



OK SUMMER KIDS CAMP 2024

FIT BY 50

GHRF 2024:
THE MOUNTAIN KILLERS



CURRENT ACTIVITIES OF HYDERABAD RUNNERS

PARIS 2024: INDIAN ATHLETICS SQUAD AT PARIS

FACTOID
THE RUNNING MAN

THE MOUNTAIN KILLERS



PRESIDENT'S MESSAGE

Dear Runners,

Our Hyderabad Marathon Core team has dedicated nearly 5 months to organizing this year's marathon. Registration for various event categories is in full swing. This year, we aim to achieve World Label status in World Athletics, making our event an international platform with strong participation from athletes worldwide.

Race Director Rajesh Vetcha is leading efforts to ensure the event's success. Our Charity team collaborates with NGOs to raise funds and create awareness. I urge every runner to contribute to this noble cause. Many runners have already begun their training, and our Sunday Long Run groups (SLRs) are growing each week. Remember to train safely to avoid injuries before the marathon. With our popular course, we anticipate more Full Marathon Runners this year.

Let's run together towards a successful and impactful marathon!

Our 8-week Outdoor Kids Program (OK Kids) concluded on June 9th at Telangana Forest Academy, Dulapally. Approximately 1650 kids participated in their graduation ceremony. We partnered with 6 Government Schools, enabling 300-400 kids to embark on their fitness journey under the guidance of our coaches and mentors.

I extend my heartfelt congratulations to each child and their parents for embracing fitness and preparing for the upcoming academic year. The supportive staff at Telangana Forest Academy, Dulapally contributed to the grand success of this event, blending the city's convenience with the beauty of nature.

As we expand our school enrollment for Project Champion, I urge everyone to contribute more towards mentoring and driving this initiative forward. Together, we can make a lasting impact!

Keep moving forward, and let's continue making a positive impact!

Regards

Abhijeet Madnurkar

President,

Hyderabad Runners Society



EDITOR'S MESSAGE

Hola everyone,

Trust you're all well and are training well for our Hyderabad Marathon next month. Hope all those base miles are now turning into tempos and speed intervals just at the right time to taper a month from now. **Rundezvous** is back with a lot of action, content and information for you all - put your legs up (yes!) and get to each article one by one 😊

This edition has specials on our fellow runners who participated in the Great Himalayan Running Festival last month, a note on the OK Summer kids program, a short note on Dr. Satish who overcame obesity to run a marathon at 51 plus coverage of our Athletics squad at Paris 2024.

And, we have our regular features like the Runtitude and Train like a Pro to improve our running. In the Nutrition section, Lahari talks on hydration and nutrition strategies in the leadup to the Hyderabad Marathon while the Yoga article talks about Breathing for runners. Don't miss to read the factoid on **The Running Man, Robert Garside**. Solve the Crossword and send your answers now !!

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

Cheers !!

Editor,

Sunder Nagesh K



FIT BY 50

Transformation is a wonderful boon that runners get from the sport. We start this column with **Dr. Satish Reddy**, an orthopaedic surgeon at KIMS hospital for whom transformation was neither about losing weight nor getting in shape, but getting fit and healthy, and an eventual surprise of doing a full marathon



Dr.Reddy was neither immune nor surprised at the remarks about his weight gain by his family and friends. "It never strikes a chord", he says. He frankly adds that he doesn't really know what got him started, although he has cogitated over it when asked by several people in several ways. But he came up with a decision to get Fit by Fifty when he went to Sri Lanka with his friends.

He started by going to the gym, working out every alternate day and wanted to just see if he could sustain. Then he added walking on the other alternate days which progressed to jogging and then running. He started liking the latter a lot. Joining a group of runners from KBR park, was fun to hang out with, and it still keeps him going in spite of injuries.

As an orthopaedic surgeon, when asked about injuries, he says "It is never too late to start. I find a lot of people saying that you shouldn't run with backache or bad knees, and several such myths. Whatever medical condition one may have, the benefits of jogging outweigh the risks, and when done carefully under guidance/supervision of a trained person, there is nothing that stops you from walking or jogging. Because every day I see people coming to me with some problem or the other that they believe stops them. But I think they are all myths. If you look at the risk: benefit ratio, the benefit is much higher than the risk." He continues fitness routine despite his own injuries.

His first full marathon happened on his birthday, when he turned 51. He avers "It was good fun to celebrate my birthday amidst both known and unknown people, but all of them were runners 😊".

THE MOUNTAIN KILLERS

What does running at an altitude of over 5000 meters look like ? What does running for over 200 kilometers at such altitudes look like ? Recently, three of our runners participated in the 135 miler category at the **Great Himalayan Running Festival (GHRF)** that was held in mid June. Yes, **Jagdeep Singh, Mansing** and **Subham Mishra** from the Hyderabad Runners community ran for over 217 kilometers (135 miles) in the GHRF event organized by the Hell Race organization. According to their website, "THE HELL RACE hosts a series of the most incredible and challenging endurance races featuring offbeat trails and celebrated roads in India."



Along with the aforementioned 3 runners, **Sunima Dila** from our running community participated in the 80K and stood first (yes!).

So what went to run these crazy distances and how did the whole thing turn out ?

Sunder from the **Rundezvous** team spoke to **Subham** to understand a little more about everything that went into this event.

Training

Like all events, training is a crucial part of the setup. Jagdeep, Mansing and Subham trained for 12-14 weeks for the 135 miler. Their training consisted mainly of hill training (and lots of it). For the hill training, they chose the 'Movie Towers' route and made it their second home during the training period. They'd run consistently on the hills and focussed on Strength training as well. Their strength sessions would last for minimum 2 hours each and they'd have 3 such sessions every week. Yes, that's over 6 hours of strength training every week for a dozen weeks.

At the peak of their training, they'd run 135-150 kilometers per week and they 5-6 such weeks. Sounds crazy ? Yes, it is.

Distances such as these require a massive training cycle and they did their best in the 12-14 weeks they had.

Subham at UTMB Australia

During the training phase, **Subham** got an opportunity to travel to Australia to participate in the **UTMB Australia 100K** run which was a complete trail with an elevation gain of 4500 meters for the 100 kilometers distance.

It was held near Sydney in the Katoomba Blue mountains. Subham finished the 100K distance in 20 hours and 45 minutes against the cut-off time of 28 hours.

UTMB Australia was the last training run for Subham before the 135 miler at the GHRF.

While Subham was away in Australia for a week, Jagdeep and Mansing stuck to the Movie towers road in Hyderabad, and practiced all their runs there.



Subham with the UTMB Australia medal

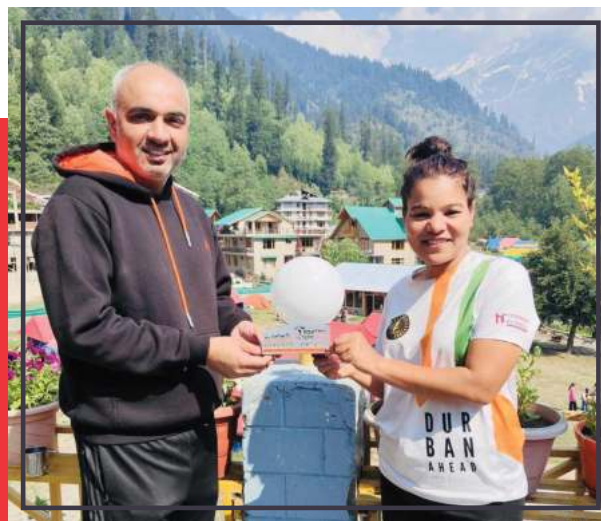
Nutrition

During the training, they used traditional means of hydration - a mix of lemon, jaggery and water and incorporated bananas as part of their nutrition. Plus, they added lots of protein as well in their training phase; for Protein is such an important component of one's nutrition plan. After their training runs, they relied on the Unived recovery protein mix to hasten their recovery.

GHRF

Sunima participated in the 80K category and stood first too. It was her first ever ultra marathon and she came out all guns blazing. She usually has a consistent training cycle and her disciplined approach over the years helped her conquer her first ultra marathon. She's also amongst the fastest women runners in Hyderabad currently.

What's even more fascinating is that she actually went to the event to participate in the 50K category but after reaching there she realized that it was 50 miles and not 50 kilometers. She decided to give it a go and lo, she won the event. What was a birthday vacation trip for her turned out to be an even more memorable one with her participating and winning her first ultra marathon. **And a new Ultra runner was born** (in her birthday week 😊).



Sunima being awarded the winners trophy

The GHRF event was held from 15th-23rd June starting from the Mall area in Manali.

The 80K category had 25 participants while the 135 miler and 480K distances had 4 participants each. It's heartening that of the 4 participants in the 135 miler category, 3 were from the Hyderabad Runners.

Sunima's run was on the 15th. She finished her run in 14 hours, 3 minutes and 6 seconds. She was the first amongst the women participants.

Jagdeep, Mansing and Subham started their run from the Mall Road in Manali at 10:00 PM on the 17th June. They had a cut-off of 45 hours for the 135 miler. The intermediate cut-offs were at 80K (16 hours) and at 115K (22 hours).

Jagdeep finished his run in 42 hours and 3 minutes and 46 seconds. He is also the first Indian winner of the 135 miler. **Mansing** and **Subham** finished their runs together in 44 hours and 58 minutes (yes, just 2 minutes before the cut-off time).

The overall elevation in the 135 miler category was 5500+ meters. The run finished at Sarchu on the 19th.



Jagdeep Singh

To adapt themselves to the conditions, all of them traveled to Manali 10 days before the event for acclimatization.

All in all, it was a very good event for all four of them and here's hoping that they win many more laurels and trophies in the days to come. Best wishes from all of us :)

FUN WITH OK SUMMER CAMP

Hyderabad Runners Society (HR) organized the grand finale, the graduation run, for the **Outdoor Kids (OK) Summer Camp** at the Telangana State Forest Academy, Dulapally on 9 June 2024. The venue was buzzing with the excited chatter of the kids from across Hyderabad. It was the culmination of the 2-month long summer camp organized by Hyderabad Runners.

The event saw 1100 kids participating and completing a distance of 4km within the Forest Academy. The kids belonged to different age groups of 11-14 years, 8-10 years and 6-8 years. The 8-week program started from April 15 to June 9, 2024 and many gated communities were part of it.

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. This volunteer-driven program has been a great success and over the years it has seen the participation of kids from various communities increasing.

Outdoor Kids (OK) Summer Camp is a couch-to-playground project that promotes the HR core vision of "physical activity and healthy lifestyles" among the children outside of school time. The goal of this program is to make kids mentally and physically aware of themselves and their strengths.

As a parent and a volunteer who has been part of this program, it is easy to vouch for the success of OK Summer Camp. During the summer vacation when kids tend to get lazy and get into the mode of sleeping late and getting up late, the kids who enroll for this program show zeal and enthusiasm.

Under the OK summer camp, free training was also provided to a few Government schools. Some of these schools are already part of another HR initiative, i.e., the **Project Champion**. HR in partnership with NGOs, **Kriti Social Initiatives** and **Chotuu Ki Education**, worked with children from four Government schools to be part of the program and gain benefits from it.

The four Govt. schools where HR organized the camp include:

NBT Nagar Govt School, Banjara Hills
Film Nagar Govt School
Shaikpet Govt School
Matrusri Nagar Govt School

Along with the kids from these 4 government schools, kids from an off-school center (in Miyapur) were also trained as part of the OK program. Kids from these schools participated in the summer camp and were trained by physical education trainers deployed by the Hyderabad Runners. The kids also played traditional games like Kho-kho, Kabaddi as a group. All in all, it was heartening to see the social impact of such a program and the joy it brings to the tiny tots.



INDIAN ATHLETICS SQUAD AT PARIS 2024

Come July 26th, the world's eyes will be on Paris and the XXXIII Olympics. Paris shall be the cynosure of the world's eyes for the next fortnight as approximately 10,714 athletes from 206 nations battle it out in 329 events across 32 sports.

Athletes see their olympics performance as a milestone in their careers, even those who've won the top events in their respective sports. The charm of the Olympics is something that any athlete would want to remember for their lives. While for some, the Olympics would be the beginning of their career while for some others, it could be the swansong.

Approximately, 5084 medals have been made for the games and around 45,000 volunteers from around the world are a part of this sports extravaganza.

This time around, India is sending **117 athletes** (approximately) to Paris 2024; this includes 66 men and 46 women athletes. They shall be competing in 16 different sports. **Achanta Sharath Kamal** and **PV Sindhu** shall be the flag bearers for the Indian contingent at Paris 2024.

On the Athletics front, India is fielding 29 athletes across 16 disciplines. All eyes will definitely be on **Neeraj Chopra** and **Avinash Sable**. **Parul Chaudhary** will also be keenly watched and so shall be the athletes from various disciplines.

Here we take a look at the athletics contingent that India is sending to Paris 2024 with the sport they are representing.

Indian Athletics contingent at Paris 2024

Women's 4*400 meters Relay

Jyothika Sri Dandi
Subha Venkatesan
Vithya Ramraj
MR Poovamma
Prachi

Women's 3000 meters Steeplechase

Parul Chaudhary



PARUL CHOUDHARY

Women's 5000 meters Steeplechase

Parul Chaudhary
Ankita Dhyani

Women's 100 meters Hurdles

Jyothi Yarraji

Women's Javelin Throw

Annu Rani

Women's 400 meters

Kiran Pahal

Women's 20 kilometers Racewalk

Priyanka Goswami

Racewalk mixed marathon

Priyanka Goswami

Men's Javelin Throw

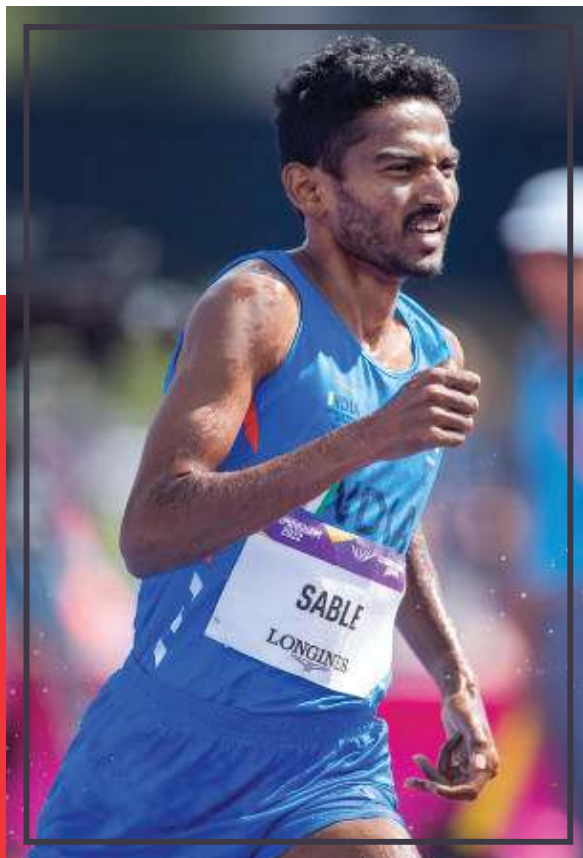
Neeraj Chopra
Kishore Jana



NEERAJ CHOPRA

Men's 3000 meters Steeplechase

Avinash Sable



AVINASH SABLE

Men's Shot Put

Tajinderpal Singh Toor

Men's Long jump

Jeswin Aldrin

Men's High jump

Sarvesh Kushare

Men's Triple jump

Praveen Chithravel
Abdulla Aboobacker

Men's 4*400 meters Relay

Muhammed Anas
Muhammed Ajmal
Amoj Jacob
Santhosh Kumar Tamarasan
Rajesh Ramesh
Mijo Chacko Kurian

Men's 20 kilometers Racewalk

Akshdeep Singh
Vikash Singh
Paramjeet Singh Bisht

Here's wishing all of them the very best at the Olympics 😊

Courtesy:

With inputs from
<https://x.com/sportwalkmedia/status/1814311932549317000>
 Parul Chaudhary's picture:
<https://x.com/narendramodi/status/1709230216147869715>
 Neeraj Chopra: <https://www.gettyimages.in/photos/neeraj-chopra>
 Avinash Sable: <https://www.gettyimages.in/photos/avinash-sable>

UPDATES FROM NMDC HYDERABAD MARATHON 2024 POWERED BY IDFC FIRST BANK



- Event dates: 24th & 25th August
- Regular registrations are closed
- Corporate and Charity registrations are closed now
- We expect around 24,000 runners this time around for the event
- The event has obtained a **World Athletics label** this year
- We're expecting international runners from far and wide to join this event

Categories: 5K, 10K, half-marathon, Marathon

- The **Telangana Government**, led by the Chief Minister Mr. **Revanth Reddy** has been a great support, like always

- **Philanthropy** has been a key focus this year with nearly 40 lakhs raised on our website till date

- There are **14 NGO partners** this year as part of the Philanthropy initiative

- Individual fundraisers and corporates have come forward to fundraise and donate for the Hyderabad Marathon this year

- Additionally, **Arcesium** has come forward to donate 4.5 lakhs each to 4 of our NGO partners through the Hyderabad Marathon this year

- Also, **Procter & Gamble** has come forward to donate 1.5 lakhs each to 2 NGO partners this year

- And, **Natco Pharma** has come forward to donate 1.5 lakhs each to 2 NGO partners this year

- The **fundraising initiative is open till 30th September, 2024**. Runners and readers are invited to donate to the various NGOs via our Philanthropy initiative and help us touch more hearts

- **WhatsApp channel for the event:**

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

Corporate Talks

As part of the corporate engagement initiative to motivate employees of corporates in Hyderabad, senior runners from the Hyderabad Runners visited a couple of corporates. On 1st June, **Anand Raman** from the **LB Nagar Runners** spoke to the employees of **Sigachi Industries**. On 12th June, **Chaitanya** and **Deepthi Seshadri** from the Alwal Runners spoke to the employees of **Verisk**.



CURRENT ACTIVITIES OF HYDERABAD RUNNERS – MAY

1. Chudailathon midnight run

Date: 05th May, 2024

Location: KBR Park

A midnight madness that began in 2012 when a few runners wanted to run their first marathon in training, they started at midnight and ran like Chudails 😊. What started with 5 people then has now given way to a unique run where some runner dress like chudails too 😊

Over 120 runners participated in this year's edition of Chudailathon.

The run was supported by volunteers from the Sanjeevaiah Park Runners and Indira Park Tribe.



2. Sunday Long Run – Rabbit's Park

Date: 12th May, 2024

Location: Rabbit's park, Lal Bazar, Trimulgherry

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



3. Sunday Long Run – IDL lake, Kukatpally

Date: 12th May, 2024

Location: IDL lake, Kukatpally

Over 70 runners participated in the Sunday long run hosted by the IDL lake Runners.



4. Sunday Long Run – Serene Park

Date: 19th May, 2024

Location: Aparna Serene Park, NCB Enclave, Gachibowli, Hyderabad.

Over 70 runners participated in the Sunday long run hosted by the Serene Park Runners.



5. Hyderabad Runners Anniversary Run

Date: 25th May, 2024

Location: Sanjeevaiah park, Hussain Sagar lake

The 17th anniversary of the Hyderabad Runners was hosted inside the precincts of the Sanjeevaiah Park on the 25th May. Hyderabad Runners Society was born in 2007 and since then, it has grown in leaps and bounds, all thanks to the Boundless energy and camaraderie of everyone in our community.

Over 350 runners participated and on this occasion, all of them ran a 5K inside the park premises. The run was followed by a celebratory cake cutting ceremony. Breakfast was also served to all the runners, volunteers and the staff of the Sanjeevaiah park. Thanks to the volunteers of the Sanjeevaiah Park runners group for hosting everyone.



6. Meeting of NGO partners of the Hyderabad Marathon 2024

Date: 25th May, 2024

Location: Hyderabad Runners Society office, Manikonda

A meeting of all the NGO partners of the Hyderabad Marathon was held on 25th May. Representatives from all the NGO partners attended the meeting and they were briefed of the Philanthropy initiative at the Hyderabad marathon this year and also were taken through the various ways in which the NGOs can raise funds for themselves. Organizing team members and a few mentors of the Hyderabad Runners chapters also attended the meeting.



7. Sunday Long Run - HMDA layout, near Nagole metro station

Date: 26th May, 2024

Location: HMDA layout, near Nagole metro station
Over 50 runners participated in the Sunday long run hosted by the Uppal Runners.



8. Sunday Long Run - My Home Krishe

Date: 26th May, 2024

Location: My Home Krishe (On Vihanga Road), Gachibowli

Over 70 runners participated in the Sunday long run hosted by the My Home Krishe Runners.



9. Ulf Saletti visit

Date: 02 & 03rd May, 2024

Location: Hyderabad

The NMDC Hyderabad Marathon 2024 powered by IDFC First Bank is now a **World Athletics labeled event** and **Mr. Ulf Saletti** from Sweden was invited to oversee the arrangements. Ulf is a highly motivated and impactful sports professional with over 50 years of experience in sports administration with a passion for Athletes' Development and participation in international events.

He's currently serving as athlete liaison for the **Diamond League** BAUHAUS-Galan in Stockholm, Sweden. He has been the race director of the Stockholm Marathon multiple times.

Hyderabad Runners Society invited Ulf to view the Hyderabad Marathon preparations; he also met the various stakeholders for the event. A route recce of the Marathon route was also conducted.



CURRENT ACTIVITIES OF HYDERABAD RUNNERS – JUNE

1. Special SLRs commemorating the World Environment Day

Date: 02nd June, 2024

Location: OU Campus & Nallagandla lake

On 2nd June, Hyderabad Runners organized its two SLRs commemorating the World Environment Day. These SLRs were zero waste runs - Steel glasses were used to serve water and FastnUp to the runners, thereby avoiding 500 paper cups(plastic) going to landfill. Fruits were served on steel and leaf plates. Only organic waste was produced, and the discarded peels were placed at the bases of trees to act as compost. Coconut water was served without plastic straws, thereby avoiding over 200 plastic straws. The SLRs had banners made of cotton cloth and reused cardboard eco-pledge boards were put up for runners for runners to commit to a few pledges. Bamboo brushes were on offer for old plastic brushes in exchange. Few eco products were on sale and runners lapped them up. Saplings were also offered at both the SLRs. Over 200 runners participated in total in these two SLRs. Volunteers from LB Nagar RUnners, Osmania University Runners, Nallagandla Runners, volunteers from DHA3R NGO and ENY(Earth Needs You) were all involved in volunteering for these SLRs.



2. OK Summer Camp

Date: 09th June, 2024

Location: T.S. Forest Academy, Dulapally

The Outdoor Kids 2024 (Summer camp 2024) was successfully held for 8 weeks and it culminated in a memorable finale at the TS Forest academy in Dulapally. Kids from 6 to 13 years trained at 13 locations through these 8 weeks; at the finale, 950 kids participated and finished their runs. After their runs, they were given a finishers medal. This included 280 kids from 4 government schools and one off-school center who were trained by physical trainers appointed by the Hyderabad Runners through the duration of the program.

Picture to be used: OK summer camp.jpeg



3. Project Champion 2024

Date: 09th June, 2024

Location: Government schools, Banjara Hills

Extending the annual Outdoor Kids (OK summer camp) program to the government schools, Hyderabad Runners trained around 300 kids from 5 government schools in the Banjara Hills area. An additional off-school center having underprivileged kids at Miyapur also was included as part of the program. Physical trainers were appointed by the Hyderabad Runners to train these kids for 6 weeks and they trained the kids at their respective locations. At the finale of the OK Kids program, Hyderabad Runners gave these kids school shoes and bags for the new academic year. All this is a part of the Project Champion program, a pet initiative of the Hyderabad Runners to take physical literacy to all the sections of the society.



4. Hitex Promo Run

Date: 16th June, 2024

Location: Hitex Campus, Hitec City

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



5. Sareethon 2nd edition

Date: 16th June, 2024

Location: Mokila, Shankarpally

Hyderabad Runners supported the 2nd edition of the Sareethon event at Mokila on the outskirts of the city. 3K and 5K runs were conducted in which women participated with full gusto in their best sarees. Over 300 women participated in the event. Hyderabad Runners sponsored the Medals to the participants. A CPR session was also conducted as part of the event.



6. World Yoga Day

Date: 21st June, 2024

Location: Hyatt place, Banjara Hills

On the international Yoga Day, Hyderabad Runners organized an online Yoga session that had over 300 participants doing different yoga asanas, all together. The event was broadcast from Hyatt place, our hospitality partner for the NMDC Hyderabad Marathon 2024 powered by IDFC First Bank. At the Hyatt, 25 women runners performed Yoga together along with the online attendees.



7. Monthly meetup run - Mountain Conquerors

Date: 29th June, 2024

Location: KBR Park

Monthly meetup runs are an important initiative to foster interactions amongst different runners. The monthly meetup run for June was organized at the KBR park where runners got to meet the 'Mountain Conquerors', quite literally so. Our fellow runners who participated in the GHRF (Great Himalayan Running Festival) in Manali were invited to speak. **Jagdeep Singh, Mansing** and **Subham Mishra** from the Hyderabad Runners community ran for over 217 kilometers (135 miles) while **Sunima Dila** finished 80 kilometers (50 miles) at this run.

This meetup run was also the farewell run for **Mani Deep**, the mentor from the KBR park Runners group. He's been an important part of the group and has led many activities. 55 runners joined for a 5K run inside the precincts of the KBR park - this was followed by a tete-a-tete with these achievers.



8. IDFC First Bank Heritage Run

Date: 30th June, 2024

Location: Taramati Baradari, Ibrahimbagh

The IDFC First Bank welcomed all the runners for a Heritage Run, the special SLR on the 30th of June. Over 800 runners and volunteers participated in this run. Runners participated in categories like 5K, 10K, 16K and 29K. The run was flagged off by Mr. Prakash Reddy, IPS (Managing Director, Telangana Tourism) and Mr. Ganesh Kodur (Cluster Head for Hyderabad, IDFC First Bank). Ms. Anuradha Reddy of INTACH led a couple of heritage walks for the runners after the run(s). She took runners around the Taramati Baradari explaining the history and culture behind the place and the life of the Nizams of Hyderabad. As a token of their support, IDFC gave mobile phone holders to all the SLR participants.



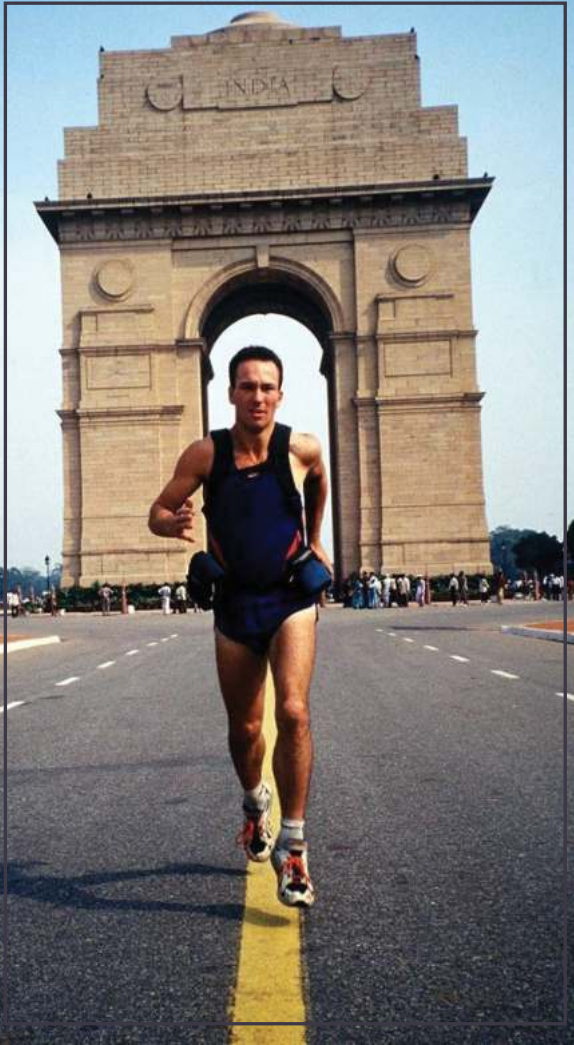
FACTOID

THE RUNNING MAN

In 1997, British runner **Robert Garside** set out from India Gate, New Delhi, India, to run around the world. It took him 6 years– from the 20th of October 1997 to the 13th of June 2003! While traversing the world over five years and eight months, Garside ran across 30 countries on six continents, covering more than 48,000 km.



This feat was mired in controversy as Garside wasn't a known name in the running world and people, media doubted if he actually accomplished this feat. Guinness World Records, who spent several years evaluating evidence, declared it authentic and the record was officially bestowed on Garside on 27 March 2007 at a ceremony in Piccadilly Circus, London, England.



During his 6 year period of running around the world, Garside was

- Embroiled in Afghanistan's civil war
- Jailed in China on suspicion of espionage
- Attacked with stones and axes
- Running for three days without eating anything
- In Panama, he was held hostage at gunpoint, whilst two men tried to steal his backpack.

Whilst running through Venezuela, Garside met Endrina Perez, who would later become his wife.



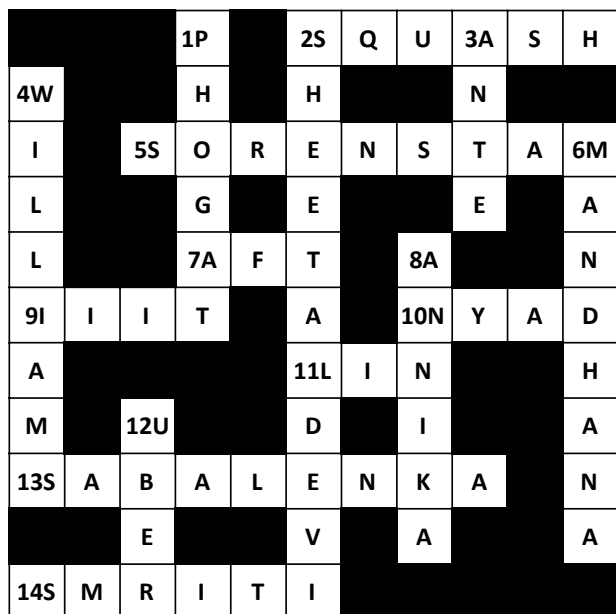
It's not something you want to rush. You want to go the long way. You want to see stuff. This is the world...

— Robert Garside

Source: Wikipedia, Runners World

CROSSWORD #19

WOMEN'S DAY SPECIAL



ACROSS

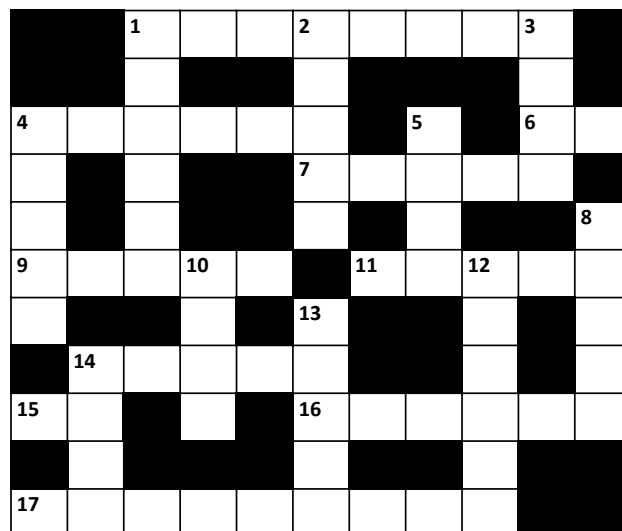
2. Joshna Chinappa, Dipika Pallikal and Akanksha Salunhke -all excel at this game! (6)
5. See 8 Dn
7. How a sailor would refer to the afterdeck. (3)
9. One of the premier institutes in India for Information Technology. (Abbr) (4)
10. The long distance swimmer and her film by the same name. The Guinness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

DOWN

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

CROSSWORD # 20

OLYMPICS SPECIAL



ACROSS

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

DOWN

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

NUTRITION

POWERING YOUR JOURNEY

8-WEEK MARATHON TRAINING NUTRITION AND HYDRATION



Preparing for a race whether it is your first 5K or a 10K or a Marathon, conquering a target distance is a monumental feat, demanding peak physical fitness and meticulous planning. While logging the miles is crucial, fuelling your body with the right nutrition and hydration strategy is equally important. This guide will equip you with an 8-week training plan and essential tips for race day.

Building Your Base: Weeks 1-4

Focus on building a solid nutritional foundation. Here's what your plate should look like:

Carbohydrates: Being your primary energy source, you should get 60–70% of your total calories from carbs. For someone who needs to take 2000 calories per day, this translates to about 300 g of carbohydrates in a day. Prioritize whole grain-based foods such as single polished rice, brown rice, millets, wholewheat atta made rotis etc., fruits, and starchy vegetables (plantain/green bananas, potatoes, sweet potatoes, colocasia/arbi).

Protein: Essential for muscle repair and recovery. Aim to get at least 1 g per kg of your body weight daily. It is important to have at least one source of protein in every one of your meals, whether it is a big meal like lunch/dinner or a lighter meal like a snack. Eggs, chicken, fish, beans, lentils, and dairy products like hung curd, low fat milk, and paneer are excellent choices. If you want to avoid animal-based protein, Soya derived products like soya chunks (meal maker), tofu, tempeh can be easy replacements. In cases when protein needs cannot be met by the foods alone, adding a supplement will help achieve the protein goals for the day

Fats: Fats provide sustained energy and support hormone function. Sources of fats are extremely important in determining the health outcomes. Plan to get most of your daily fats from healthy fat sources of nuts and seeds. A small portion of fat anyway adds up from the cooking oils we use. Make it a habit to consume a fistful of nuts and seeds like peanuts, almonds, walnuts, pistachios, cashews, pumpkin seeds, melon seeds etc. daily. These not only make filling snacks because of the healthy fats, moderate amount of protein and fibre, they are also excellent sources of vitamins and minerals like B6, B9, magnesium, zinc, copper, selenium, potassium – to name a few.

Fibre: This often neglected or under consumed nutrient is important to maintain gut health and also offers plenty of other health benefits like keeping the heart healthy, protecting against certain types of cancers, managing blood pressure and such. Best sources are minimally processed plant-based foods like fresh fruits, vegetables, leafy vegetables, whole grains, lentils, beans. Do not forget to add a salad, add some greens to your meats/lentils and eat your fruits daily.



Hydration is Key: Aim for 8–10 glasses or 2–2.5 liters of water daily, adjusting based on your activity level and climate. Monitor your urine color – pale yellow indicates adequate hydration. Increase hydration as per the weather conditions and your training time as well as intensity. Adding electrolytes is also a good idea when you are training for longer distances.

Week 5 and Beyond: Upping the Ante

As training intensifies, your calorie needs increase. Here's how to adjust:
Increase Carbohydrate Intake: Gradually bump up your carb intake to 70–80% of your daily calories.



Pre-Run Snack: Include a small, easily digestible snack 30-60 minutes before runs (banana or an apple with peanut butter, A slice of bread or small roti with peanut butter, few dates or raisins).



Post-Run Recovery: Refuel within 30 minutes with a mix of carbohydrates and protein (our regular non-fried breakfast choices along with some eggs, paneer, sprouts, lentils etc.).

Perfecting Your Race Day Strategy:

The Day Before:

Carbohydrate Loading: Aim for moderate carb loading 2-3 days before the race. Don't go overboard; focus on complex carbohydrates like rice, poha, pasta dishes with vegetables and lean protein or lentils.

Hydration: Continue consistent water intake throughout the day.

Practice Makes Perfect: Have a familiar dinner, similar to what you plan to eat pre-race.

Avoid any new foods and also reduce very fibrous foods like leafy vegetables, cabbage, broccoli and such to prevent the risk of slowing down the process of digestion.

Race Day:

Pre-Race Meal: Depending on your race start time, eat a carbohydrate-rich meal 3-4 hours before the start if possible. Consider oatmeal, toast with eggs, or poha without veggies. If your early start time does not make it feasible for a meal like that, just aim to take an easily digestible snack like banana, peeled apple, dates, raisins about 30-60 minutes prior to your start time.

Hydration: Start sipping water 2-3 hours before the race. Aim for 100-120ml water every 15-20 minutes.

Fuelling During the Race: Develop a fuelling plan and practice it during long training runs. Aim for 200-300 calories per hour, using sports drinks, gels, chews, or fruits like bananas.

Electrolytes: Replenish electrolytes, especially during hot weather, with sports drinks or electrolyte tablets.

Remember: Experiment during training to find what works best for you. Listen to your body, adjust your plan as needed, and don't be afraid to seek guidance from a qualified dietitian or sports nutritionist. With proper fuelling and hydration, you'll be well on your way to conquering your marathon journey!



Dr. Lahari Surapaneni

NUTRITIONIST AND WELLNESS CONSULTANT, NUTRIFUL YOU

RUNNING NEWS

FROM AROUND THE WORLD – MAY & JUNE

May 2024:

Bir Billing Half Marathon: This year's Bir Billing Half-Marathon was held on 19th May. It saw enthusiastic participation from all runners who wanted to escape the summer heat. **Om Prakash** won the men's race with a superb timing of 1:49:07 while **Rachel Thompson** topped the women's race at 1:59:50.

Whitathon Hyderabad 2024: One of the popular races of Hyderabad, the 6th edition of Whitathon was held at University of Hyderabad campus on 19th May. **Kamlesh Jat** won the men's 10K event with a timing of 36:17 while **Suparna Das** won the women's event with a timing of 50:08.



Prefontaine Classic: This is a classic track and field meet at Hayward Field on the campus of the University of Oregon in Eugene, Oregon, United States. This year's event was held on 25th May. The men's **Bowerman Mile** race was keenly watched as it got rivals **Josh Kerr** and **Jacob Ingebrigtsen** head to head after a year. **Josh Kerr** emerged the winner of the race, beating Jakob Ingebrigtsen with a timing of 3:45:54, a new British record.



June 2024:

Western States Endurance Run (WSER) 2024: The Western States 100-Mile Endurance Run is the world's oldest 100-mile trail race. The Run starts in Olympic Valley, California, near the site of the 1960 Winter Olympics, and ends 100.2 miles later in Auburn, California. This year's race was held on the 29th & 30th June. **Jim Walmsley** grabbed the trophy in the men's category with a stunning timing of **14:13:45**. In the women's category **Katie Schide** sealed the deal with **15:46:57**. Both ran their second-fastest times ever for winning in the men's and women's races, respectively,



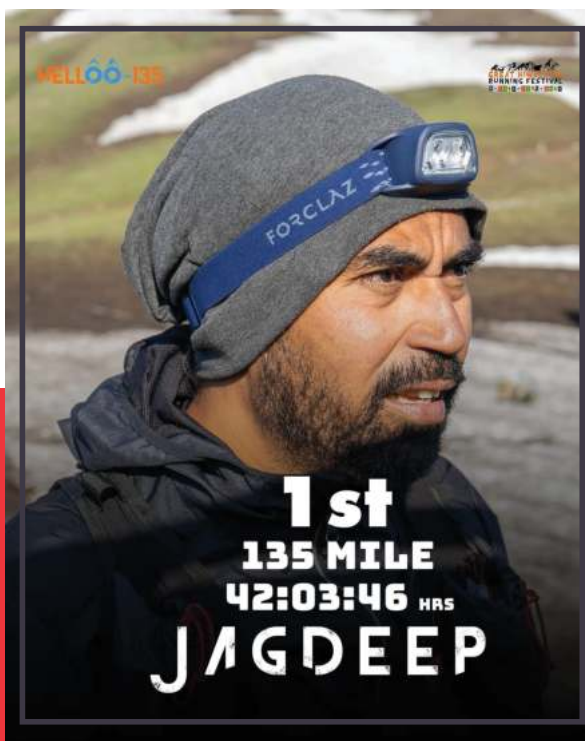
Sinhagad Epic Trail 2024: This is an action-packed monsoon trail run that takes the runners through the most beautiful route set in the Ghera of Sinhagad fort, which is known as Lions Den of the Sahyadri Mountain Ranges. This year's race was held on the 29th June and **Vishal Valavi** won the winners medal in the Marathon category with a striking timing of 05:14:12.



Great Himalayan Running Festival (GHRF): THE HELL RACE organizers host a series of the most incredible and challenging endurance races featuring offbeat trails and celebrated roads in India. The GHRF race consists of:



HELL ULTRA – covers a whopping distance of 480 Km through the Leh-Manali highway.



HELL-00-135 – a first 135 miler race in India that starts from Manali and scales up to Rohtang La, Baralacha La, and Nakee La.

HIGH 5s – 5 Stage FMs to Leh – a platform for seasoned runners to get the taste of high altitudes by running 5 FMs on 5 consecutive days from Manali to Leh.

ROHTANG EPIC – an ultimate ultra running experience that offers a 50 miler (80KM) and a 50 KM race starting from Manali and going all the way up to the Rohtang Pass.

This year, the GHRF was hosted from 15th- 23rd June. **Binay Sah** stood first in the ROHTANG EPIC 50 miler with a splendid timing of **09:59:42**. **Sourav Goswami** stole the show in the HIGH 5s by completing it in an impressive timing of **32:02:13**. **Jagdeep Singh** shined as the sole finisher of the HELL-00-135 with a timing of **42:03:46**. In the HELL ULTRA category, **Peter Toldi** came first with a striking timing of **104:33:30**.

RUN-TITUDE

MINDSETS OF A MARATHONER RUNNING WITH NACH AND NAF

My runner friend asks, “Now Revathi, running with MAF, we all know but whatever in the world are Nach and Naf!!!!???”

“Well,” I say, “Nach and Naf are 2 human motivation tendencies that Atkinson and McClelland came up with in the Achievement Motivation theory!”

“Yawn, boring!” says my friend, “Just tell me how it relates to running!”

Here’s how....

Think about how we set running goals and running targets, just like we set all our other goals and targets. We usually go one of two ways...

- The Need to achieve (Nach)
- The Need to avoid failure (Naf)

We all have both these characteristics but some of us skew more towards one than the other.

Now, at first glance, it might seem that a runner with a combination of **high Nach** and **high Naf** is the way to go... that they would do whatever it takes to achieve their targets and do whatever it takes to avoid failure! So many of us would want this combination of attitude, and that is where we would be wrong!

Runners with a **high Nach** tend to set big challenges of distance or pace, tend to be open to taking feedback from others and by self-reflection, have high task persistence, take risks, and are not afraid of failure. We obviously want to have a **high Nach** for ourselves as we run.

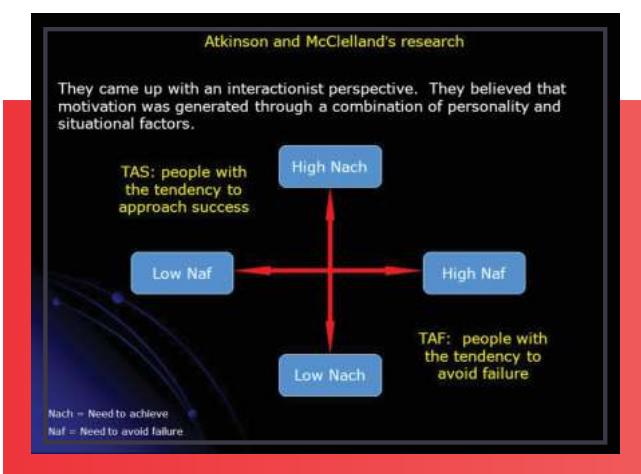
Runners with a **high Naf** tend to take things step by step, move slowly, look at external hurdles for any non-achievement, may choose to back off and change goals when failure seems imminent, and may be more cautious while setting goals. And this is why a **high Naf** is not really the ideal combination with a high Nach.

However, runners with a **low Naf** tend to be more willing to take risks and test the waters out in a manner of speaking. They understand that failures are stepping stones to success and instead of feeling frustrated over a DNF or over more time than planned, they tend to introspect and rework their thinking and training regime to move forward. Hence, runners with a **low Naf** are the ideal match for a **high Nach**.

Next time you run, think – are you at this time running with a combo of **high Nach and low Naf** along with whatever ideal MAF you are planning for! Constantly ask yourself,

What can I do to increase my Nach?
What can I do to reduce my Naf?

And then this, can get you the best combo ever to keep achieving success day after day!



Revathi Turaga

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”.

Of course, runners with a **low Nach** do not think much and just run as they feel like and when they feel like. Though this may sound nice to hear, it also may mean lack of consistency and discipline which often leads to lack of focus and lapse from the runners’ side.

TRAIN LIKE A PRO

UPPER BODY STRENGTH WORKOUT FOR RUNNERS

We as runners focus primarily on running (Obviously 😊) and lower body (We love our Hamstring, Quads and Glutes 😊) /core (maybe /Maybe-not) strength. But we completely forget that arms/back and chest also need attention on our strength training/cross training days. Absolutely, incorporating upper body strength and conditioning exercises into a runner's routine can have significant benefits.

Below are the ways in which our running will benefit from adding upper body strength and conditioning exercises in our routine.

Balance and Stability: A strong upper body helps maintain balance and stability while running, especially during longer distances or on uneven terrain. This prevents excessive swaying or twisting, which can lead to wasted energy and increased risk of injury.

Posture: Good posture is crucial for efficient running form. A strong upper back and shoulders help keep the torso upright and prevent slouching, better breathing, reducing strain on the lower back and hips.

Arm Drive: Proper arm movement helps propel the body forward and provides momentum, especially during sprints and uphill climbs. Strong arms contribute to a powerful arm drive, which can improve running efficiency and speed.

Endurance: Upper body strength helps delay the onset of fatigue by providing additional support to the body's core muscles. This can improve overall endurance and help maintain form throughout longer runs. It keeps our lungs open for better breathing.

Injury Prevention: Building upper body strength can help prevent injuries by creating a more balanced musculature. Strong shoulders, back, and arms support the body's structure and reduce the risk of overuse injuries in the lower body. Back strengthening stabilizes the spine and prevents any inefficient movements which reduces the chances of injury.

Power Transfer: Strong upper body muscles contribute to the overall power transfer from the upper body to the lower body during running. This translates to more forceful and efficient strides, particularly when sprinting or climbing hills.

Here are some sample Upper Body Exercises which can be incorporated in your Strength training regime.

Instructions

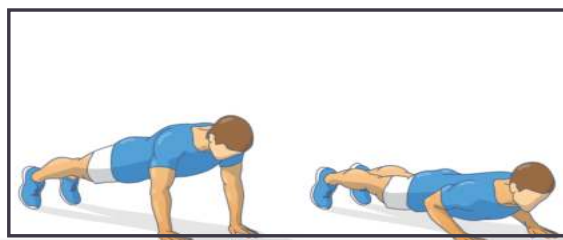
Make sure you do not skip warm-up or cooldown before and after the workout.

Perform 3 sets of 8-12 reps at least once or twice a week, with the dumbbells/ barbells or resistance bands. Increase the intensity for the workout by increasing the weight you are lifting, or by using a stronger resistance band.

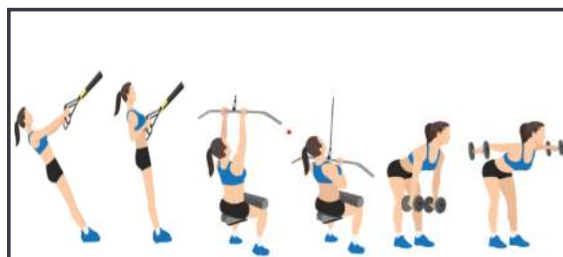
Make sure your exercise form is not compromised while maintaining the full range of motion. Reduce the reps or weights if you are not able to maintain the correct form. If you feel pain or discomfort, do not continue, and seek a medical opinion.

Exercise list-

Pushups – It strengthens the chest, shoulders, and arms to improve posture and arm drive while running.



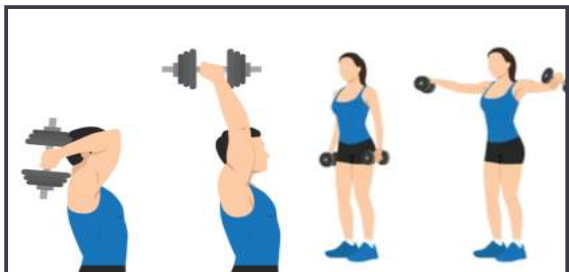
Inverted Rows / Lat Pulldown/Bent over Reverse Fly – It strengthens the muscles of the upper back and improving posture, which can benefit runners by enhancing stability and reducing the risk of injury.



Pics Courtesy- <https://www.shutterstock.com/>

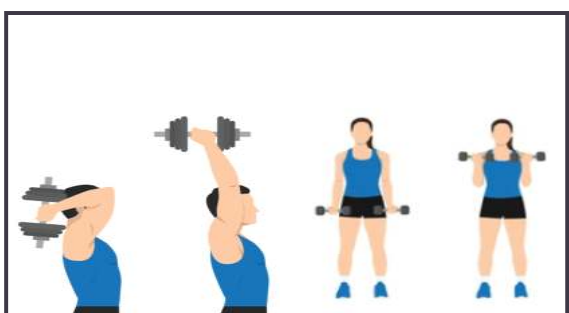
Overhead triceps extensions- It strengthens Triceps which prevent your shoulders from rolling forward. This in-turn helps to increase the explosiveness of your arm swing; in other words, the power with which you drive your arm backwards.

Lateral Raises- It strengthens Deltoids which helps to keep your shoulders aligned in your shoulder joints.



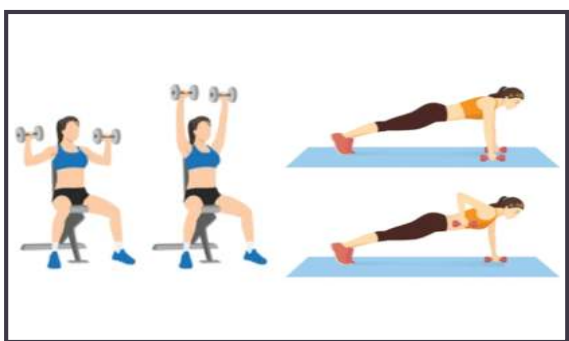
Biceps Curls- It strengthens Biceps. The strong arms help to improve the efficiency of your arm drive and help to transfer more power to your legs.

Weighted running arms/ Snow Angles- It trains front and back arm, shoulders (biceps, triceps, deltoids) which improves the arms swing.



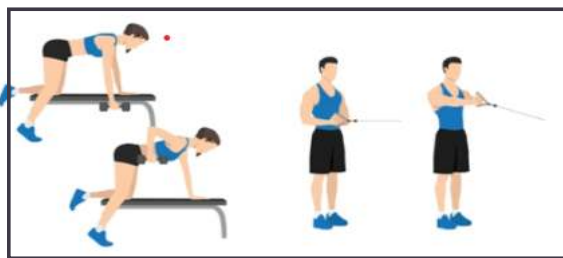
Shoulder Press- It strengthens the shoulders which increase the power of the arm drive which will increase the speed and help us run uphill.

Renegade Rows- It strengthens almost every part of your upper body while also working your core which improves our running form.



Single ARM Row- This single arm at a time movement, works on the core engagement for stabilization which is a big part of running.

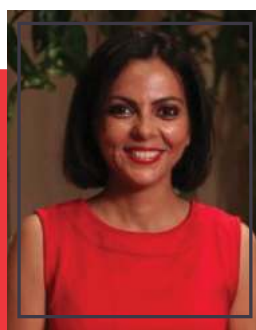
Palloff Press- It is a functional movement that helps improve stability and control, which are essential for maintaining proper running form.



Here is a link to a very interesting published study which confirms the presence of a neuromechanical linkage between the head and forearm intercepted by the biceps and superior trapezius during running. Read more here-

<https://pubmed.ncbi.nlm.nih.gov/33491216/>

In conclusion, even though running primarily relies on lower body strength and endurance, neglecting the upper body can lead to imbalances and limitations in performance. Therefore, incorporating upper body strength training into a runner's routine can lead to more balanced, efficient, and injury-resistant running.



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



YOGA - BREATHE WELL, BRETHREN!

Respiration is one of the most important functions for human beings. It is no different for runners. In fact, it often announces to the world that one has just finished a run! It is the most important function in the body that supplies oxygen to the body and releases carbon dioxide from it. Oxygen is a vital energy that keeps one alive and healthy. For marathon runners, efficient oxygen delivery is crucial as it maintains energy and delays tiredness. Proper breathing also helps in increasing the lung capacity and its efficiency. It also reduces muscle fatigue by releasing metabolic waste from our bodies which helps runners endure the long distances for longer periods. Apart from the physical benefits, breathing techniques improve mental focus and help us stay calm which is an essential aspect especially on race day.

Yoga is a practice that helps build connection between the body, mind and breath. It helps in enhancing breathing techniques that can be useful for runners. Yoga practices teach one to become aware of their breathing pattern that helps in identifying and correcting inefficient breathing habits. Here are a few yoga techniques that marathon runners can incorporate in their practice:

Ujjayi breathing: Inhale deeply through your nose and make a 'Ha' sound as you exhale through your mouth and then your nose. This helps in increasing oxygen intake and calming the mind. Ujjayi breathing improves stamina and helps endure stress.



Nadi Shodhana or Alternate breathing: Keep vishnu mudra (close your index and middle finger) in your right hand and close the right nostril with your thumb. Inhale deeply through your left nostril and close it with your ring finger. Now exhale through your right nostril. Keep the right nostril open, inhale, then close it, and open and exhale slowly through the left. Repeat the same for a couple of minutes. It corrects the imbalance in the nasal cycle and cleans up the respiratory passage. This also helps in reducing stress and fatigue.

Sitali Pranayama: A unique pranayama where you inhale through your mouth and exhale through your nose. This technique quenches thirst and purifies air passages. Additionally it helps in controlling sweating of palms. This will help cool the mind and let you become more aware of your breathing.

Savasana: While this may seem like a simple relaxation pose, it is crucial for promoting deep, restorative breathing. This can be practiced after the practice to restore the energy.



Breathing is a critical component of marathon running - influencing endurance, performance, and recovery. Yoga, with its emphasis on breath control and body awareness, offers valuable techniques for enhancing respiratory efficiency. By adding yoga to your training routine, you can learn to breathe more efficiently, boost your overall performance, and find more joy and balance in your running. Whether you're an experienced marathoner or just starting out, combining mindful breathing and yoga can make a big difference in your performance. It's going to be a game changer in your running journey.



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