

RESET REFLECT RUN STRONGER



HIGHLIGHTS
FROM THE NMDC
HYDERABAD MARATHON 2025

MEET
THE MATETIS

PROJECT
CHAMPION

RUNNING NEWS
FROM AROUND THE WORLD

FACTOID
HIROSHIMA SURVIVOR
– BOSTON MARATHON WINNER

NUTRITION
FOOD MATTERS: RUNNERS' EDITION

PRESIDENT'S MESSAGE

Dear Runners,

Thank you for your continued enthusiasm, support, and unwavering commitment to volunteering for our various activities as part of our vibrant community.

As shared in the previous edition of our newsletter, we have ushered in a new set of Office Bearers to lead our society for the next 2 years. This team is a mix of seasoned and experienced individuals from the previous committees and a few first timers taking on the Office Bearers' roles. During our tenure, we remain committed to continue building on the strong foundation, ideals, and processes of Hyderabad Runners Society. Thanks to **Abhijeet** and team for their service to the society and facilitating a seamless transition.

We are also happy to welcome new additions to our staff team in the last few months, who are already improving our operations & efficiency. Our focus pillars – Training, Outreach and Advocacy – will see renewed momentum with more ideas and initiatives by the respective subcommittees. These efforts are aimed at strengthening the standing of Hyderabad Runners Society as a **Social Impact Organization**.

Women in Running : Active Moms Program & Kouch to 5K Program – Exclusively for Women

As new initiatives to reach out to more women on promoting active lifestyle, we have successfully piloted the **Active Moms** program in a few locations launched along with the **Outdoor Kids Summer Camp** in April-June 2025.

As a first of its kind in Hyderabad Runners training calendar, we have launched a **Kouch to 5K program, exclusively for women** as a lead up to the Starlight Strides – Women's Run in October 2025. This all-women program has garnered great reception with about 200 participants! It has been a heartening experience to see the Women Runners of our community taking up mentorship roles in these programs and guiding fellow women towards more active lifestyles. We are encouraged by the positive feedback from both mentors and participants, and look forward to regularising these programs.

Kudos to our Advocacy and Training Committees as well as our Staff members for their combined efforts in making this program a reality!

NMDC Hyderabad Marathon

The 14th edition of Hyderabad Marathon has been successfully completed with many of you, your time, and effort in various spheres of the massive volunteering effort. The weather gods were kind to make the marathon weekend pleasant. It showed up on the stellar performances we saw from the elite and regular runners alike! Kudos to the Race Management team **Rajesh Vetcha, Madhumathi Sanjay and Avinash Palvancha** for leading the efforts from the front line tirelessly!

This year's marathon has broken the records in various aspects like Number of Registrations, Finishers Count, Charity Fund Raising, Sustainability measures to name a few. Excellent support from government departments like Police, Tourism and Sports Development have contributed to the smooth conduct of the event!

We will keep sharing further updates on the initiatives of Hyderabad Runners Society, more regularly through this newsletter column. Have a wonderful running season ahead, as the Hyderabad Marathon has set the tone for it!

Warm regards,

Arun Kumar Kaliappan

President,
Hyderabad Runners Society



EDITOR'S MESSAGE

Hola everyone,

How are you doing? Hope you're all gearing up for the gruelling training season ahead.

Trust you're all putting those base miles in and also tending to the niggles. Running in these rains and dreadful humidity is painful but we are tough. We just got done with our flagship event, the NMDC Hyderabad Marathon 2025 and boy, it was so much fun.

The latest edition of our Newsletter, Runderzvous is back and we've packed quite a unique set of articles for all our readers. Do read our round-ups of the Hyderabad Marathon covering the major aspects of the race. Read what's happening on the Project Champion and also get a sneak peek on our latest project, the ALFA. Check out our special about the Matetis, one of Hyderabad Runners' most coveted couples. Read our special on Training for the upcoming marathon season ahead.

Read our regular articles on Yoga and Nutrition and also the Runtitude article. Also check out the Factoid section for a fascinating trivia on the 1951 Boston Marathon winner. Plus, check out the Running news from around the world.

Always thankful to our Newsletter team for putting together these articles. We fervently 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 can better ourselves.

Cheers!!

Sunder Nagesh K
Editor



FROM HYDERABAD TO YOUR NEXT FINISH LINE

Reset, Reflect, Run Stronger

– Nikita Bhatia

"A marathon is measured in miles, remembered in moments, and defined by the countless invisible steps that lead you to the next start line."



The Hyderabad Marathon in August left its mark once again – vibrant energy on the streets, runners of all ages chasing personal milestones, and that collective feeling of triumph at the finish line. But now that the cheering crowds have dispersed and the medals are neatly tucked away, a question lingers for many: What next?

Some are eyeing international majors like Berlin, Tokyo, or even Boston. Others are preparing for homegrown challenges in Ahmedabad, Coimbatore, Chennai, Mumbai, or Delhi. Whether you are a veteran with dozens of bibs framed on your wall or a beginner who just completed your first 10K, the journey after Hyderabad is not about rushing into another start line – it's about resetting, realigning, and building smarter.

Recover Like a Pro

It's tempting to think of training as a straight line – finish one race, jump right into training for the next. But running is not math. In running, 1+1 does not equal 2. The body and mind need time to absorb the effort you just put in.

Recovery is not laziness – it's strategy. Those few weeks of slower runs, strength work, and mobility exercises are when your body rebuilds. Skipping this phase is like building a house without letting the cement dry. You may stand it up quickly, but cracks will soon appear.

Remember to rest like a champ – your muscles will thank you, and your future self won't curse you. Recovery isn't a pause. It's progress in disguise."

Look Back, Leap Forward

Every race tells a story. Before plotting your next, take time to reflect. What went well in Hyderabad? Did you run strong until the last 5K or did you struggle midway? Were you consistent in training, or did you cram miles towards the end?

Reflection is a runner's mirror – it shows you where you truly stand. Veterans might want to reassess long-term goals like qualifying for Boston or shaving off precious minutes from their marathon PB.

Beginners might reflect on whether they enjoyed the distance they just ran before committing to the next leap.

Set goals that are not just ambitious but also realistic. Remember: the marathon will always be there. Your job is to reach it prepared, not burnt out

Remember to look back, learn fast, then plot your next sprint without tripping over the last one."

Train Smart, Not Hard

Running more miles doesn't always mean becoming a better runner. What matters is the quality of training. A well-balanced program includes:

Speed Runs: Intervals, tempos, or fartleks that sharpen your pace.

Slow Runs: The underrated heroes – long, easy miles that build endurance and mental stamina.

Strength Training: Strong muscles prevent injuries and power your stride. Think squats, lunges, planks, and resistance work.

Recovery Days: Rest is not a weakness – it's when adaptation happens.

It's the rhythm of hard days balanced with easy days that creates a strong, resilient runner. Imagine training like cooking a meal: you need the right mix of spices, salt, and simmer time. Too much of one, and the whole dish is off.

Remember to run smart: mix sprints, slow miles, and a dash of strength—like seasoning a perfect marathon stew."

Weather the Miles

Not all marathons are created equal. Hyderabad's rolling flyovers are very different from the flat roads of Berlin or the humid stretches of Chennai.

Training without factoring these conditions is like rehearsing a play without knowing the stage. Tailor your runs – simulate the course, get used to the climate, and prepare your mind for the environment you'll be racing in.

Remember to train like the course will betray you. Every course has its story. Train to match the script.

Celebrate the Small Wins

It's easy to get caught up in the visible achievements – the number of marathons run, the exotic destinations ticked off, the medals hanging on the wall. These are worth celebrating, no doubt. But the real success lies in what no one sees: the discipline of waking up at 5 AM for training, the patience to hold back when your body says rest, the resilience to start again after an injury.

Every finish line photo tells half the story. The other half is written in the sweat-soaked t-shirts, the strength workouts, the nutrition choices, and the sheer consistency of showing up.

Remember success isn't just a medal – it's in showing up, doing the work, and laughing at your own blisters along the way. No doubt that the medal is visible. The discipline behind it is priceless.

Pace Yourself for Life

Running is a lifelong journey. Whether your next race is four weeks or four months away, remember you are building not just for that one event but for years of running ahead.

Beginners: Don't rush. A 10K today doesn't mean a half marathon tomorrow. A Half Marathon doesn't guarantee readiness for a Marathon. Respect the distance, respect your body, and the progress will come.

Veterans: Don't chase numbers alone. Running 10 marathons in 10 cities sounds glorious, but are you running each one at your best? Quality over quantity is a mantra that keeps you in the game longer.

Remember not to just count the marathons you run. Rather, make every marathon count.

The Road Ahead

So, as you look beyond Hyderabad, take a deep breath. Recover well. Reflect deeply. Set your sights on what excites you, but plan with patience. Train smarter, factor in your next course, and remember – this is not just about medals or marathons.

It's about building a body and mind that will carry you through many more start lines and across many more finish lines.

Because in running, as in life, the race is not always to the swift but to those who endure, adapt, and keep moving forward.

Remember it's not just about chasing finish lines. It's about building the strength to keep creating new ones.

HIGHLIGHTS FROM THE NMDC HYDERABAD MARATHON 2025

– Jagan, Sunder



The 14th edition of the **NMDC Hyderabad Marathon 2025**, powered by **IDFC FIRST Bank**, witnessed an unprecedented turnout with a record-breaking **28,300 runners**, including **5,000 runners from over 150 Indian cities**, making it one of India's largest and most celebrated community sporting events. The 5K run was held on the 23rd August starting from the Hitex premises in Hitec City. The event saw people from all walks of life participate in it, with people also donning various special attires too, setting the perfect tone for the Marathon weekend. Over 10,000 runners participated in the 5K on the Saturday of the Marathon weekend, the largest ever participation count.



On the 24th, flag-offs took place at two different locations with dignitaries, including **Mr. Avinash Mohanty, Commissioner of Police, Cyberabad**, and **Mr. D. Joel Davis, Joint Commissioner of Police, Traffic, Hyderabad City**, leading the ceremonies for the 10K and Marathons, respectively.



Marathon Highlights:

Participation & Community Engagement

- **Corporates, PSUs, Armed Forces, Government Institutions, and Civic Bodies** actively took part.
- **Dr. Reddy's**—Highest corporate participation with **701 runners**
- **Aptar**—Highest women's participation at **46%**
- **Arcesium**—Top corporate charity donor with **₹30 lakh** contribution
- **56 Elite Athletes** from **Kenya, Ethiopia, and India** competed
- Certified with **World Athletics Basic Label**



NMDC's and IDFC's employees and families actively participated in the event, showcasing the companies' commitment to fitness and community

Elite athletes and others received their prizes at GMC Balayogi Stadium, Gachibowli, from the hands of dignitaries such as Mr. Avinash Mohanty, Mr. Vinay Kumar, Mr. Shreepad Shinde, Mr. Toru Yamaguchi, Mr. Praveen Kumar, Mr. Saurabh Sharma, Mr. Nirish Lalan and a couple of Police Officers.



NMDC MARATHON 2025 WINNERS LIST:

- FRANCIS CHERUIYOT (Kenya), Gross time - 02:17:27 - **ELITE MARATHON MEN TOPPER**
- MILLICENT KIBET (Kenya), Gross time - 02:39:27 - **ELITE MARATHON WOMEN TOPPER**
- ANISH THAPA, Gross time - 02:24:41 - **ELITE MARATHON OVERALL INDIA MEN TOPPER**
- BHAGIRATHI NON, Gross time - 02:51:52 - **ELITE MARATHON OVERALL INDIA WOMEN TOPPER**
- MOHIT CHOUDHARY, Net time - 01:09:28 - **HALF MARATHON OVERALL MEN TOPPER**
- DIVYA S, Net time - 01:32:23 - **HALF MARATHON OVERALL WOMEN TOPPER**
- ABDUL SALAM, Net time - 00:34:19 - **10K MARATHON OVERALL MEN - TOPPER**
- KODAVATH SWAPNA, Gross time - 00:41:53 - **10K MARATHON OVERALL WOMEN - TOPPER**

Prize Money

- **Total Purse:** ₹48.55 lakh
- **Elite International Marathon Winners (Men & Women):** \$6,000 (1st), \$3,000 (2nd), \$2,000 (3rd)
- **Elite Indian Marathon Winners (Men & Women):** ₹3 lakh (1st), ₹2.5 lakh (2nd), ₹2 lakh (3rd)
- **Bonus:** ₹1.5 lakh for breaking course record (achieved in men's c ry)
- **Half Marathon:** ₹50,000 / ₹40,000 / ₹30,000
- **10K Run:** ₹25,000 / ₹20,000 / ₹15,000



Sustainability & Charity

- Greenest edition yet: **30–35% opted out of T-shirts**
- Reduced use of flex boards, focus on recycling
- Engaged ragpickers for **waste segregation & recycling**





Volunteers & Safety

- **4,000 volunteers** – the highest for any Indian marathon
- **16 ambulances, 12 bike ambulances, 9 elite-specific aid stations, 12 hydration points**
- **80,000+ man-hours** and **6 months of preparation** invested



Voices from the Event

- *"A true celebration of human potential,"* – **D. Joel Davis, Joint Commissioner of Police, Traffic**
- *"Fitness is essential for a strong nation,"* – **K. Praveen Kumar, Executive Director, NMDC**
- *"We care for both health and wealth of individuals,"* – **Shreepad Shende, Head of Business Excellence, IDFC FIRST Bank**
- *"Each year, our focus is on impact, global standards, and meaningful charity collaborations,"* – **Rajesh Vetcha, Race Director, Hyderabad Runners**

The support from the **Telangana Government, GHMC, Police, Sports Authority, and sponsors** made the event a massive success.



MEET THE MATETIS – A PORTRAIT OF AN ENDEARING MARATHONER COUPLE

– Sagarika Melkote

The Cambridge English Dictionary defines "Power Couple" as "two people who are married to each other, or in a relationship with each other, and both have extremely successful careers".

A newer, perhaps millennial, term is "Couple Goals", which gained popularity with the advent of social media and refers to the concept of common aspirations in a couple's relationship – like financial goals, shared hobbies etc.

By virtue of the above terms then, a "Power Couple" with "Couple Goals" could only mean a pretty formidable combination and that is exactly what Taru and Chandan Mateti exemplify!



Chandan, a second generation Army Officer, has been in the Special Forces as a Black Cat Commando, during the twenty eight years that he served in the Indian Army, before taking voluntary retirement. He then moved to the Corporate world after that and worked for an MNC. Chandan recalls that he changed schools every two years, while growing up, owing to frequent transfers. **Taru** was raised largely in Jamshedpur and Pune. Education was always prioritized over everything else for her and her two siblings. She remembers leading a very disciplined life, where studies took precedence over other things, owing to her dad working in the Indian Ordnance Factory Service and her mother being the Principal of a school. After their wedding, owing to the nature of Chandan's job, Taru dabbled in various professions like teaching before settling down to a career in the IT industry where she worked for seventeen years.

Taru and Chandan met while he was playing the drums and guitar for his military college band and she was sitting in the audience. Coming from diverse backgrounds (Chandan is from Andhra Pradesh and Taru, a Punjabi), they courted for three years before they married. Chandan was always a sportsman and has represented his school in Table Tennis and Badminton and Army Command Teams in Tennis. Taru steered clear of sports in school and college, except for a stint in high school where she was part of the Table Tennis school team. She recollects going for Sub Regional matches and losing in the very first round!

For Taru and Chandan, it all began in 2013 when Taru was a regular at the gym. She found that while she could handle everything else, treadmill running was a challenge. To overcome this, she joined a runners club in Pune and before she knew it, she was on her way to training for her debut marathon. It was while she was training that Chandan, having retired from the army in 2010, felt that he was experiencing all the after effects of hard training as a Commando and his fitness level was far from satisfactory. He then decided to join his wife at her debut half marathon by participating in a 5k run. It took him a great deal of effort and over 40 minutes to complete that 5k. With a bit of encouragement from Taru, and the intervention of mentors from Hyderabad Runners it was but a matter of time before Chandan ran his first half marathon at Goa at 54 years of age. He recalls that during his first HM, he felt that running amongst so many others, at his own pace, gave him a sense of freedom and exhilaration. That was all it took for him to want to take it to the next level, to sign up for another race afterwards. For Taru, the reasons for transitioning to longer distance runs were different. She had joined a running group where one of the conditions was that she should train and complete a full marathon. At the time, she admits to not knowing what distance a full marathon entailed! Having set out to do it, she found running liberating, akin to meditation and a lot of other things. And soon, the targets rose higher and higher, from 42.2 km to an Ultra, each run bringing with it, a plethora of varied experiences. The best thing was the joy of discovering something new that they enjoyed doing together.



The tryst with Ultra Marathons began when Taru registered to run the Comrades Marathon in South Africa – a distance of nearly 89 km to be completed in 11 or 12 hours. For Chandan, who was content with achieving a target of a sub 2 hour half marathon, letting Taru go alone for Comrades was not appealing. The only way was for him to join her in running it. Thus began the couple's Ultra Marathon journey together, so to speak. Having taken to running in their fifties, the Matetis focus on endurance, rather than speed (in their own words), though, looking at the number of Podium finishes that Taru has had, this might seem somewhat unbelievable!



The Matetis have a strong connection with Hyderabad and Hyderabad Runners. Taru fondly calls Hyderabad her "sasural", the Hyderabad Marathon in 2013 was her first HM. Chandan used to be in Hyderabad from 2010 to 2015 for work and joined Hyderabad Runners to train for his debut Half Marathon. They have both done the 12 hour stadium run twice at Hyderabad. Taru, who finished the 100 mile Border Ultra a couple of years ago, credits all the training runs in Hyderabad and the specific training plan from Shubham Mishra of Hyderabad Runners for the podium finish in that race. They have participated in the Hyderabad Marathon, several years in a row. Taru and Chandan's bond with Hyderabad Runners is so dear to them, that they try not to miss any of the events conducted by them.

From half marathons to full marathons to some of the toughest Ultras in the world, one would think the Matetis have "been there, done that". The buck does not stop there. Oh No....not for this couple. The latest feather in their cap is conquering the grueling Himalayan High Five – an absolutely brutal race consisting of five full marathons on five consecutive days at increasing altitudes, going from 13000 to 17,500 feet! As the tag line of the **Himalayan High Five** goes – not for the faint hearted, this race is one of the most punishing ones in the world.



In 2023, Taru and Chandan participated in the **Rohtang Epic** – a distance of 80 km. While Chandan finished the race, Taru opted out of it, owing to a “side bend” issue at the 62km. It was during that race, that they came to know about the Himalayan High Five. The challenge, of course, excited both of them – it was unlike anything they had done before. It would have to be carefully thought out, strategized and required commitment, if they were going to take this one up. There were several risks – the increasing altitude and acclimatization required, no recovery time at all between runs, to name a few.

Given the couple’s appetite for challenges, it is hardly surprising that they decided to give it a shot.

Thus followed about four months of intense training (Taru credits her Guru Shubham Mishra for his carefully formulated training plans), which saw their weekly mileage go up as high as 141 km! Plus, there was the issue of acclimatization – they spent two straight weeks in Manali to get used to lower oxygen levels. The total training period was thought out and planned by Chandan, in typical army style, according to Taru.

A multi day event was something that the Matetis had never participated in. There were many other firsts – like sleeping in a tent between runs, limited washrooms etc. Added to which, Taru had a bout of viral fever about ten days before the race. After she recovered, the couple decided to play it one day at a time and look at each marathon as a milestone.

Come day 5, the Matetis had done it again! In a race that had just five participants (they did say it was not for the faint hearted), the couple finished the High Five Ultra Marathon together. Taru describes the feeling as “incredible” and says “they got to know each other even better after knowing each other for over forty years”. Well, one can only imagine their exhilaration.

Taru and Chandan are the perfect foil for each other – while Chandan is the more laidback of the two (in his own words), Taru is the disciplinarian. She is responsible for setting out training plans and goals and pushing Chandan out of his comfort zone.

Chandan has two golden rules. One – the wife is always right. Two – when in doubt, refer to Rule No. 1 😊 Seems like it worked in their favour, as this couple looks unstoppable, taking each challenge head and emerging triumphant every time!

They both love to travel, so a “Run-cation” is a package that they would pick without hesitation. A run in a new place excites the both of them, and hence they plan their holidays thus. In a world where relationships are becoming increasingly fragile, this is one couple that is so “in sync”, that they are truly representative of the phrase “Made for Each Other”!

Here’s wishing them the very best on their next adventures !!

PROJECT CHAMPION

PHYSICAL LITERACY SESSIONS FOR GOVERNMENT SCHOOL STUDENTS

– Jagan

Academic Year 2025–26:

The new season brought new beginnings for Project Champion. In June/July 2025, we onboarded three more schools into the program—

- Govt. Girls High School, Hussaini Alam
- Govt. Primary School, Hussaini Alam
- Zilla Parishad High School, BHEL

With this expansion, the Hyderabad Runners Society ensures that more children benefit from structured physical education. To support this growth, we also successfully recruited more physical education trainers who come from athletic backgrounds and education.

We have begun this academic year with **12 government schools and over 5,600 children** directly benefitting from the program. The momentum extends beyond numbers.





An orientation program was conducted for physical education trainers, equipping them with innovative training methods and baseline assessment tools. Led by our Outreach Lead, **Vijay Yargal**, the sessions emphasized how structured physical activity can transform young lives. Volunteer recruitment also gathered pace—five dedicated individuals joined the Project Champion journey, bringing fresh energy to school visits, bag distributions, and engagement with principals. Their presence underscored our core belief: volunteers are at the heart of this mission. Our school network this year spans across Shaikpet, Borabanda, Kukatpally, Tolichowki, Filmnagar, NBT Nagar, Hussaini Alam, and BHEL—each a hub where children are stepping into the joy of movement and play.



By August, the focus shifted to feedback and reflecting on the program execution. We organized a review meeting with Project Champion teachers to provide constructive feedback, exchange ideas, and collectively work on areas of improvement.

The Outreach Lead, supported by HRS staff, steered this dialogue with the aim of sharpening the program's effectiveness. We also initiated the **baseline metrics assessment**—a crucial step in tracking students' motor skills and movement fluency.



These insights will help us measure progress and tailor training more effectively. Recognizing the importance of storytelling, we began **video documentation** of physical activity sessions across schools, ensuring that our work reaches wider audiences through social platforms.

Do check out a short video of our Project Champion here:

Project Champion - Hyderabad Runners Society

<https://www.youtube.com/watch?v=pY2f3zNGzDw>

PROJECT ALFA

'ACTIVE LIFESTYLE FOR ALL' PROGRAM FOR UNDERSERVED WOMEN

Active Lifestyle for All- A journey towards Inclusion

Meanwhile, our advocacy efforts took a significant step forward with the launch of **Project ALFA (Active Lifestyle For All)**—a movement designed to address the pressing issue of physical inactivity, particularly among underserved women.

Partnering with like-minded NGOs, we created easy-to-follow exercise modules tailored for women aged 18–45, even in limited spaces. Demo sessions were successfully conducted in two centers of Kriti Social Initiatives (our NGO partner) marking the beginning of what we hope will be a widespread lifestyle change initiative.

We are looking to formalize this training program, Project ALFA, through the collaboration with other NGOs for their beneficiaries.

ACTIVITIES OF HYDERABAD RUNNERS – JUNE

1. Sunday long run – The Iron Man Run

Date : 1st June 2025

Location : Khajaguda Lake Point, Gachibowli

Over 150 runners participated in this special SLR where we hosted **Pramod** from the **Goa Ironman 70.3** organizing team. It was great having him interact with the runners and to clarify our questions. Special T-shirts were given to the early birds for the run. Many thanks to the volunteers from L&T Serene County for volunteering.



2. Sunday long run – Secretariat

Date : 8th June 2025

Location: Telangana Secretariat

Nearly 50 runners turned up for this SLR at the Telangana Secretariat; volunteers from our NGO partners, ASWA & Blood Warriors helped the runners by serving them water, electrolytes etc.

Amma social welfare association (ASWA) used Sunday run as a platform to promote their Blood donation camp on 22nd June.



the guidance of our mentors. Along with the Kids program, we also introduced a pilot project, **Active Moms**, which had 150 participants. The camp concluded with a Graduation Run held inside Dhulapally Forest, Kompally. All the participants were awarded medals & certificates. Students from Project Champion schools also joined the Outdoor Kids Graduation Run. Over 250 Government school children participated in the graduation day Run. Hyderabad Runners donated school shoes and bags to these children from 10 Government schools.



4. Hyderabad Runners – World Yoga Day Celebration

Date : 21st June 2025

Location : Taramati Baradari

Hyderabad Runners celebrated the World Yoga Day at the historic Taramati Baradari on 21st June. Over 70 enthusiastic runners participated in the celebration. **Mrs. Valluru Kranthi**, IAS, Managing Director of Telangana Tourism, inaugurated the programme and also participated in the World Yoga Day celebrations.

3. Out Door Kids Graduation Run 2025

Date : 15th June 2025

Location: TS Forest Academy, Dhulapally

Hyderabad Runners' annual **Outdoor Kids Summer Camp** was successfully held in 25 locations. Around 800 kids were trained under



5. NMDC Heritage Run 2025

Date : 22nd June 2025

Location : Taramati Baradari

Hyderabad Runners organized the NMDC Heritage Run 2025 in association with NMDC. Over 1,000 runners participated in this special Run. All the registrants T-shirts and special medals.



6. Sunday long run – Rabbit's park

Date : 29th June 2025

Location : Rabbits Park, Secunderabad

Over 65 runners participated in this Sunday long run hosted by the Secunderabad Runners.



7. Sunday long Run – Pragathi Nagar

Date : 29th June 2025

Location : Gokaraju-Rangaraju Engineering college, Pragathi Nagar

Over 120 runners participated in this Sunday long run hosted by the Pragathi Panthers group. After the run, volunteers from **Youth for Seva** interacted with the runner to promote their charity work towards raising funds for the Hyderabad Marathon 2025.



8. Monthly Meet Up Run – Comrades Marathon & Mawla Ghaati ultra finishers

Date : 28th June 2025

Location : Durgam Cheruvu Lake Front Park, Madhapur

June month's monthly meet-up run was held at Lake Front Park, Durgam Cheruvu. It was a special meet and greet run where nearly 40 runners joined for a 5K run and took the opportunity to congratulate the finishers of the Comrades Marathon and Malwa Ghaati Ultra. These events' finishers also addressed the gathering where they spoke about their training and preparation for these gruelling runs.



ACTIVITIES OF HYDERABAD RUNNERS – JULY

1. Sunday long run – Chiryala

Date : 6st July 2025

Location : ORR Exit no 8, Keesara, Chiryala

Nearly 60 runners participated in this Sunday long run hosted by the ECIL Runners group.



4. Sunday long run – ICRISAT

Date : 13th July 2025

Location : ICRISAT campus, Patancheru

Another favourite of the running community, this place is dear to a lot of us. This scenic campus has long roads, scenic trails, lakes and arguably one of the best routes. Over 800 runners participated in this special run that was hosted by volunteers from multiple groups.



2. Sunday long run – BHEL

Date : 6th July 2025

Location : International Club, BHEL, Lingampally

The BHEL campus has a special place in the hearts of the Hyderabad Runners community with its long roads, green cover and expansive campus. Runners always long to run at this beautiful place. For this Sunday long run, over 300 runners participated, which was hosted by the enthusiastic volunteers from the BHEL Runners group.



3. Stadium Run – Botanical Gardens

Date : 13th July 2025

Location : Botanical Gardens

Nearly 30 runners participated in this Sunday long run hosted by the Botanical Gardens (BG) Runners group.



5. Sunday long run – MCA, Nagole

Date : 20th July 2025

Location : Ministry Of Corporate Affairs, Bandlaguda, Nagole

Over 60 runners participated in this SLR hosted by the LB Nagar Runners group.



6. Sunday long run – Nallagandla

Date : 20th July 2025

Location : Nallagandla

Over 100 runners participated in the run that was hosted by the Nallagandla Runners group.



7. Save the Rocks SLR

Date : 27th July 2025

Location : Fakhruddin Gutta, Khajaguda

Rocks and aquifers make up a lot of terrain in and around Hyderabad and we have to celebrate these. Our annual Save the Rocks SLR was held on 27th July at Khajaguda. The SLR had over 220 footfalls and was hosted by the enthusiastic bunch from the Alkapoor Runners group.

After the run, Ms. Frauke Quader, Secretary of the Save The Rocks Society, led a special "Walk for the Rocks," highlighting the importance of preserving Hyderabad's unique rock formations.



8. Monthly Meet Up Run – Fog Track Adventurers

Date : 26th July 2025

Location : Botanical Gardens

Nearly 40 runners participated in this monthly meetup run that saw finishers from Lonavala Varsha Marathon share their experience, training and preparations for this fog marathon. We truly appreciate them for sharing their inspiring experiences with our running community – your stories motivate us all!



9. Train & Shine – online sessions

Date : 7th July 2025

Location : Online

We kickstarted the online training registrations in addition to our current in-person training sessions. Logon to hyderabadrunners.com for more information.

10. Hyderabad Runners – FIT CORP TRAINING

Date : 15th July – 25th Aug 2025

Location : across 8 HR training locations in Hyderabad, Cyberabad & Rachakonda Commissionerates

Hyderabad Runners offered free training sessions at 8 training locations around the twin cities. 169 members from Cyberabad and 50 members from the Hyderabad commissionerates enrolled for this program where training was held on Monday, Tuesday & Thursday for six weeks in the lead up to NMDC Hyderabad Marathon 2025.



11. Media Workshop For Healthy Lifestyle

Date : 6th July 2025

Location : Press Club, Somajiguda.

Running, Wellness & Active Lifestyle workshop held for Media Professionals

Hyderabad Runners Society, in collaboration with Press Club Hyderabad, organised a Running, Wellness & Active Lifestyle Workshop for media professionals at the Press Club, Somajiguda. The **first-of-its-kind initiative** drew over 75 participants from the media fraternity, aiming to promote fitness, heart health, and active living in an otherwise high-stress, deadline-driven profession. Expert sessions covered topics such as getting started with running, understanding marathons, nutrition for runners, and heart health. Press Club President L. Venu Gopala Naidu urged participants to prioritise their well-being, while Hyderabad Runners leaders—Founder Rajesh Vetcha, President Arun Kumar Kaliappan, and member Prasad P.V.—highlighted the organisation's mission since 2007 to make running a mainstream fitness option through initiatives like Couch to 5K, Outdoor Kids, Train & Shine, and the Hyderabad Marathon—India's second-largest marathon.

Eminent speakers enriched the session with insights on fitness and wellness. Dr. Amaresh Rao Malempati, cardiologist, dispelled myths around running, vaccines, and heart health, emphasising the safety and benefits of moderate running. Dr. Rajat Chauhan, sports medicine expert, addressed the gathering virtually, calling running a tool for "self-discovery and inner balance." Dr. Lahari Surapaneni, Nutritionist and wellness consultant shared practical diet tips, underlining the link between food, health, and enhancing personal appearance. The workshop marked an important step in encouraging Hyderabad's media community to embrace an active lifestyle and recognise the broader social and philanthropic impact of running and marathons.



12. Team building workshop for Office Staff

Date : 30th July 2025

Location : Dream Valley Resorts

The workshop aimed at educating all the Hyderabad Runners Society's staff to understand each team member's similarities and differences, and to explore how, through these values and characteristics, the team members can better understand and appreciate one another while working together. Special thanks to the trainer, Murali Padmanabhan, who facilitated this workshop and inspired staff to have a broader vision for HRS as a collective.



ACTIVITIES OF HYDERABAD RUNNERS – AUGUST

1. Dry Run for NMDC Hyderabad Marathon 2025

Date : 3rd August 2025

Location : Necklace road MMTS station

Nearly 820 runners participated in this special run that served as the dry run for the Hyderabad Marathon 2025. The run was conducted on the Half Marathon route of the event. It served as the perfect time to test the race readiness and to gauge the elevation profile for the event. The Half Marathon route started from the Necklace road MMTS station while the 10K route started from the Hitex with all runs culminating at the Gachibowli stadium.

The run also served as an important practice season to validate logistical arrangements and ensure the safety of all systems involved. Apollo Hospitals, the official medical partner, provided essential support with two ambulances stationed at People's Plaza and Gachibowli Stadium to ensure runner safety. TATA Copper+, the hydration partner, ensured runners remained well hydrated throughout the event.





2.K25K Graduation Run – Season II

Date : 3rd August 2025

Location : Gachibowli stadium

The graduation day of the second season of the **Kouch 2.5K** session was held on the 3rd August at Gachibowli Stadium. Training took place in 20+ locations and close to 460 runners attended the graduation run, receiving medals and breakfast. The graduation run is a culmination of the 8-week structured training initiative by Hyderabad Runners Society.



3.Sunday long Run – Secretariat

Date : 10th August 2025

Location: Secretariat

Over 90 runners participated in the run that was hosted by the Indira Park Tribe.



4. Sunday long Run – Muppa's Indraprastha

Date : 10th August 2025

Location: Muppa's Indraprastha North gate, Ramachandrapuram

Over 300 runners participated in this inaugural run hosted by the Indraprastha Runners.



5. Sunday long Run – Serene Park

Date : 17th August 2025

Location: Aparna Serene Park, Gachibowli

Nearly 70 runners participated in this Sunday long run hosted by the Aparna Serene Stryders.



6. Sunday long Run – Nagole

Date: 17th August 2025

Location: HMDA Bhagayath layout, Nagole

Nearly 25 runners participated in this Sunday long run hosted by the Uppal Runners group.



7. NMDC Hyderabad Marathon 2025 – 5K

Date : 23rd August 2025

Location: Hitex

10,000 runners participated in the 5K run that was held as part of the 14th edition of the NMDC Hyderabad Marathon 2025 powered by IDFC First Bank.



8. NMDC Hyderabad Marathon 2025 – 10K, Half Marathon, Marathon

Date : 24th August 2025

Location: Hitex and People's Plaza, Necklace road

The 10K, Marathon and the Marathon categories of the NMDC Hyderabad Marathon 2025 powered by IDFC First Bank were held on 24th August that saw over 18,000 runners participate across these 3 categories.



9. Volunteer run – NMDC Hyderabad Marathon 2025 Affairs

Date : 31st August 2025

Location: Hitex and People's Plaza, Necklace road

The volunteers' run for the NMDC Hyderabad Marathon 2025 was held on 31st August from the Necklace road MMTS station (Half Marathon) and the Hitex premises (10K). Volunteers who sacrificed their run to support the Hyderabad Marathon participated in this run. All the volunteers received a medal after the volunteer run.



10. NMDC HM 2025: Stories that Move : Runners Journey

Date : 16th Aug 2025

Location: T-Hive, L & T Mall, Hitec City.

Hyderabad Runners organized a special Beyond the Track talk show titled **Stories that Move: Runners' journey** at the T-Hive in Hitec City. 12 Runners shared their Journey of running, and runners from multiple running groups attended this talk show to show their support to the speakers. 45 runners took part in this initiative to hear the experiences of fellow Runners. **Prashant Ivaturi and Chaitanya Burgupalli** hosted this show enthusiastically, drawing applause from one and all.



11. Couch to 5K – 2025 (Exclusively for women)

Date : 1st Sept – 25th October 2025

Location: Multiple training locations around Hyderabad

A special K25K program designed exclusively for women from 1st Sept to 25th October is happening at multiple Hyderabad Runners' training locations. This 8 weeks training program led by experienced women mentors, is aimed at women to get active.

Program Highlights:

Start Date: 1 Sept 2025

Duration: 8 weeks

Graduation Run: 25 Oct 2025 (evening)

Sessions: 3 days/week (Mon-Wed-Fri or Tue-Thu-Sat)

Time: 6:00–7:00 AM

Fee: ₹700 (incl. GST)

Age: 10+

More: Structured training plans, Supportive running community, T-shirt, BIB & medal, Celebration dinner after Graduation Run

Registration link:

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



12. Starlight Strides 2025 (Women's Night Run) – Registrations Open

Date : 25 October 2025

Location: Durgam Cheruvu park, Hitec City

Starting at 6:30 PM at Gachibowli Stadium, Hyderabad.

Run Categories: 10 K (Timed), 5 K (Timed), 5 K (Fun Run)

Also: Gift a Registration Option: You can also gift a registration to a woman from one of the supporting NGOs

Registrations Open now !!

<https://www.hyderabadrunners.com/starlight-strides/>



13. STADIUM RUN -2025 – Registrations Open Now

Date: 29 & 30 Nov 2025

Venue: Gaudium School , Kollur

Registrations are now open!

The 5th Edition of the Stadium Run 29th & 30th November 2025 at Gaudium Sportopia.

Get ready for the ultimate Endurance Challenge – open to all levels, with exciting formats for both SOLO runners and Team Relay participants!

Pick your race. Push your limits. Experience the thrill of the stadium like never before.

Register now and block your spo!:

https://ifinish.in/running/stadiumrun_2025



RUNNING NEWS FROM AROUND THE WORLD

– Sujai & Javhara

Snow / Lahaul Marathon – June 8

The Snow (Lahaul) Marathon staged in the remote Lahaul Valley is a returning highlight of India's high-altitude endurance calendar. The full marathon course threads high-altitude trails and glacial river valleys between Hub-Jispa and surrounding Lahaul settlements, featuring long ascents, stony tracks and occasional snow patches – conditions that demand careful pacing and acclimatization. The full marathon saw top finishes by serving personnel: Naik Het Ram (Dogra Regiment) won the men's full marathon in about 4:15:00, while Tenzin Dolma defended the women's title in roughly 4:46:00, according to race reports and local press. These results underline how the race remains a proving ground for hardy runners who thrive in alpine conditions.

Lonavala Varsha Marathon – June 13



Known for its scenic, foggy experience, the 6th edition of the Lonavala Varsha Marathon took place on June 12, 2025. This year's edition saw enthusiastic participation across all categories from runners across the country. Ramdas Mestri won the 50K race at a time of 4:09 while Urmila Bane won the women's race at a time of 5:15:51. Many runners from Hyderabad participated in this event and made their mark on podiums in their age categories.



Western States Endurance Run (June 28-29)



The oldest 100-mile ultramarathon, the Western States 100 or the Western State Endurance run was held on June 28, 29. Caleb Olson came the overall winner at a time of 14:11:25 while Abby Hall was the women's winner with a time of 16:37:16. Popular ultrarunner and 3 time champion Kilian Jornet returned to this race after 14 years and came 3rd at a time of 14:19:22.

Pachmarhi Marathon – July 13



The Pachmarhi Monsoon Marathon (or marathon organised under MPT in Pachmarhi, MP) drew a field of long-distance runners from across central India seeking to test endurance under early monsoon conditions. The course wound through a mix of level roads and some elevated terrains typical of the Satpura region; humidity and intermittent rain made pacing a challenge more than pure speed. In the men's main category, Jitendra Patle from Nagpur claimed victory with a time of 3:26:52 and on the women's side, Rituja Madavi (Nagpur) won in 4:15:51.

Leadville 100 – August 9



The annual Leadville Train 100 Run was held on Aug 9, 2025. Set around rugged roads and trails near Leadville, Colorado, the race climbs and descends around 4800m. In the men's race, David Roche returned to defend his title with a timing of 15:12:30, a new course record. Anne Flower won the women's race with a time of 17:58:19.

Sydney Marathon (Aug 31)



Sydney Marathon, the latest addition to the World Marathon Majors, was held on Aug 31, 2025. The marathon passed through scenic routes starting in North Sydney, crossing the Sydney Harbour Bridge, and finishing at the Sydney Opera House. Hailemariam Kiros and Sifan Hassan were the winners in the men's and women's races, respectively. Kenya's Eliud Kipchoge finished 9th in the race at a time of 2:08:31.

Tata Steel Kapilash Half Marathon, August 2025

The Tata Steel Kapilash Half Marathon, held in the Koraput / Odisha region (since the "Kapilash" location is close to the Tata Steel operations in that area). The event attracted over 4,600 fitness enthusiasts, with entrants from various states. Its 21 km main race for men and women was the highlight, aimed not only at promoting fitness but also raising awareness about wildlife and biodiversity conservation in the region. The route is relatively hilly and scenic, passing through semi-urban and rural sectors, with rolling climbs and stretches offering views of forests and small water bodies, typical of eastern India's terrain. Organizers emphasized sustainable event practices—minimizing plastic waste, employing local volunteers, and ensuring good hydration and medical aid along the course.

Matterhorn Ultraks Extreme – Zermatt, Switzerland – 22-24 August 2025

The Matterhorn Ultraks Extreme is the flagship trail race of the Ultraks festival, part of the Merrell Skyrunner® World Series, held in Zermatt. The Extreme course is about 26 km in length with over 3,000 meters of elevation gain, including alpine terrain: rocky trails, glacier crossings, mountain lakes, and steep ascents/descents. It is technically demanding and scenic, highly regarded among elite mountain and trail runners for its rugged environment and dramatic views of the Matterhorn and surrounding peaks. It demands not just leg strength but trail-running skills across varied surfaces (rocks, ice, snow, steep inclines). William Boffelli (Italy), bagged the men's top title with a timing of 3:25:06 and Anastasia Rubtsova (Russia) claimed the women's top spot with a timing of 4:14:00.

FACTOID

HIROSHIMA SURVIVOR – BOSTON MARATHON WINNER

In 1951 the Boston Marathon was won and a course record set wearing these shoes.



Shigeki Tanaka grew up in Hiroshima prefecture. When he was 14-years-old, the US bombed Hiroshima. Tanaka saw the bright light from the Hiroshima atomic bombing from a faraway village, which made him hate the United States.

Tanaka became a prominent long-distance runner and in the year 1951 he ran the prestigious Boston Marathon which was regarded as the second-most prestigious marathon next to the Olympics. Tanaka wore a pair of Japanese traditional socks called "tabi". They were made from denim, and feature an interesting tread

His feet hurt, but he ran in the marathon with the words of his coach in mind, "Let's win and restore Japanese people's pride." En route to his victory, Tanaka triumphed over a star-studded field: future USA national champion John Lafferty placed second; Greek national champion and pre-race favorite Athanasios Ragazos was third, two-time Boston Marathon winner John A. Kelley finished sixth; and four-time Boston victor Gerard Cote was seventh. Considering the field, Tanaka's win is made even more impressive knowing that his margin of victory was three minutes and 30 seconds!



Toehold on Victory!

Spectators along the marathon course were exceedingly curious about the odd footwear worn by three of the Japanese runners.

Winner Tanaka, Koyanagi (5th) and Haigo (9th) wore white canvas-top shoes with rubber soles which had a split between the big toe and others, much like a mitten. Dr. Joseph Lelyveld, chief podiatrist in the Soden Building, said the technical term for them was "bifurcated" shoes.

Japan was still recovering in the aftermath of the war when he captured the marathon and this victory helped bring cheer to people in Japan who had lost hope. When he arrived in Japan, the parade to celebrate his victory held in Hiroshima Prefecture lasted as long as three hours. The people who came to attend the parade were so fervent that Tanaka even fainted at the end of the parade.

His victory was lean, disciplined, and poetic — not a challenge, but a message: survivors don't just endure — they rise.



NUTRITION

FOOD MATTERS: RUNNERS' EDITION

On how to ensure safe consumption of food this race season.

For runners, maintaining good health is crucial not only for performance, but also for consistency in training and recovery. While most athletes focus on nutrition for energy and endurance, food safety is often overlooked. However, even the most nutritious meal can become harmful if not handled, stored, or prepared correctly. Consuming contaminated or improperly stored food can lead to stomach infections, dehydration, fatigue, or even missed training sessions—outcomes no runner can afford. Whether you're training daily, preparing for a race, or travelling for an event, practicing food safety helps protect your gut, immune system, and overall well-being. Just as you carefully choose your shoes or training plan, giving attention to how your food is cooked, stored, and consumed is essential for long-term performance and health.



How to eat to avoid falling sick?

Falling sick due to contaminated or poorly handled food can disrupt training schedules, impact immunity, and even ruin race-day performance. Fresh, home-cooked meals are the safest option, especially when you're training regularly. Leftovers should be stored properly in clean, airtight containers and refrigerated immediately. Avoid reheating the same food multiple times, as this can allow bacteria to grow. Runners often rely on quick snacks like boiled eggs, protein shakes, fruits, and energy bars—these should be handled with care. Boiled eggs and cut fruits should be consumed within a few hours or kept cool until eaten, especially during hot weather or after workouts. When packing snacks for long runs or races, use insulated pouches or ice packs to keep perishable items safe.

Hygiene during food preparation is equally important. All fruits and vegetables should be washed thoroughly with clean water. Clean hands, sanitized cutting boards, and properly washed utensils prevent contamination that could lead to foodborne illnesses.

Runners with sensitive stomachs should avoid raw sprouts, unpasteurized dairy, or undercooked food, particularly before long runs or competitions, as these can increase the risk of stomach upsets.

Hydration is another critical area where food safety plays a role. Always drink clean, filtered water and avoid sharing bottles during training or races. If you're using electrolyte powders or making homemade sports drinks, ensure the containers are sterile and consumed within a safe time window. When travelling for a race or training camp, be extra cautious—carry dry snacks like roasted nuts and seeds, and avoid consuming food from unhygienic sources, especially street vendors.



What to do to help with recovery?

When a runner falls sick—whether due to an infection, fever, stomach upset, or fatigue—it's important to prioritize full recovery before resuming training. The body's immune system needs time and energy to fight off illness, so rest is the first and most important step. Adequate sleep, reduced physical exertion, and mental relaxation help the healing process. During this period, the focus should shift to easy-to-digest, nourishing foods. Light meals such as khichdi, curd rice, soups, steamed vegetables, and fruit are gentle on the stomach and provide essential nutrients. Hydration becomes even more critical during illness. Drinking plenty of warm water, herbal teas, and natural fluids like coconut water or homemade electrolyte drinks helps replenish lost fluids and supports healing. If appetite is low, small frequent meals with soft textures can help maintain energy without stressing digestion.

As recovery progresses, reintroduce protein sources like dal, paneer, tofu, soft-boiled eggs, chicken cooked with less spice etc. to rebuild lost strength. Runners should avoid processed foods, sugary drinks, and heavy meals during this time, as they can burden the digestive system and delay recovery. Only after all symptoms have resolved and strength has returned should any physical activity be resumed—and even then, it should begin gradually with walking or stretching before returning to intense training.

Listening to the body is key. Pushing too hard too soon can lead to relapse or prolonged fatigue. With mindful nutrition, hydration, and rest, most runners can recover well and return to their routine feeling stronger and more resilient.



Foods that help with immunity

A strong immune system is essential for staying healthy, recovering quickly from illness, and maintaining consistent performance, especially for runners. Certain foods are known to naturally strengthen the immune response by providing key vitamins, minerals, and antioxidants. Citrus fruits like oranges, lemons, and amla are rich in vitamin C, which helps stimulate white blood cell production and enhances the body's ability to fight infections. Turmeric, known for its active compound curcumin, offers powerful anti-inflammatory and antioxidant benefits, particularly when consumed with black pepper. Garlic and ginger are other common kitchen ingredients with natural antibacterial, antiviral, and immune-boosting properties. Probiotic-rich foods like curd and buttermilk help maintain a healthy gut, which plays a vital role in immunity, as a large portion of immune cells reside in the digestive tract.

Including zinc-rich foods such as pumpkin seeds, sesame seeds, and whole grains can further support immune function and aid in healing. Leafy greens like spinach, methi, and drumstick leaves provide iron and folate, while nuts and seeds offer vitamin E, a key antioxidant that supports immune cell health. Additionally, warm fluids like herbal teas, soups, and turmeric milk can soothe the body and improve nutrient absorption during periods of stress or illness. Incorporating these immunity-supporting foods into a balanced, home-cooked diet can significantly enhance the body's natural defense system, reduce inflammation, and help runners stay resilient year-round.



Author- Dr. Lahari Surapaneni

Nutritionist and Wellness Consultant, Nutrifulyou.



RUN-TITUDE MINDSETS OF A MARATHONER

RUN LIKE AN *****VERT!

for the Introverts and Extraverts and the Ambiverts amongst us...

As enthusiastic runners we know that running is as much about our mindset as it is about our muscles... and understanding what drives us is key to a meaningful and fulfilling running journey...

Ask yourself, **"Am I an introvert who loves the peace of solitary runs, OR an extrovert who thrives on community energy, OR an ambivert who enjoys a blend of both at times???"** Our personalities bring unique strengths to running and help us find motivation, set goals, and manage our mindsets.



So, check in with yourself to which of the above 3 "*****vert" types you relate to most and learn how to embrace who you are to improve your runs!

1.Be an Introvert-Runner: Cherish Focused Reflections

- be introspective, enjoy time alone, recharge in solitude, focus inward
- be aware of your form, breathing, and body alignment during runs
- go the distance and challenge your endurance with focus on technique and form
- be mindful and present with an inner locus of control and awareness
- enjoy the scenery, the trail, and beauty of nature and the environment
- find joy as you reflect and recharge without external distractions

Be that long-distance runner who loves the quiet of early morning runs... cherishing the chance to reflect on your thoughts, focus on your breathing, improve your form, practice mindfulness, be present in the moment, and find your rhythm without the distractions of a busy world!

Being an introvert-runner is very empowering and helps build resilience during long trail races or isolated routes or long training runs because their nature allows them to benefit from solo running nature to maintain motivation where others might feel isolated

2.Be an Extravert-Runner: Co-Create Community Energy

- Be social and enjoy external stimulation from runners in groups
- thrive in running clubs and events where you can gain energy from others
- enjoy the excitement of competition or the thrill of reaching group-related goals
- use energies from running buddies to push harder and achieve better timing

Be the fun-loving enthused runner participating in a lively marathon, drawing motivation from the cheering crowd. Live for the buzz of race days and group runs... gain motivation from group workouts, draw energy from running clubs and friends with similar goals, train with others to stay accountable and excited, and enjoy your competitive side as you push yourself harder when surrounded by the crowd's cheering!

Being an extravert-runner helps us feel more energized when around others and this can help us excel in high-energy environments like marathons or relay races where the crowd's energy and shared excitement, and friendly competition can fuel your motivation! Learn to thrive on community energy and use social connections, group goals, and public events as powerful motivators to achieve personal bests

3.Be an Ambivert-Runner: Enjoy the Best of Both Worlds

- Adapt and blend both introverted and extroverted traits
- be flexible in social and in solitary settings likewise
- balance training by thrive in both solo and group running scenarios
- equally train solo for introspection and when to engage with a group for motivation

Be the adaptive runner and uniquely adjust your mindset based on the race dynamics by balancing solo focus and group energy. Learning to shift between solo training runs and group sessions, making the most of both, is a powerful strength and you need to use it to its maximum

Being an ambivert-runner gives you the unique opportunity to alternate between quiet morning runs and joining friends for weekend group workouts! It helps you learn and appreciate the balance: to focus on your form and practice mindfulness during solo runs and enjoy the excitement and accountability that group runs can bring!

This versatility in training and running not only will help you pace yourself strategically and manage your mindset based on the race environment but also make you a resilient runner who can adjust well to any situation

Embrace Your Personality and Its Opposite to Enhance Your Runs

Running is a deeply personal journey... Whether you're an introvert, extrovert, or ambivert, knowing your personality can help you make the most of your runs. Not just by embracing what energizes you but also to choose and practice the opposite of what energizes you, to get used to it till it becomes a positive influence too!

So...

- Be an introvert-runner and embrace solo training for focus and introspection – seek quiet trails or scenic routes and fully immerse yourself in the experience!
- Be an extravert-runner and join a running club – participate in group events to fuel your motivation and choose races where the crowd energy can push you and keep you engaged
- Be an ambivert-runner and alternate between solo and group runs and enjoy the benefits of both
- use the group runs to motivate you on tough days and solo runs to focus and hone your technique

Enjoy the best of both worlds!

Dr. (h.c.) Revathi Turaga has 27+ 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



YOGA

RUNNERS AND MERUDANDA ASANA

Meru comes from the Sanskrit word meaning 'Spine'. Your spine tells your age, and runners are ageless. We runners consider ourselves forever young and energetic. If our spine suffers, we will not be as efficient as we would like to be and perform to the best of our ability.

Runners mostly focus on their lower and upper bodies but neglect some specific areas due to a lack of knowledge. Spinal health is one such area. In this edition, we discuss Merudanda Asana and how it helps a runner to strengthen and lengthen the spine as well as helping in becoming and staying a good runner.

Why should a runner practice Merudanda Asana?

As we discussed earlier, your spine says about your health and fitness. The more you run, the stiffer the body turns. Regular practicing of Merudanda Asana reduces the risk of common running related injuries. It helps a runner in-

- improving spinal alignment
- strengthening the core
- opening up the hips
- strengthening the hamstring.
- helps in getting rid of the tightness of the body.

It is important to note that this asana requires balancing and flexibility.

What are some of the other benefits?

- Strengthening of the lower back, realigning the spine.
- Helps in improving running posture.
- Helps in relaxing the knees.
- Improve balance, flexibility.
- Helps in improving digestion and gives relief from constipation if any.

How to practice Merudandasana?



Merudandasana is considered as an intermediate asana. A good warmup is mandatory before practicing any asana.

Spread the Yoga mat. After the warm up, sit on the mat. Spine erect, shoulder broad with knees folded. Now hold the right toe with your right hand fingers. Lift the right leg (without bending the knee but don't force) for five breaths. Drop the right leg. Hold the left toe with the left hand fingers. Raise it and hold for five breaths. Drop the left leg. Now hold the right toe with the right hand and the left toe with the left hand. Raise both the legs and spread them towards right and left. Try not to bend your knees. Gaze to the front. Keep the balance and hold it for 10 breaths. Practice it three times for ten breaths for better results.

PS: Never force and always practice under a certified Yoga Practitioner to avoid injury.

Author - Leena Roy
Certified fitness trainer and yoga practitioner



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