant Morparia

Please find the solution for this crossword #22 at the end of this edition itself, so you do not need to send us any emails with the solution - just solve it and celebrate your results instantly!

ACTIVITIES OF HYDERABAD RUNNERS – OCTOBER

1. Sunday long run – Aparna Serene Park

Date : 06th October 2024

Venue : Aparna Serene Park, NCB Enclave, Gachibowli

We had nearly 50 runners turn up for the run and it was really heartening to see everyone.



4. Sunday long run – Kakatiya Park

Date : 20th Oct 2024

Location-I: Kakatiya Park Main Gate, Kakatiya Nagar, Habsiguda, Hyderabad.

Nearly 60 runners participated in the Sunday long run hosted by the K-Runners.



2. Sunday long run – LB Nagar

Date : 13th October, 2024

Location-I: HMDA Bhagayath Layout near Nagole metro station

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



5. Sunday long run – Gajularamaram

Date : 20th Oct 2024

Location-I: GHMC Urban Forest park, Gajularamaram

Nearly 50 runners participated in this SLR hosted by the IDL Runners



3. Sunday long run – Hitech City

Date : 13th October, 2024

Location-I: Sisters North East & Asian Restaurant, Hitex Road, Hitech City

Nearly 100 runners participated in the Sunday long run hosted by the Hi-Tec City Runners group.

6. Sunday long run – Gachibowli Stadium

Date : 20th Oct 2024

Venue : Gachibowli Stadium, Gachibowli

70 runners participated in this SLR hosted by the L&T Serene County Runners.



Over 40 runners from the Hyderabad Runners community joined the gang of 13 for a run around Hussain Sagar.



7. Monthly meetup run at Durgam Cheruvu

Date : 26th October, 2024

Venue : Durgam Cheruvu Lake Park, Madhapur , Hyderabad

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for October was organized at the Durgam Cheruvu Lake park. Nearly 50 runners from various running groups participated in this special "Meet & Greet" run – people lapped up the best of greenery and the lovely morning air in the pristine environs of the Durgam Cheruvu lake.



9. SVP Conference

Date : 06th October, 2024

Venue : Hotel Daspalla

The Hyderabad Runners Society participated in the SVP Hyderabad chapter conference that saw 45 NGOs participate to raise funds. The Office bearers of the Hyderabad Runners and the lead of the 'Project Champion' initiative, Vijay Yargal took part in this from the HR side.



10. Tracksuits donation to Telangana State Athletes

Date : 24th October, 2024

Venue : LB Stadium

As part of its community outreach program, the Hyderabad Runners Society donated 100 tracksuits to the Telangana state athletes in the presence of Smt. Soni Bala, IAS. The athletes are representing Telangana at the National Games in November 2024.



8. Mera Terah Run

Date : 03rd October, 2024

Venue : Sanjeevaiah Park

This special run included running with the organizers of the Malnad Ultra. As per their website, the "MERA TERAH RUN" was started by a group of people with a passion for running, travelling, and giving back to the community. Founded in 2014 with the motto of "Run. Rail. Road. Raise", MTR has supported various causes over the years – running for the empowerment of rural communities in its inaugural run, to creating an awareness of millets, to running for the revival of India's lakes, plugging across heritage sites in India, and more". And as part of their yearly ritual, they visited Hyderabad in early October.

ACTIVITIES OF HYDERABAD RUNNERS -NOVEMBER

1. Sunday long run – Gaudium Sportopia

Date : 03rd November 2024

Location : Gaudium Sportopia, Velimela

225 runners turned up for this special run as everyone wanted to get a feel of the tracks ahead of the upcoming Stadium run.

2. Sunday long run – Osmania University

Date : 10th November, 2024

Location : Osmania University

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

3. Stadium Run – Gaudium Sportopia

Date : 16-17th November, 2024

Location : Gaudium Sportopia, Velimela

600 runners participated in the 4th edition of the annual Stadium Run organized by the Hyderabad Runners. Runners participated across 24 hours solo, 12 hours solo, 6 hours solo and the relay categories.

4. Sunday long run – Uppal Runners

Date : 24th November, 2024

Location : Bhagyanagara Nandanavanam, Warangal highway

Along with the Sunday long run, the Uppal Runners also hosted their annual Forest Run in the scenic Nandanavanam park. Around 1100 people signed up for the Forest run. Runners were given breakfast and medals after the run.

5. Sunday long run – Gachibowli Stadium

Date : 24th November, 2024

Location : Gachibowli Stadium, Gachibowli

70 runners participated in this SLR hosted by the My Home Jewel Runners.

6. Monthly meetup run at Botanical Gardens

Date : 30th November, 2024

Location : Botanical, Kondapur, Hyderabad

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for November was organized at the Botanical Gardens.

47 runners from various running groups participated in this special "Meet & Greet" run that saw them meet the solo winners of the Stadium run (across categories). Everyone loved the serene atmosphere of the Botanical Gardens as they walked/ran 5K.

7. November 5K run

Date : 30th November, 2024

Location : Mansoorabad Peddacheruvu

Every year, the Mansoorabad Milers group (a subgroup of the LB Nagar Runners) organizes a November challenge (A steps challenge using the Impact app) at Mansoorabad Pedda Cheruvu and Mansoorabad Deer Park to encourage and promote a competitive spirit, active lifestyles, and healthy habits. To celebrate the conclusion of this year's challenge, the team planned a 5K run where around 110 fitness enthusiasts participated and enjoyed the lovely morning run. Hyderabad Runners supported this event with T-shirts and medals.

ACTIVITIES OF HYDERABAD RUNNERS -DECEMBER

1. Sunday long run – PCR Anniversary Run

Date : 01st December 2024

Location : PBEL City, Peerancheruvu

Along with the Sunday long run, the Peerancheruvu Runners (PCR) also hosted their annual Run starting and ending at the PBEL city. Over 1100 people signed up for the special run. Registered runners were given T-shirts, organic breakfast and medals after the run.

2. Sunday long run – Secretariat

Date : 01st December, 2024

Location : Secretariat, Hussain Sagar

65 runners from various running groups participated in the Sunday long run hosted by the Indira Park Tribe Runners group.

3. ECIL SLR – ECIL Anniversary Run

Date : 08th December, 2024

Location : ECIL Officers Association, ECIL

Along with the Sunday long run, the ECIL Runners also hosted their anniversary Run in and around the ECIL-CRPF campus area. Around 1100 people participated in this run. Registered runners were given T-shirts, breakfast and medals after the run..

4. Sunday long run – Aparna Serene Park

Date : 08th December, 2024

Location : Aparna Serene Park

Torrential rains prevented a lot of runners from participating in this SLR; yet 15 runners made it to this SLR. The run was supported by volunteers from the L&T Runners group.

5. Sunday long run – Rabbit's Park

Date : 15th December, 2024

Location : Rabbit's Park, Trimulgherry

50 runners participated in this SLR hosted by the Secunderabad Runners.

6. Sunday long run – IDL Lake

Date : 15th December, 2024

Location : Green Hills road junction (near IDL lake), Moosapet

46 runners participated in this SLR hosted by the IDL Runners group.

7. Sunday long run – ICRISAT Run 2024 (Winter Edition)

Date : 22nd December, 2024

Location : ICRISAT campus, Patancheru

Over 850 runners participated in this special SLR. Runners from multiple groups volunteered for this run. Runners were treated to a lip smacking breakfast and also got to taste the now-famous Banana Bread made inside the ICRISAT campus. The registered runners also got some goodie bags too.



8. Sunday long run – Botanical gardens

Date : 22nd December, 2024

Location : Botanical gardens, Kondapur

27 runners participated in this SLR. It was a self-supported SLR.

9. Sunday long run – Ace East Hyderabad Half Marathon 2024

Date : 29th December, 2024

Location : Unicent School, Vanasthali Hills (Nagole)

The LB Nagar Runners hosted their anniversary run, the Ace East Hyderabad Half Marathon on 29th December from the Unicent School in the pristine Vanasthali Hills. Over 1700 runners and volunteers participated in this special run. Registered runners were given complimentary T-shirts, Breakfast, medals and a customized goodie bag. The SLR also saw a good number of runners from the community.

10. Sunday long run – Gachibowli Stadium

Date : 29th December, 2024

Location : Gachibowli stadium, Gachibowli

Over 20 runners participated in this SLR which was hosted by volunteers from the L&T Runners group.

11. Monthly meetup run at Sanjeevaiah Park

Date : 28th December, 2024

Location : Sanjeevaiah Park

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for December was organized at the Sanjeevaiah Park.

Over 80 runners from various running groups participated in this special "Meet & Greet" run that saw them meet the mentors of the different running groups. They also got to meet the Border Run participants as well. Everyone walked/ran 5K. The mentors shared their running journeys while the Border Run participants shared their run experiences. It was a lovely mix of people – young and old, oldies and the newbies, men and women. And, children too.

12. Open House Meeting

Date : 15th December, 2024

Location : T-Hive, Hitec City

Hyderabad Runners hosted a meeting with all the general members on the vision of the society and discussed steps to take the running community forward in the coming years. It was good to see runners old and new discuss and reminisce about the things that have been good while also discussing the things that can be improved in the years to come. A fruitful discussion with friends.



ACTIVITIES OF HYDERABAD RUNNERS – JANUARY, 2025

1. NY Resolution Run

Date : 01st January 2025

Location: KBR Park

Cometh the new year, cometh the resolutions. The New year resolution run was held at the KBR Park on 1st January where over 45 runners participated. The easy 5K run was followed by a cake cutting ceremony.



2. Sunday long run – Hitech City

Date : 05th January, 2025

Location: Hitex Campus, Hitec City

The 5th edition of the anniversary run of the Hitec City Runners was held on 5th January at the Hitex campus. Over 450 registered runners took part in the run; the Sunday long run was also held along with this event. All the runners were treated to a sumptuous breakfast after the run.

3. NCC Run-A-Thon

Date : 12th January, 2025

Location-I: NCC Urban, Gachibowli

Over 100 registered runners participated in the annual Run-A-Thon even by the NCC Urban community in Gachibowli. All the runners were given finishers medals and breakfast after the run. Hyderabad Runners supported this community run.

4. Sunday long run – Sanjeevaiah Park

Date : 12th January, 2025

Location: Sanjeevaiah Park, Hussain Sagar

Over 40 runners turned up for this SLR which was hosted by the Sanjeevaiah Park Runners group (SPARK).



5. Sunday long run – Botanical Gardens

Date : 19th January, 2025

Location: Botanical Gardens, Kondapur

With most of the runners away for the Tata Mumbai Marathon on this day, some of us who couldn't go to TMM gathered at the Botanical gardens SLR. Over 80 runners participated in this Sunday long run.



6. Sunday long run – Shantivanam park, Uppal

Date : 26th January, 2025

Location: Shantivanam Park, Uppal

Over 20 runners participated in this SLR hosted by the Uppal Runners group.

7. Sunday long run – Gachibowli Stadium

Date : 26th January, 2025

Venue : Gachibowli Stadium, Gachibowli
Over 60 runners participated in this SLR hosted by the volunteers from the BHEL Runners group.



8. Monthly meetup run at Gachibowli Stadium

Date : 25th January, 2025

Venue : Gachibowli Stadium, Gachibowli
Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for January was organized at the Gachibowli Stadium. Over 40 runners from various running groups participated in this special “Meet & Greet” run. People who ran their debut marathons at the Tata Mumbai Marathon 2025 shared their training and event experiences with everyone.



9. Project Champion School Games

Date : 24th and 25th January, 2025

Location: Gachibowli Stadium, Gachibowli

Hyderabad Runners Society launched its Project Champion initiative in October 2023 to spread the joy of active lifestyle among the kids of five selected Government schools. January 2025 saw the culmination of the second edition of this initiative in the form of Inter School Games held at Gachibowli Stadium.

The Inter School Games was held for two days from January 24-25, 2025 at Gachibowli Stadium from 9:00am-5:00pm and was attended by many of the runners who came forward to cheer these enthusiastic kids.



10. Republic Day Runs

Date : 19th January, 2025 & 22nd January, 2025

Location: Donimalai and Kirandul (Bailadila)
Hyderabad Runners Society supported Republic Day runs at the NMDC mines in Donimalai and Kirandul (Bailadila). Over 2000 NMDC employees participated in these runs with their families. Our Hyderabad Marathon ambassador, Nikhat Zareen flagged off the run at Donimalai.



11. Run for Road Safety 2025

Date : 225th January, 2025

Location: Gaudium Sportopia, Kollur

Hyderabad Runners Society supported the Run for Road Safety initiative of the Gaudium Sporopia school in Kollur. Around 1000 kids participated in this run. All the participants got finishers medals and breakfast after their runs.



ACTIVITIES OF HYDERABAD RUNNERS – FEBRUARY, 2025

1. Sunday long run – Nallagandla

Date : 05th February, 2025

Location: Hitex Campus, Hitec City

Over 40 runners turned up for this SLR which was hosted by the Nallagandla Runners group..



2. Sunday long run – Sanjeevaiah Park

Date : 12th February, 2025

Location: Secretariat

Over 60 runners turned up for this SLR which was hosted by the Indira Park Tribe (IPT) Runners group



3. Sunday long run – Forest Trek Park

Date : 09th February, 2025

Location: Forest Trek Park, Narsingi

This Sunday long run saw over 80 runners run in and around the Forest Trek Park. The SLR was supported by volunteers from the Alkapoor Runners group.



4. Sunday long run – Ministry of Corporate Affairs (Bhujal Bhavan)

Date : 09th February, 2025

Location: Ministry of Corporate Affairs (Bhujal Bhavan), Near Nagole

Over 50 runners participated in this SLR hosted by the LB Nagar Runners group.



5. Club Run 2025

Date : 16th February, 2025

Location: University of Hyderabad, Gachibowli

Over 3000 runners participated in the annual Club Run 2025 where runners participated across 5K, 10K and the Half Marathon categories.



6.K25K Graduation Run 2025

Date : 16th February, 2025

Location: University of Hyderabad, Gachibowli

Over 600 freshly minted runners participated in the annual Club Run 2025 where they ran their maiden 5K run. The run was a culmination of the 8-weeks Couch-2-5K (K25K) program of the Hyderabad Runners which was held at over 25 locations across the city. All the runners received finishers medals and breakfast after the run. They all got the special T-shirts before their graduation run.



7.Sunday long run - Khajaguda Hills

Date : 23rd February, 2025

Location: Khajaguda Hills

This Sunday long run saw over 150 runners run in and around the Khajaguda Hills area. This SLR also combined as the volunteer run for the volunteers who helped execute the Club Run 2025. Many thanks to all the volunteers who helped organize the Club Run 2025.



8.Monthly meetup run at Durgam Cheruvu

Date : 22nd February, 2025

Location: Durgam Cheruvu park, Hitec City

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for February was organized at the Durgam Cheruvu Park.

Over 70 runners from various running groups participated in this special "Meet & Greet" run. This run was special as quite a lot of the recent K25K graduates participated in this run. They ran/walked 5K around the beautiful Durgam Cheruvu lake. After their runs, they shared their K25K program experience with other runners.



9.Aparna GRunde Run 2025

Date : 02nd February, 2025

Location: Aparna Grande, Nallagandla

Hyderabad Runners Society supported the annual community run of the Aparna Grande Runners, the Aparna Grunde Run 2025. Around 400 runners participated in this run where runners were given finishers medals and breakfast after the run.

10.Lake Plogging

Date : 02nd February, 2025

Location: Mansoorabad Peddacheruvu, Mansoorabad (LB Nagar)

The Dha3R NGO in collaboration with the Hyderabad Runners Society, Mansoorabad Milers and the LB Nagar Runners conducted a lake cleanup plogging activity at the Mansoorabad Peddacheruvu. 30 volunteers participated in this lake cleanup drive that resulted in 15 bags of trash.



ACTIVITIES OF HYDERABAD RUNNERS – MARCH

1. Sunday long run – Secretariat

Date: 02nd March, 2025

Location: Secretariat, Hussain Sagar

Over 65 runners turned up for this SLR which was hosted by volunteers from Amma Social Welfare Association (ASWA) and the Blood Warriors NGOs. This Sunday Long Run was to promote Blood donation camp by Amma Social Welfare Association (ASWA) to be held on Sunday, 9 March 2025. The NGOs also took the opportunity to create awareness about Thalassemia and how we can save people suffering from it.



2. Sunday long run – HMDA Bhagayath Layout, Nagole

Date: 09th March, 2025

Location: HMDA Bhagayath layout, Nagole

Nearly 40 runners turned up for this SLR which was hosted by the LB Nagar Runners group.



3. Sunday long run – My Home Krishe

Date: 09th March, 2025

Location: My Home Krishe, Gachibowli

This Sunday long run saw over 55 runners. The SLR was supported by volunteers from the My Home Krishe Runners group.

4. Farmhouse Run 2025

Date: 16th March, 2025

Location: Prasad Farmhouse, Gandipet

Over 350 runners participated in this SLR hosted by the volunteers from the Kokapet and Gandipet Runners groups. The run started and finished near the Meluha school beside the Prasad Farmhouse in Gandipet.



5. Sunday long run – Women's Special Run

Date: 23rd March, 2025

Location: Sanjeevaiah Park, Hussain Sagar

Over 400 runners participated in this special SLR celebrating the women in our lives. A lot of women runners participated in this run and the energy was palpable. After the SLR, 3 categories of women runners were felicitated – ones who are below 25 years, ones who are above 60 years and ones who've been running with us for more than a decade.

Special thanks to our chief guest, **Ms. Swetha Reddy**, IPS who's serving as the DCP, Detective Department, Hyderabad City Police. Swetha, being a runner herself, understands the various challenges women runners face; she has promised to work on a framework promising safety and security for all women runners in Hyderabad.

Thank you to the Sanjeevaiah Park Runners group for volunteering. Many thanks to **Centro** for their constant support for all our events. Thanks to **Anyakshi** for leading the Zumba this morning, and to OneGlint, our photography partner for the event.



6. Sunday long run – Khajaguda Hills

Date: 30th March, 2025

Location: Khajaguda Hills

Over 60 runners participated in this SLR. The SLR was supported by the employees of the Hyderabad Runners.



7. Monthly meetup run at Botanical Gardens

Date: 29th March, 2025

Location: Botanical Gardens, Kondapur

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for March was organized at the Botanical Gardens in Kondapur.

Over 25 runners participated in this run where they got to interact with the new Training head of the Hyderabad Runners, Dr. Venkata Murali.



8. Running in the Summer, beating the heat with Smart Hydration – A webinar

Date: 21st March, 2025

Location: Online

With Summer around the corner, all the runners are usually mulling about their hydration strategies.

On 21st March, we organized a webinar with **Ms. Rashmi Cherian**, a performance Nutritionist based in Mumbai. She's the founder of Wellness Vows sports nutrition clinic and is an advisor to the Indian Academy of Sports Dentistry. This webinar provided us with a good insight on how to hydrate ourselves better during the summer while maintaining our training schedules. The session was moderated by **Dr. Lahari Surapaneni**, our very own in-house nutritionist.

YouTube Recording Link:

<https://www.youtube.com/live/BdLLmh77yAM?si=3biB-gxRQroEvJWn>



9. She Teams Run – Run for Action

Date: 08th March, 2025

Location: Necklace Road

8th March is celebrated as the international women's day and to commemorate this, the Hyderabad Police organized the **She Teams Run – Run for Action**. Hyderabad Runners supported this run by partnering with the Hyderabad police in organizing this run. The Hyderabad Runners also helped in the route management, SAG stations planning, material and execution along with breakfast area management. Special thanks to the Secunderabad Runners, Indira Park Tribe Runners, OU Runners group and the Sanjeevaiah Park Runners groups for participating and volunteering for this special run.



FACTOID

GERMAN 'WRONG WAY' SILVA

It's the year 1994 and the 25th edition of the New York City Marathon. Last 800 mtrs to finish and the Mexican duo, German Silva and his training partner, Benjamin Paredes are running side-by-side fighting for the win. Silva takes a wrong turn into the Central Park following a Police vehicle but recovers quickly after a policeman got him to turn back in the right direction. Silva loses 12 seconds and almost the race, gets back on the course and chases down Paredes winning in 2:11:21 hrs to record a two-second victory.

German Silva won \$20,000 for winning, and this apart, got an additional \$15,000 bonus for breaking the 2:12 hrs barrier and a new Mercedes-Benz sedan. German Silva used his race winnings to bring electricity to his hometown.



The previous closest finish at the New York City Marathon was in 1982, Alberto Salazar's four-second triumph over Rodolfo Gomez in 1982. Ironically, Gomez is Silva's coach. There's no "Wrong Way" to Win a Marathon.

Later in the year 2018, Silva ran 3134 miles, a run across Mexico changing 18 pairs of sneakers and crossing multiple cartel checkpoints. He traversed the country for 111 days, averaging 30 miles a day.



German Silva returned to run the New York City Marathon in 2018. He completed the race alongside his son, Riwan Silva, who crossed the finish line together.



NUTRITION

THE INTERPLAY OF STRESS, RUNNING, AND NUTRITION: A HOLISTIC APPROACH TO WELL-BEING

Stress has become an inseparable constant of our daily lives. Work pressures, personal challenges, societal expectations are just a few factors that contribute to stress. Irrespective of the origin, stress can significantly impact our overall health and well-being. In this backdrop, stress management has become a crucial part of health and wellness. Exercise or physical activity and good nutrition can be considered two most powerful tools to combat the adverse effects of stress.



Understanding Stress: The Silent Adversary

Stress is the body's natural response to challenges and demands. When faced with stressors, whether physical or emotional, our bodies release hormones like cortisol and adrenaline, triggering the "fight or flight"

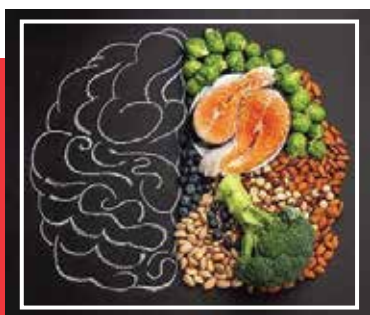
response. While this response can be beneficial in short bursts, chronic stress can lead to a host of health issues, including cardiovascular problems, weakened immune function, and mental health disorders like anxiety and depression.

The Role of Physical Activity: Running Towards Resilience



Running is a form of aerobic exercise renowned for its innumerable health benefits. Beyond its physical effects, such as improved cardiovascular fitness and weight management, running serves as a potent stress-reliever. During exercise, the body releases endorphins—often referred to as “feel-good” hormones—that alleviate stress and elevate mood. Regular running not only helps in managing stress levels but also enhances resilience to future stressors by promoting better coping mechanisms and overall mental clarity. Being part of a community of runners also adds a support system that can help handle stress better in the longer run.

Nutrition: Fuelling the Body and the Mind



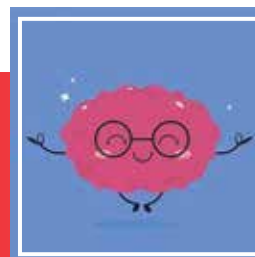
Supporting an active lifestyle with proper nutrition is equally crucial. The foods we consume play a pivotal role in our physical and mental well-being. A balanced diet rich in whole grains, legumes or pulses, lean proteins, probiotics, fruits, and vegetables provides the necessary nutrients to sustain energy levels, support muscle recovery, and bolster immune function. Moreover, certain foods, such as those high in Omega-3 fatty acids (e.g., salmon, walnuts, flaxseeds) and antioxidants (e.g., beetroot, mushrooms, berries, leafy greens), have been shown to have anti-inflammatory properties and may help mitigate the physiological effects of stress on the body.

Synergy in Action: Running and Nutrition

The relationship between running and nutrition is symbiotic. Before a run, fuelling the body with a balanced meal or snack ensures optimal performance and prevents fatigue. Carbohydrates provide readily available energy, while proteins aid in muscle repair and recovery post-exercise. Hydration, often overlooked yet

crucial, maintains fluid balance and supports cardiovascular function during exertion. The benefits of running extend beyond physical fitness. Making consistent physical activity a part of lifestyle also influences dietary choices. Individuals engaged in regular exercise tend to be more mindful of their food choices, opting for nutrient-dense foods that support their active lifestyles. This conscientious approach not only enhances athletic performance but also fortifies the body against the detrimental effects of chronic stress.

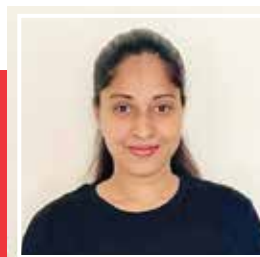
A Holistic Approach to Well-being: Integrating Mind, Body, and Spirit



Ultimately, achieving a balanced approach to managing stress involves integrating physical activity, nutrition, and mindfulness practices. Running serves as a cornerstone in this holistic framework, promoting cardiovascular health, mental resilience, and emotional well-being. When coupled with a nutritious diet tailored to individual needs, the synergistic effects are profound—creating a foundation for sustained vitality and overall quality of life.



In conclusion, the interplay between stress, physical activity (specifically running), and nutrition underscores the interconnection of our health. By prioritizing regular exercise, mindful eating, and stress-management techniques, individuals can cultivate a resilient body and a serene mind. As we navigate the complexities of daily life, let us embrace the transformative power of running and nutritious eating—not merely as remedies, but as essential components of a vibrant and balanced lifestyle.



Author– Dr. Lahari Surapaneni

Nutritionist and Wellness Consultant, Nutrifulyou.

RUNNING NEWS FROM AROUND THE WORLD

October 2024

1. Bengaluru Marathon 2024 (October 6, 2024 – Bangalore, India)

The 11th edition of the Bengaluru Marathon was held on October 6, 2024. Asian Games medallist **Kartik Kumar** (2:22:50) won the men's elite race at the Bengaluru Marathon 2024 while **KM Laxmi** (3:00:21) bagged the women's crown. The event also featured 5 km and 10 km races, promoting fitness among all age groups.



2. Dehradun Half Marathon 2024 (October 6, 2024 – Dehradun, India)

The 11th edition of the Dehradun Half Marathon witnessed enthusiastic participation. In the men's 21.1 km race, **Satpal** finished first with a time of 1:22:23, followed by Ankur Kumar at 1:23:16. **Madeline** led the women's category, completing the race in 1:51:44. The event also featured 5 km and 10 km races, promoting fitness among all age groups.

3. Chicago Marathon 2024 (October 13, 2024 – Chicago, USA)

The 2024 Chicago Marathon, one of the six World Marathon Majors, witnessed exceptional performances. Kenya's **John Korir** secured the men's title with a time of 2:02:44, followed by Ethiopia's Mohammed Esa at 2:04:39. In the women's race, Kenya's **Ruth Chepng'etich** finished first in 2:09:56, with Ethiopia's Sutume Kebede close behind at 2:17:32. The event attracted over 45,000 runners, making it a grand spectacle.

4. Vedanta Delhi Half Marathon 2024 (October 20, 2024 – New Delhi, India)

The Vedanta Delhi Half Marathon 2024 showcased competitive spirit among international and national athletes. Kenya's **Joshua Cheptegei** won the men's race with a time of 59:46, while Ethiopia's **Alemaddis Eyayu** led the women's category, finishing in 1:08:17. The event, known for its world-class organization, continues to be a highlight in India's running calendar.

November 2024

1. Savannah Rails to Trails 25K/50K 2024 (November 2, 2024 – Savannah, USA)

The Savannah Rails to Trails Ultra, held on November 2, 2024, featured 25K and 50K races along the scenic trails of Savannah. In the 50K race, **Bryan Toro** secured first place in the men's category with a time of 4:33:26, while **Maggie Weber** led the women's category, finishing in 4:46:36. The event provided a unique experience for trail running enthusiasts.

2. Hyderabad Half Marathon 2024 (November 10, 2024 – Hyderabad, India)

The Hyderabad Half Marathon 2024 attracted a diverse group of runners across its 5 km, 10 km, and 21.1 km categories. In the half marathon, **Mohit Choudary** secured first place in the men's category with a time of 1:11:21, while **Uma Maripally** led the women's category, finishing in 1:36:36. The event, known for its challenging terrain and enthusiastic crowd support, continues to grow in popularity among the running community.

3. Jawadhu Hills 2024 (November 09, 2024 – Mulakaddu, Tamil Nadu India)

This year saw the return of the Jawadhu Hills Ultra, organized by Chennai Trail Club. It had 2 categories the 30K and 60K and it saw enthusiastic participation from many parts of India. **Santhosh Govindarajulu** (3:12:11) won the men's category while **Ashwini Ganapathi** (3:27:14) won the female category.

The 60K men's winner was **Shiyam Kannan** at 7:16 while **Parvathy B** came first in the women's division in a time of 10:11:58.

4. Adani Ahmedabad Marathon 2024 (November 24, 2024 – Ahmedabad, India)

The 2024 Adani Ahmedabad Marathon featured multiple race categories, including 5 km, 10 km, 21.1 km, and the full marathon. The men's marathon winner was **Gyan Babu** (2:24) while the women's race was won by **Jyoti Gawate** (2:59:14). In the half marathon, Rinku Singh emerged victorious in the men's category with a time of 1:06:42. Prajakta G (1:19:17) won the women's half marathon.

5. Malnad Ultra 2024 (November 23, 2024 – Ahmedabad, India)

The 8th edition of Malnad Ultra, India's largest trail ultra was held on November 23, 2024. The men's category of this year's 100K was won by **Sahaswat Rao** while **Soma Dutta** won the women's category. Sandeep Kumar won the men's 50K with a time of 5:06:19, while Nepal's Rajya Rawal won the female 50K with a time of 5:40:41.



December 2024:

1. Lucknow Half Marathon 2024 (December 1, 2024 – Lucknow, India)

The Lucknow Half Marathon 2024 saw enthusiastic participation from local and national runners. In the men's half marathon, **Anil Kumar** secured first place with a time of 1:08:15, while **Neha Verma** led the women's category, finishing in 1:25:40. The event aimed to promote a healthy lifestyle among the city's

2. Singapore Marathon 2024 (December 8, 2024 – Singapore)

The 2024 Singapore Marathon, known for its humid conditions and vibrant atmosphere, featured 10 km, half marathon, and full marathon races. In the men's marathon, Kenya's **Geoffrey Yegon** secured first place with a time of 2:16:06, while Ethiopia's **Fantu Zewude Jifar** led the women's category, finishing in 2:39:04. The event attracted elite runners and recreational participants alike.

3. Tata Steel World 25K 2024 (December 15 – Kolkata)

The 2024 edition of the Tata Steel World 25K was held on 15th December at Kolkata in arguably one of the best weathers for the runners. **Stephen Kissa** from Uganda won the men's category in 01:12:33 while **Sutume Kebede** from Ethiopia won the women's category in 01:19:21. Amongst the Indians, Gulveer Singh came first with a timing of 01:14:10 while Sanjeevani Jadhav was the first among the Indian women with a timing of 01:29:12.



January 2025:

1. Tata Mumbai Marathon 2025 (January 19, 2025 – Mumbai, India)

The 2025 Tata Mumbai Marathon, a World Athletics Gold Label Road Race, celebrated its 20th edition with stellar performances. In the men's elite category, **Berhane Tesfay** of Eritrea secured first place with a time of 2:11:44, closely followed by compatriot Merhawi Kesete at 2:11:50. Ethiopia's Tesfaye Demeke finished third in 2:11:56. Kenya's **Joyce Chepkemoi** dominated the women's elite race, finishing in 2:24:56, ahead of Bahrain's Shitaye Eshete (2:25:29) and Ethiopia's Medina Deme Armino (2:27:58).



February 2025:

1. Club Run 2025 (February 16, 2025 – Hyderabad)

The 16th edition of the Club Run by the Hyderabad Runners was held on 16th February in the lush green University of Hyderabad (UoH) campus. The 10K and the Half-marathon were timed runs while the 5K was an untimed event. Over 3000 runners participated in this event, making it one of the biggest yet. **Avik Pal** won the Half-marathon category with a timing of 01:18:57 while **Chaudhary Balmiki Sharma** won the 10K in 00:38:05.

2. Tata Ultra Marathon 2025 (February 2025 – Lonavala, India)

The Tata Ultra Marathon 2025, set against the scenic backdrop of Lonavala's Western Ghats, challenged runners with its demanding terrain. In the men's 50K race, India's **Anant Gaonkar** emerged victorious with a time of 3:13:12. The women's category saw India's **Jyoti Gawate** leading with a finish time of 4:06:52. The event continues to gain popularity among ultra-running enthusiasts.



3. New Delhi Marathon 2025 (February 25, 2025 – New Delhi, India)

The New Delhi Marathon 2025 attracted elite runners from across the country. In the men's category, **Man Singh** clinched the title with a time of 2:15:24, followed by Pardeep Chaudary at 2:15:29. **Bhagirathi Bist** led the women's race, finishing in 2:48:59, with Thaako Bharajtee securing second place at 2:49:16. The marathon, known for its flat and fast course, provided optimal conditions for personal bests.



March 2025

1. Barkley Marathons 2025 (March 2025, Frozen Head State Park, Tennessee, USA)

The 2025 edition of the Barkley Marathons, held in the rugged terrains of Frozen Head State Park, Tennessee, maintained its reputation as one of the most challenging ultra marathons globally. Following Jasmin Paris's historic finish in 2024, race organizer Lazarus Lake increased the course's difficulty, resulting in no finishers for this year. Out of 40 participants, only nine managed to complete the first loop within the 12-hour cutoff, and just three runners completed the "Fun Run" (three loops) within 40 hours. **John Kelly** completed three loops in 39:50:27, while Sébastien Raichon and Tomokazu Ihara fell short.



RUN-TITUDE MINDSETS OF A MARATHONER RUN WITH SYSTEMIC THINKING!

As runners, think of the times you're putting some amazing miles in and just when you're hitting your stride, you hit the wall! Or you're bang in the middle of your best mile of the marathon and your calf muscles just cramp up! Or after some distance you find yourself losing steam? Or somewhere along the way, your motivation levels to run just seem to grow lesser and lesser?

What do we do each of these times? We react, do what is required, and then continue on!

Many times, we tend to approach problems based on what we can see visibly. For example, if we catch a cold, we tend to take medication or rest ourselves until we recover and avoid eating cold foods – just as we did in our running scenarios.

However, in systems thinking, we tend to ask more profound questions like "Why am I eating so many cold foods or not getting as much rest as needed?" or "Why do I keep hitting the wall after my 27th km into the run?" This approach is known as systems thinking.

Systems thinking is all about trying to get to what the root cause of the problem is and finding solutions based on the framework of the iceberg model, thus solving problems for the long term.

WHAT IS THE ROOT CAUSE OF THE PROBLEM?



Let us understand the 4 levels of the iceberg through a non-running and a running example.

Level	Explanaton	Non-running → example solution	Running example → solution
Events	What is happening now? This is what is visible & what we experience in the moment	Catching a cold → take medicines and rest	I got a cramp → spray Volini, stretch muscles & continue
Patterns	What has been happening over time? Once we look closely across events, we tend to notice patterns of similar events over time and can start to predict future patterns	I've been catching more colds while sleeping less → sleep more	I keep getting cramps after I cross 25km → after 20km onwards, slow down, hydrate more, and use gels to prevent cramps
Structure	What is influencing the repeat events / behaviours? As we explore underlying structures beneath these patterns, we tend to find reasons that include habits, rituals, physical items, policies, rules, etc. that may be causing these patterns	More stress at work, not eating well, difficulty finding healthy food near work → reduce work, shift to healthy diet	The shoes I wear do not suit my form / my hydration across the run is irregular → buy new shoes / hydrate frequently
Mental Models	What beliefs stimulate the events / behaviours? Our attitudes, convictions, morals, values, and beliefs that support the continuity of structures are our mental models	Carrer is very important, healthy food is expensive → start valuing health as much as if not more than career	I do not have much data of how my body reacts at that km as I have mostly done half marathons → Train regimentally, do practice runs before the main event, and create strategic training plans to act upon

So, when you run, rather than reacting to individual problems that arise one after the other, be a systems thinker and explore relationships to other activities within the system, look for patterns over time, and seek root causes. Not only will we solve our problems for the longer term but we may also solve other potential upcoming problems at the same time.

Be a systemic thinker-runner! Run with the right mindset!

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"



Revathi Turaga

TRAIN LIKE A PRO

WILL LONG-DISTANCE RUNNING MAKE YOU LOSE MUSCLE?

Can you maintain muscle while being a distance runner? It's often described as an impossible task, but that's not the reality.

To better understand, let's look at what happens physiologically in the body during long-distance running:

Energy System Utilization: During long-distance running, the body primarily relies on the aerobic energy system, using carbohydrate stores (glycogen) as the main source of fuel.

Catabolic State: Prolonged endurance running can place the body in a catabolic state, where muscle breakdown occurs to meet energy demands.

Muscle Fiber Engagement: Distance running predominantly activates slow-twitch muscle fibres. These fibres contract slowly, are highly efficient at utilizing oxygen, and excel at burning fat, making them ideal for sustained efforts required in long-distance running.

By understanding these processes, you can take steps to offset muscle loss and maintain or even build muscle while pursuing distance running.

So now the question is – Will long-distance running cause muscle loss?

The answer is YES—but only under certain conditions.

Diet and Energy Deficit: If runners fail to maintain a balanced diet, run long distances in a fasted state, or are in a calorie deficit, glycogen stores are quickly depleted. In such cases, the body may turn to muscle tissue as an energy source, leading to muscle loss.

Lack of Strength Training: Strength training is essential for stimulating muscle growth and preserving muscle mass. Without incorporating resistance training into their routine, runners will find it challenging to maintain muscle mass while engaging in long-distance running.

Other Factors: Age, as well as adequate rest and recovery, also play a crucial role in maintaining muscle mass. Ignoring these factors can further contribute to muscle loss.

What can we do to prevent it?

1. Pre-run Snack: Consume a carbohydrate based snack before your run to provide energy and maintain optimal glucose levels during the workout.

2. During long-distance runs, ingest carbohydrates to increase glucose availability and protect against excessive protein breakdown for energy. The American College of Sports Medicine (ACSM) recommends consuming 30–60 grams of carbohydrates per hour during prolonged runs.'

3. Ensure your post-workout meal is balanced, with a focus on carbohydrates (to restore depleted glycogen stores), protein (to prevent muscle breakdown and supports recovery), and overall caloric intake to avoid a calorie deficit.

4. Incorporate resistance training in your fitness program.

- Long-distance runners already have endurance, so resistance training should prioritize building strength, power, and muscle size rather than muscular endurance. Focus on lifting heavier weights.

Recommendation: Use heavy weights with proper form (e.g., 3–5 sets of 3–6 reps at ≥85% of your 1-rep max). Remember, "heavy" is relative to your ability and refers to the maximum weight you can lift safely with correct technique.

Perform compound, dynamic, multi-joint exercises that enhance running performance and target key muscle groups. Focus on strengthening the **glutes, upper body, core, and legs** with movements like squats, lunges, deadlifts, planks, pushups, and step-ups. These exercises are more beneficial for runners than less functional activities like sled pushes, tire flips, or kettlebell swings.

- **Avoid combining Running and Weightlifting in the same session.**
- Fatigue from one activity can reduce performance in the other, increasing the risk of injury.
- Strength training and running stimulate different physiological adaptations. Running improves cardiovascular endurance, while strength training targets muscle hypertrophy, strength, and power. Combining both in one session may force the body to prioritize one adaptation at the expense of the other.

Recommendation: Schedule them on separate days or at least separate times (e.g., strength training in the morning and running in the evening).

5. Hill sprints, track workouts, and fartleks are excellent options for maintaining muscle mass. These workouts are typically shorter and emphasize the engagement of fast-twitch muscle fibres, which are responsible for strength and power. They also focus on the anaerobic energy system, reducing muscle breakdown while improving speed and performance.

A 2012 study in the International Journal of Sports Medicine concluded that combining strength and endurance training "optimizes the magnitude of muscle hypertrophy, maximal strength, and endurance development."

Link to the study– Neuromuscular and cardiovascular adaptations during concurrent strength and endurance training in untrained men – PubMed
<https://pubmed.ncbi.nlm.nih.gov/22706947/>

6. Age-related muscle loss in runners can be managed effectively through strength training and a balanced diet.

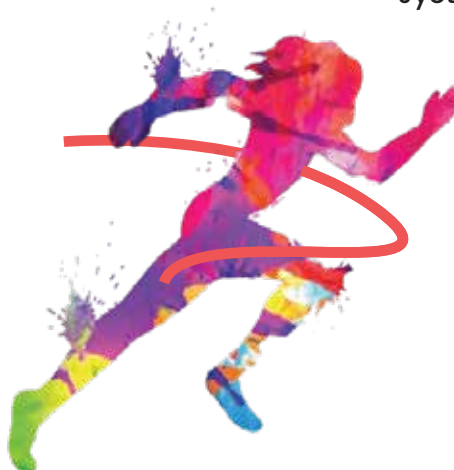
7. Muscle loss can also be impacted by how well a runner recovers from training. Therefore, rest and recovery are crucial for maintaining muscle mass. Ensure proper progression in your training to prevent unnecessary muscle breakdown due to inadequate recovery time.

In conclusion, with a well-rounded approach that incorporates strength training, sufficient caloric intake, and adequate protein consumption, runners can effectively maintain or even build muscle mass while preparing for endurance events.

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



Jyoti Khera



YOGA AND RUNNING – A REFRESHER

Amidst the copious information on do's and don'ts for a runner, one at times come across divided opinions on yoga. But serial and serious runners have taken to it and wax eloquent on its benefits. In this edition, we bring to you a summary of them to help you quell doubts especially if you are a beginner. Read on.

Yoga has become a staple in the training regimen of many athletes, particularly runners. While running is a high-impact, repetitive motion activity that challenges cardiovascular endurance and lower-body strength, yoga complements this by focusing on flexibility, balance, and mindfulness. The integration of yoga into a runner's routine not only enhances physical performance but also reduces the risk of injury, aids recovery, and improves mental resilience.

Enhancing Flexibility and Mobility

One of the primary benefits of yoga for runners is improved flexibility and joint mobility. Running, while excellent for cardiovascular health, can lead to tightness in muscles such as the hamstrings, hip flexors, and calves. Over time, this stiffness can restrict a runner's range of motion, potentially impacting stride efficiency and performance. Yoga poses like Downward Dog, Pigeon Pose, and Warrior I specifically target these areas, helping to lengthen tight muscles and open up joints. Improved flexibility not only enhances running efficiency but also reduces the likelihood of overuse injuries.



Building Muscle Strength

While running primarily engages the lower body, yoga promotes holistic strength development by incorporating the core, upper body, and stabilizing muscles. For instance, poses like Plank, Chair Pose, and Tree Pose challenge balance and activate core stabilizers. A strong core is crucial for maintaining proper running posture, especially during long-distance runs when fatigue sets in. Additionally, yoga helps improve proprioception—the awareness of body position and movement—which is essential for maintaining stability on uneven terrain or during trail running.



Stress Management and Mental Resilience

Running is as much a mental challenge as it is a physical one, particularly during long races or gruelling training sessions. Yoga's mindfulness practices, such as meditation and breath control (pranayama), teach runners to stay present, manage stress, and maintain focus. Techniques like mindful breathing can be particularly helpful during races, enabling runners to regulate their heart rate and stay composed under pressure. The mental clarity gained from yoga can also enhance motivation, discipline, and overall enjoyment of running.

The Role of Sleep and Recovery

Recovery is a crucial component of any training plan, and quality sleep plays a vital role in this process. Yoga's restorative practices, such as Yoga Nidra and bedtime stretches, promote relaxation and prepare the body for restful sleep. Deep relaxation not only enhances muscle repair but also supports mental recovery, ensuring runners wake up feeling refreshed and ready for their next session. Integrating these practices can significantly improve overall athletic performance.

Cooling the Muscles for Recovery

Post-run recovery is vital to maintaining performance and avoiding injuries. Yoga poses like Legs-up-the-wall and Child's Pose help cool down the muscles and alleviate soreness. Gentle stretches and restorative sequences improve blood circulation, aiding in the removal of metabolic waste and reducing inflammation. These practices ensure the body is prepared for the next training session.



Nourishing the Body Through Mindfulness

Yoga encourages a deeper connection between body and mind, which often extends to better nutrition choices. Mindful eating, influenced by yoga's principles, helps runners become more attuned to their body's needs. Prioritizing balanced meals rich in whole foods provides the energy and nutrients necessary for optimal performance and recovery. This holistic approach to health ensures that the body is adequately fueled for the demands of running.

Integrating Yoga into a Runner's Routine

For runners new to yoga, starting with a beginner-friendly class or guided video is an excellent way to learn proper techniques and modifications. Dedicating 15 to 30 minutes a few times a week to yoga can yield significant benefits. Whether it's a dynamic flow to energize before a run or a restorative session to unwind afterward, yoga can be tailored to fit the specific needs of each runner.

In conclusion, the benefits of yoga for runners are clear: improved flexibility, enhanced strength, and better mental resilience. By adding yoga to their training routine, runners can optimize their performance, reduce their risk of injury, and cultivate a deeper connection with their body and mind.



Author-Vinoda Reddy

Runner, Yoga Instructor,
Mudgar Practitioner

SOLUTION

CROSSWORD # 22

SPORTS & GAMES

1S		2A		3D			4M		5F	
6C	A	R	R	O	M		7B	A	L	L
R		N		M		8C		N		U
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Across

Ref. Page 15

Down

Ref. Page 15

Note

RUNdezvous Crossword and Prashant Morparia will be taking a break before we are back with more scintillating puzzles!

Thanks to everyone who read, attempted, and responded to the crossword; hope you had fun! Special acknowledgement to the below runners for consistently sending us the crossword solutions over email:

Rangoli Sinha

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Dindima Jami

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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>