



## HYDERABAD RUNNERS ANNIVERSARY *Celebrations*



**CURRENT ACTIVITIES OF  
HYDERABAD RUNNERS**



**CHARITY AT THE HEART OF  
NMDC HYDERABAD MARATHON**



**RUNNING NEWS  
FROM AROUND THE WORLD**

**SUMMER CAMP FOR  
KIDS AND FOR MOM'S**



# CURRENT ACTIVITIES OF HYDERABAD RUNNERS – MAY, 2025

## 1. Sunday long run – HMDA layout, Uppal

**Date :** 04th May, 2025

**Venue :** HMDA layout, Uppal

Nearly 30 runners turned up for this SLR which was hosted by the Uppal Runners group.



## 4. Sunday long run

**Date :** 18th May, 2025

**Location :** Botanical Gardens, Kondapur

This Sunday long run saw nearly 100 runners. The SLR was supported by volunteers from the Botanical Gardens Runners group.



## 2. Sunday long run – Nallagandla

**Date :** 04th May, 2025

**Location :** Nallagandla

Nearly 50 runners turned up for this SLR which was hosted by the Peerancheruvu Runners group.



## 5. Sunday long run – Hyderabad Runners anniversary run

**Date :** 25th May, 2025

**Location-I:** Sanjeevaiah Park, Necklace road

This special Sunday long run saw over 400 runners from all around the city. The SLR was supported by volunteers from the Sanjeevaiah Park Runners group.



## 3. Sunday long run

**Date :** 11th May, 2025

**Location :** Sanjeevaiah Park, Necklace road

This Sunday long run saw nearly 60 runners. The SLR was supported by volunteers from the Secunderabad Runners group.



## 6. Monthly meetup run at Botanical gardens

**Date :** 24th May, 2025

**Location-I:** Botanical gardens, Kondapur

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for May was organized at the Botanical gardens in Kondapur. Over 30 runners participated in this run where we felicitated the London Marathon and the Boston Marathon finishers.



### 7. Outdoor Kids program

**Date :** May-June, 2025

**Location :** 20 locations around Hyderabad

Our flagship "OK program" (Outdoor Kids Summer camp) program kickstarted on 21st April at 20 locations around Hyderabad. Nearly 900 kids are a part of this unique 8 weeks program.



### 8.Active Mom's program

**Date :** May-June, 2025

**Location :** Aparna Cyber Commune, Aparna Cyber zone, PBEL City, My Home Jewel, L&T Serene County and Honer Aquantis

Along with our Outdoor Kids Summer Camp 2025, the "Active Mom's program" also started on a pilot basis at 5 different locations. Over 150 women signed up for this program that aims to help these women finish 5K in 8 weeks time.



### 9. Train & Shine program

**Date :** 01st May, 2025

**Location :** 13 locations

With the Hyderabad marathon scheduled for 23rd and 24th August, 2025, the "Train & Shine" program is underway at 13 different locations across Hyderabad to enable runners train themselves better for the event.

The program started from 1st April onwards with over 250 participants aiming to become a better version of themselves, physically.



### 10. Project Champion summer camp in government schools

**Date :** May-June, 2025

**Location :** Government schools in Borabanda, Kukatpally, Banjara Hills, Film Nagar, Shaikpet

As part of the Project Champion initiative by Hyderabad Runners Society, a summer camp has been held for the kids from 5 different government schools. Over 300 kids are a part of this program.



## 11. Hyderabad Runners partners with Hyderabad Police for Fit Cop initiative

**Date :** 28th May, 2025

**Location :** Goshamahal, Nampally

On the 28th of May, Hyderabad Runners joined forces with the Hyderabad police to launch the **Fit Cop** initiative. A 5K time trial was held at the Goshamahal grounds and this kicked off the cops' training for the NMDC Hyderabad Marathon 2025.

This marks the beginning of a structured fitness journey for our police, emphasizing the importance of health, endurance, and community participation. The initiative not only promotes physical well-being among the police force but also fosters a spirit of discipline and motivation as we gear up for one of the city's most anticipated sporting events.



# RUNNING NEWS FROM AROUND THE WORLD – MAY 2025

## 1. ORLEN Prague Marathon (May 4, 2025)

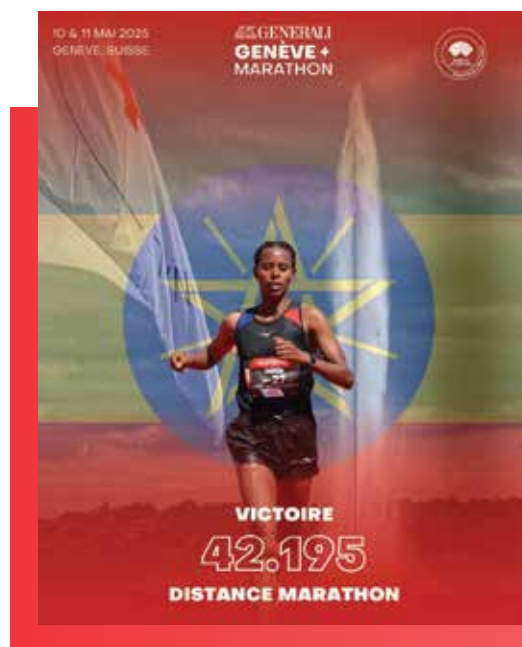


Picture courtesy – Facebook page of Kenya One sports



Picture courtesy – athleticsillustrated.com

## 2. Generali Genève Marathon (May 11, 2025)



Picture courtesy – Facebook page of Generali Genève Marathon

The 30th edition of the **ORLEN Prague Marathon** unfolded on a cool spring morning in the Czech capital, weaving a scenic 42.195 km loop through Prague's medieval heart. Runners crossed the iconic Charles Bridge just 2.5 km in. The course features multiple river crossings, cobblestone sectors, and gentle rolling terrain. Ethiopian elite runner **Lemi Berhanu Hayle** broke his previous record and retained his title by completing the race in a 2:05:25, becoming the first back-to-back champion in the race's history. On the women's side, 20-year-old **Bertukan Welde Sura** surged as a winner, crossing the finish line in 2:20:55 to claim her maiden Prague victory. Despite occasional wind gusts along the riverside boulevards, thousands of recreational runners and a record 7,631 finishers celebrated one of the world's most beautiful marathon courses.

On the shores of Lake Geneva, the **Generali Genève Marathon** drew over 7,500 participants to Switzerland's cosmopolitan city. The point-to-point 42.195 km course begins at the Jardin Anglais, and continues through the left-bank neighborhoods before looping back to finish near the historic Old Town. The flat, fast route is renowned for calm May weather and spectacular lake and alpine vistas. Kenya's **Collins Kemboi** claimed the men's crown in 2:11:36. The women's race saw Ethiopian rising star **Tsega Desta** controlled the pace from the gun, clocking 2:34:38 to ace the women's crown. Generous crowd support along with the Quai Gustave-Ador and professional pacers helped many achieve personal bests on this Athletics Label Road Race.



Picture courtesy - Facebook page of Generali Genève Marathon

### 3. Tartan Ottawa International Marathon (May 25, 2025)



Picture courtesy - Facebook page of Tamarack Ottawa Race Weekend

The 49th **Tamarack Ottawa Race** Weekend kicked off with the full marathon, welcoming over 13,000 runners to Canada's capital. It was a vibrant event with live music stations and cheering crowds—complete with official Kal Tire cowbells—lined every kilometre, creating a festive atmosphere for the runners, every step of the way. In a tactical men's contest, Kenya's **Albert Korir** powered to victory in 2:08:22 —his second Ottawa win after 2019.

Marathon debutant **Mercy Chelangat** stunned the women's field with a stunning finish in 2:23 33, and setting a new course debut record. The event also raised significant funds for local charities through community-driven initiatives.



Picture courtesy - Facebook page of Tamarack Ottawa Race Weekend

### 4. Nike After Dark Tour Mumbai 10 K (May 10, 2025)



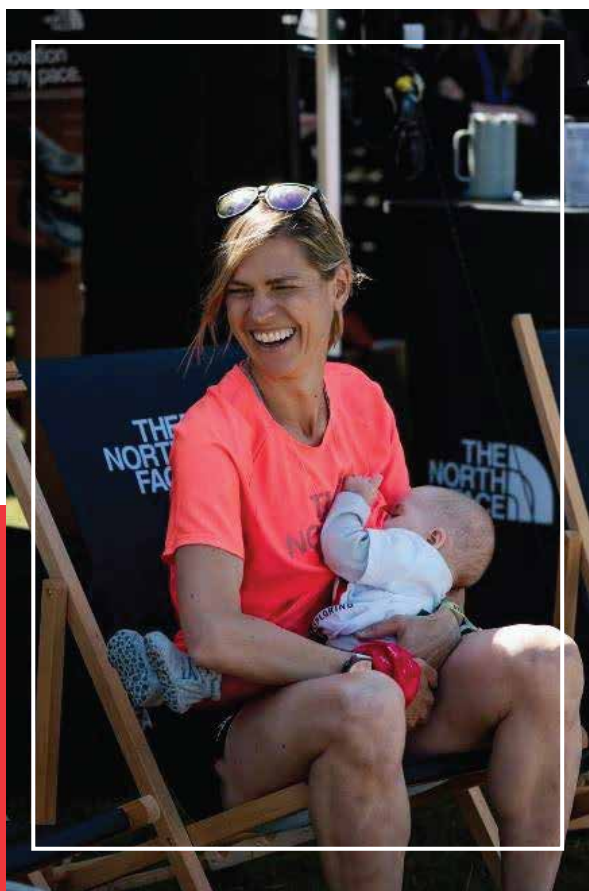
Picture courtesy - <https://www.socialsamosa.com/>

On the evening of Saturday, May 10, more than 3,400 women took to Mumbai's streets for **Nike's After Dark Tour**—a pioneering night-time 10 km designed to empower female runners. The race began at 7 PM IST near the Gateway of India, wound south along Marine Drive under artful street-lighting, passed the illuminated Haji Ali Dargah causeway at 5 km, and finished at the NSCI Dome in Worli. Unlike most invitational races, Nike positioned After Dark Mumbai as a community celebration rather than a championship, so detailed elite placings beyond the top "Outstanding Runner Award" have not been released. Race director Tarundeep Singh emphasized that the true winners were the thousands of participants reclaiming city streets after sundown. While there was no men's category, the event's success—reflected in its record turnout, festival atmosphere, and media acclaim—underscores a growing movement to make running accessible and safe for women in India.



# BREASTFEEDING AND BREAKING BARRIERS: THE ULTRA-MOM WHO WON SNOWDONIA

Canadian ultrarunner **Stephanie Case** achieved the extraordinary feat in mid-May 2025 at the Ultra-Trail Snowdonia 100 km race in Wales. Just six months postpartum, she not only competed but triumphed—finishing ahead of over 60 female runners. Remarkably, she paused three times during the race to breastfeed her six-month-old daughter, Pepper, at the 20 km, 50 km, and 80 km checkpoints—an accomplishment that captivated the world!



Case completed the grueling course—which includes roughly 6,500m (21,325 ft) of elevation gain over rugged terrain including Snowdon—in 16 hours, 53 minutes, beating the runner-up by just four minutes. She began the race 30 minutes behind the elite field, unaware of her lead. During her feed stops, she followed race rules by not accepting any aid and relied on precise fueling—80–100g of carbs per hour—to power through.

Her journey has been both inspiring and deeply personal. Case endured two miscarriages and multiple rounds of IVF prior to conceiving Pepper in late 2024. Her race at Snowdonia marked her return to competition after a three-year hiatus that included rigorous fertility struggles.



A human rights lawyer with the UN, based in Chamonix, France, Case also founded Free to Run—a nonprofit empowering young women in conflict zones through athletics. Her viral accomplishment underscores that motherhood doesn't diminish athletic ambition; rather, it can fuel it. As she remarked, "We don't have to lose ourselves in becoming a mom, and we can keep setting big goals for ourselves".

Looking ahead, she's set to tackle the Hardrock 100 in Colorado this July. Her Snowdonia victory stands as a testament to resilience, challenging cultural expectations, and redefining what new mothers can achieve—on the trail and beyond.



# CHARITY AT THE HEART OF THE NMDC HYDERABAD MARATHON

–JOHANNAH S. HULL & SMITA CHAMLING

As the NMDC Hyderabad Marathon, powered by IDFC FIRST Bank, enters its 14th edition, it continues to stand tall not just as a premier sporting event but as a movement for social good. What began as a celebration of fitness and endurance has evolved into a purpose-driven platform, uniting runners, corporates, NGOs, and communities to support causes that transform lives. All it takes is a simple contribution.

The heartbeat of the marathon lies in its charity mission. It offers a space where running meets giving, and where every step contributes to a larger impact. In 2024, the marathon partnered with 13 charity organizations and raised funds that created tangible change across critical areas:

**Education:** 13,420 young minds inspired and supported

**Healthcare:** 12,475 individuals received healing care

**Specially Abled:** 140 lives empowered with access and inclusion

**Women Empowerment & Community Development:** 250 women uplifted

**Animal Welfare:** 100+ animals protected and cared

**Environmental Awareness:** 13 awareness videos promoting sustainability



This year, the initiative has grown even stronger, welcoming 28 Charity Partners who are raising awareness, engaging supporters, and funding life-changing projects through the NMDC Hyderabad Marathon platform. None of this work would be possible without the generosity of individuals and partners like our community, who believe in our mission and its impact: to enrich needy lives. Each donation helps sustain these organizations and funds various programmes and activities.

The focus areas for 2025 include Education, Healthcare, Sustainability, Women Empowerment, Childcare, Animal Welfare, Support for the Specially Abled, and

Community & Rural Development. As of June 24, 2025, we have raised over INR 35 lakhs, with a goal of INR 3 crores to be achieved through the collective efforts of individuals and organizations. We have sold 322 charity bibs and we have 85 fundraisers onboard to help raise awareness and funds.

## How to Contribute to the Cause:

- The NMDC Hyderabad Marathon offers several easy and impactful ways to support charity:
- Donate directly via the NGO Partner Pages
- Top-up donations during event registration
- Purchase a Charity Bib and run for a cause
- Support as an Individual Fundraiser
- Corporate Participation via the Charity Route, combining CSR with employee wellness

The top five fundraisers from the **2024** edition are Animesh Bharat, Anuradha Raju Kalidindi, Sunita & Rao Tummalapalli, Garimella Krishnakumar and Sathya Cherukumalli. Their efforts and generosity directly impacted the lives of many.



Like how every step counts in your marathon journey, every penny that you raise and contribute is sure to make a difference in the life of a needy individual.

The NMDC Hyderabad Marathon is not just a race—it's a movement for change. Join us in turning every step into a stride toward a better tomorrow.



# SUMMER CAMP FOR KIDS AND FOR MOMS

This year's **Outdoor Kids (OK)** Summer Camp organized by the Hyderabad Runners was even more exciting. For the first time, as a pilot initiative, Hyderabad Runners (HR) offered an **Active Moms** program as part of their Kids Summer Camp. This program provided training for mothers while their children participated in the camp. As this was a pilot project, it was available in limited locations only. The Active Moms program runs for 8 weeks, alongside the Kids Summer Camp.

## Active Moms Program:

### Program Details

- **Duration:** 8 weeks
- **Session Time:** 6:30 AM to 7:15 AM (45 minutes)
- **Training Locations:** Aparna Cyber Commune + Cyber Zone, PBEL City, My Home Jewel, L&T Serene County, and Honer Aquantis
- **Start Date:** April 21, 2025
- **End Date:** June 15, 2025
- **Graduation Run:** The program culminates in a graduation run on June 15

## Objective

The objective of the program is to engage mothers in a parallel fitness and wellness journey while their children participate in the



## Overview

The **Active Moms Program** is a carefully designed initiative aimed at encouraging mothers to take charge of their physical and mental well-being. While the kids enjoy structured play, games, and sports, moms can also participate in daily fitness sessions, and fun bonding activities designed to boost their strength, energy, and confidence.

## Outdoor Kids (OK) Summer Camp:

Started in 2017, the **Outdoor Kids (OK) Summer Camp** is one of the most successful programs run by the HR with the help of the runners and trainers. Organized at multiple locations, kids ranging from 6 years to 14 years can be part of this 8-week long program.



### Program Details

- **Start Date:** April 21, 2025
- **End Date:** June 15, 2025
- **Program Duration:** 8 weeks
- **Time:** 06:30 to 07:30 AM across all locations
- **Days:** Three times a week
- **Graduation Run:** The program culminates in a graduation run on June 15, 2025

### Training Locations:

1. Aditya Imperial Heights
2. Alkapoor Township
3. Aparna Cyber Zone + Commune
4. Aparna Hillpark
5. Aparna Sarovar Zenith /Grande/Sarovar/Cyberlife
6. Aparna Serene Park
7. Botanical Garden Kondapur
8. KBR PARK
9. L&T Serene County
10. Lanco Hills
11. SA Palm Meadows
12. My Home Jewel
13. My Home Krishe
14. My Home Vihanga
15. My Home Mangala
16. PBEL City
17. SMR Vinay City
18. Honer Aquantis
19. Mini Shilparamam premises (LB Nagar – Uppal)



# HYDERABAD RUNNERS ANNIVERSARY



A motley group of runners came together at the KBR Park to form the Hyderabad Runners Society in 2007. And from then, the group has grown manifold across the length and breadth of the city with over 50 sub chapters all around Hyderabad. With time, the group also started to conduct the now popular Hyderabad Marathon in 2011.

To commemorate this momentous occasion of the birthday of the Hyderabad Runners, a celebration run was held to mark 18 years of promoting fitness, running, and community spirit. Over 400 running enthusiasts turned up on 25th May at the Sanjeevaiah Park to celebrate an important moment in the health and fitness annals of the Hyderabad city.



A special cake was cut and breakfast was also provided to all those who turned up. Special thanks to the volunteers from the Sanjeevaiah Park Runners group who manned the SAG stations enroute.

Looking forward to many more years of fitness and celebrations.



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