

RUNdezvous

JANUARY 2026



ACTIVITIES OF HYDERABAD RUNNERS

**STADIUM RUN
WINNERS**

**PROJECT CHAMPION
UPDATES**

**CHARMINAR CLASSIC
SUNDAY LONG RUN**

ACTIVITIES OF HYDERABAD RUNNERS – NOVEMBER, 2025

1. Sunday Long Run, Kukatpally

Date: 2nd November 2025

Venue: Vasavi Road, Near Rainbow Vistas,
Moosapet, Kukatpally, Hyderabad

The Sunday Long Run on 02 November 2025, supported by the Kukatpally Runners Group, offered a refreshing 10 km route. The loop covered smooth stretches and a scenic path around a lake, with a few rough patches that give us useful takeaways for next year's planning.

Close to 100 runners joined the run and brought great energy to the morning. The support provided by the Kukatpally Runners Group helped ensure a smooth experience and kept participants motivated throughout.

We also took the opportunity to recognise Ramesh Pudipeddi as the Runner of the Week (ROTW), celebrating his steady performance and positive spirit.



3. Runner of the Week: Ramesh Pudioeddu, Kukatpally Runners

Ramesh's running journey is a story of passion, perseverance and inspiration. Starting as a novice with his first half marathon at the Club Run 2023, he went on to conquer his first full marathon at the NMDC Hyderabad Marathon 2025, a remarkable leap in just two years!

His running journey began with the Train and Shine program at Botanical Garden in 2023, after which he became an active member of the Kukatpally Runners group. Ramesh has participated regularly in HR events including Club Runs, Stadium Runs, Hyderabad Marathons and SLRs completing 9 Half Marathons and 1 Full Marathon so far.

What truly makes Ramesh stand out is his determination. Despite meeting with a severe cycling accident, he bounced back stronger, continuing his fitness journey with immense willpower and positivity.

Beyond his personal milestones, Ramesh continues to give back to the community by volunteering and supporting SLRs and local running events.

A true example of commitment and resilience. Congratulations, Ramesh!



Costume Run

Date: 9th Nov 2025

Location: Sanjeeviah Park, Hyderabad

We were delighted to have 10 teams and 15 individual participants in this year's Costume Run, turning the event into a vibrant celebration of creativity and running. After a gap of six years, bringing back this fun-filled tradition made the day even more special and we look forward to continuing it in the years ahead.

Thank you for your wonderful support in making the Costume Relay Run 2025 a grand success last Sunday. A special note of appreciation to everyone who arrived in colorful and imaginative costumes. Your enthusiasm added joy, energy and festive spirit to the event.



Runner of the Week: Lavanya Paramatmuni, Sanjeevaiah Park Runners

Lavanya Paramatmuni, from the Sanjeevaiah Park Runners embodies determination and resilience in her fitness journey. An advocate by profession, a Golfer and a travel enthusiast, she began running in March 2023 with the goal of fulfilling her dream of completing a full marathon. Despite being advised against it due to a slip disc, she used this as fuel to defy the odds and achieve her long-awaited target. What began as a leap of faith soon turned into a passion fueled by the support of her running community.

Since then, Lavanya has successfully completed several 10K and 21K runs, culminating in her proudest achievement, the 42K NMDC Hyderabad Marathon in 2025. The marathon was an unforgettable experience and a memory she will cherish for the rest of her life. She continues to run, not for records or milestones, but for the sheer joy of movement and the belief that age or limitations should never define one's possibilities. She has vowed to continue running as long as her legs allow.



Sunday Long Run & Annual Forest Run, Uppal Runners

Date: 16th Nov 2025

Location: Nandanavanam Park, Uppal, Hyderabad

On behalf of Uppal Runners, supported by the Hyderabad Runners Society, I extend my heartfelt gratitude to each individual who made the Forest Trail Run 2025 a grand success.

First and foremost, a big thank you to all the runners. Your energy, spirit and passion for fitness brought life to this event. Your participation is the reason the Forest Trail Run continues to grow each year.

Our sincere appreciation to the volunteers who worked tirelessly for ensuring smooth registrations, hydration support, route guidance and safety for all participants. Your dedication is the backbone of this event.

We express our deep gratitude to the Forest Department for granting permissions, guiding us on conservation measures and helping create an eco-friendly and responsible trail experience.

A special thanks to the Police Department and the Traffic Department for their exceptional coordination, route safety and crowd management. Your support ensured a safe and seamless run for everyone.

Together, we made the Forest Trail Run 2025 not just an event, but a celebration of fitness, nature, and community spirit.



Runner of the Week: Dubba Kishan, Uppal Runners

Professional Profile:

I began my career in law enforcement in 2007 when I was selected as a Sub-Inspector. Through dedication and service, I earned a promotion in 2018 and I am currently serving as an Intelligence Inspector.

My running story is one of resilience and transformation. After a major accident in 2010, I struggled with weight gain and reached 93 kg. Determined to rebuild my health, I started my running journey in 2011.

In 2018, I became a part of both Uppal Runners and Hyderabad Runners, where I found a supportive community that strengthened my passion for fitness.

Major Achievements:

I have successfully completed:
Hyderabad Marathon – 5 times
Mumbai Marathon – 3 times
Jammu & Kashmir Marathon – 1 time

Personal Bests

NEB Marathon: 4 hours 10 minutes
Club Run Half Marathon: 1 hour 44 minutes
I extend my heartfelt gratitude to Hyderabad Runners and Uppal Runners for their constant motivation, guidance and support throughout my journey.



Sunday Long Run, Gaudium Sportopia

Date : 23rd Nov 2025

Location : Gaudium School, Velimala Vil, R C Puram, Sangareddy

The Sunday Long Run at Gaudium was also the dry run for the Stadium Run. There were a good number of runners in attendance. Runners participating in Stadium Run across all categories - relay and solo made use of this opportunity to get a feel of running on the tracks. I had decided to do an easy run on the tracks. It was a pleasure meeting many familiar faces. Several relay teams had come in full strength. Solo runners also trained on the tracks. Runners were supported well with SAG next to the tracks. The high point of the day was the Runner of the Week given away to Neel Patwa from Botanical Gardens. He was handed over a HR Cap as a souvenir for the recognition.



Runner of the Week: Neel Patwa, Botanical Garden & My Home Tridasa Runner.

Neel has had remarkable transformation in the last 18 months. From struggling to complete just 500 meters in early 2024, he reached his first milestone by running a 5K in May 2024. Over the next year, he gradually built endurance and completed three half marathons. Training with the Hyderabad Runners during their long runs gave him the opportunity to benefit from the mentoring of a seasoned runner during an SLR run, whose guidance proved pivotal in shaping his preparation for his debut FM at NMDC Marathon 2025.

With this mentorship and the group's unwavering support, he trained diligently for 3-4 months and successfully finished his debut full marathon at NMDC Hyderabad in 4:21 hours.

He has shown true passion for long distance running. Since May 2025, he has stayed committed, completing 28 consecutive half marathons, over 28 straight weeks. He has benefited immensely from the Train & Shine program. He carries the spirit of running by helping fellow runners and inspiring many to take to running.



Active Lifestyle For All - Project ALFA Yoga for Well-Being: A Step Forward in Our Engagement with SAFA India

Date : 10th Nov 2025

Location : Darul-Shifa, SAFA India, Hyderabad

As part of Active lifestyle collaboration with SAFA India, Hyderabad Runners kick started the first Yoga session on 10th November for their beneficiaries. These individuals, currently enrolled for entrepreneurial training to set up Community-led women's gyms enabling income generation to the beneficiaries. Along with entrepreneurial skills, they are supported through initiatives that enhance their overall well-being. Our active lifestyle sessions aim to create that balance where movement, mindfulness, and good health go hand in hand.

From 12:00 pm to 1:00 pm, our trainer led a calm and engaging session with 10-12 participants. The hour was filled with guided breathing, gentle stretches, and grounding postures tailored to suit beginners. By the end, participants shared that they felt relaxed, refreshed, and mentally lighter. An encouraging sign of the impact Yoga can create in their daily lives.

Hyderabad Runners continues to conduct these Yoga sessions twice a week as part of our Active Lifestyle initiative. With each session, we hope to bring the beneficiaries closer to a routine that nurtures physical fitness, emotional well-being, and long-term healthy habits. Through small but consistent steps, we aim to contribute to a stronger, healthier and active community.

Project Champion team - Hyderabad Runners participation in Khelo India

Date : 21st Nov, 2025

Venue : Osmania University Synthetic Track, Hyderabad

The **Asmita Athletics League 2025** an initiative by **Khelo India** and supported by **the Sports Authority of India (SAI), Indian Athletics, and the Ministry of Youth and Sports Affairs, Government of India** which aims to celebrate and uplift young women athletes under the inspiring tagline **"Khel Se Hi Hai Pehachaan."**

Hyderabad Runners, through its Project Champion initiative, has been committed to promote **active lifestyle** among government school students by providing structured physical education training and opportunities to compete at higher levels.

Vijay Yargal, Outreach lead of Hyderabad Runners is truly delighted to share that our government school girl athletes have won five medals across different disciplines which happened on **21st November at Osmania University.**

Under 14 - Yashaswini: of Zilla Parishad Government School, BHEL - secured 3rd place with 1743 points with a bronze medal in Triathlon A: 60 M sprint, long jump and high jump

U14 - Manisha - of NATCO Borabanda Government School, won a bronze medal in Javelin throw.

U16 - Jayashree - Zilla Parishad Government School, BHEL won two bronze medals in individual events - Shot Put and Javelin

U-16 - Nikita - Zilla Parishad Government School, BHEL secured a silver medal in discus throw.

These medals and certificates are more than awards, they are stepping stones that will empower these young girls to dream bigger and pursue a future in athletics.

For the Hyderabad Runners team, one of the most heartwarming moments was witnessing many of these **students participate in a competitive sporting event for the very first time.** Their determination, and enthusiasm made this experience truly unforgettable.



Club Run Registration

Location - HCU , Gachibowli

The 17th Edition of the Club Run 2026 , powered by Hyderabad Runners , is a premier annual event that celebrates fitness, community and the true spirit of running.

A good pair of shoes can open the door to movement, confidence and opportunity for a Project Champion child.

Your contribution of Rs. 600 equips one student with proper sports shoes for an entire year; you're free to support one child or many. Help them take their next steps with dignity and joy.

The event is scheduled for 15th February 2026, and registrations are now open!

Categories & Fees:

☐☐ Half Marathon: ₹900*

☐ 10K Run: ₹600*

Note: Now you can register without the T-shirt option.

☐ Register Now:

<https://www.hyderabadrunners.com/club-run/>

17th EDITION
CLUB RUN
2026
15th Feb 2026

REGISTER NOW

Scan for Registration

DATE:
15TH Feb 2026

CATEGORY:
Half Marathon : Rs900
10K : Rs600*
*without T-shirt option

www.hyderabadrunners.com

Winter Warriors Kouch To 5K program registration

Hyderabad Runners launches the Winter Warriors Kouch to 5K, an 8-week beginner program with guided training, group workouts and a celebratory Graduation Run.

Sessions start from 8 Dec 2025 to 15 Feb 2026 from 6 - 7 AM.

Open to ages 10+.

Contact Dr. Murali at 8179616611 or training@hyderabadrunners.com.



Winter Warriors KOUCH TO 5K PROGRAM

Get ready to make this winter your fitness season. Join Hyderabad Runners' Winter Warriors - Kouch to 5K Program, a fun and inspiring journey designed to help you hit your first 5K comfortably.

PROGRAM DETAILS:
Duration: 8 Weeks
Starts: December 8, 2025
to February 15, 2026
TRAINING DAYS:
6:00 AM - 7:00 AM: Monday, Wednesday and Friday
or Tuesday, Thursday and Saturday

Fee: Rs. 300 (only Entry) Fee: Rs. 500 (entry + T-shirt)
Eligibility: 10 years and above

What this is all about:
Structured and supported training guided by senior trainers.
Check-in kit, jersey, exclusive T-shirt and bib.
Breakfast at Graduation Day.
Start your running journey, stay fit, and be part of a vibrant community of runners.

REGISTRATIONS OPEN NOW

For Registration and Details:
Dr. Anandha Venkata Prasad
Training Coordinator, Hyderabad Runners
Email: training@hyderabadrunners.com
Website: www.hyderabadrunners.com

SCAN FOR REGISTRATION

HR Special RUN @ ICRISAT - Registrations are opened for Winter Edition



HYDERABAD RUNNERS SPECIAL RUN 2025 (WINTER EDITION) @ ICRISAT

REGISTRATIONS OPEN NOW

SCAN FOR REGISTRATION

www.hyderabadrunners.com

Hyderabad Runners Special Run 2025 (Winter Edition) @ ICRISAT

Run Where Nature Inspires Every Step!

Get ready to experience one of the most breathtaking trail routes at ICRISAT, located on the scenic outskirts of Hyderabad. With lush green meadows, sparkling blue lakes, and peaceful, traffic-free trails, ICRISAT offers a perfect blend of nature and challenge. Whether you're a seasoned trail runner or looking for a refreshing escape from city roads, this route will leave you recharged and inspired.

Note : NO T-shirt ,NO Bib ,NO Medal . Registration fee is only for Entry & Breakfast

Race Categories: 6km,10Km,15Km,20Km

Register Here :<https://rzp.io/rzp/94933be>

Note : The Registration fee is only for Entry & Breakfast There will be no T-shirt & Medal.

Community Engagement Visit to Mir Alam Eidgah

As part of our ongoing efforts to deepen **community engagement around active lifestyle**, a team from Hyderabad Runners, Arun, Dr. Venkat, Priyabrata, and Jagan visited Mir Alam Eidgah earlier today. The visit was coordinated with immense support from local civic activist **Masood**, who warmly hosted the team.

Spread across nearly two acres, Mir Alam Eidgah has become a lively morning fitness hub. During our visit between **7:00 am and 8:00 am**, we observed over **50+ walkers, runners, yoga practitioners, and youngsters** engaged in various forms of exercise. Many of them have been using the space consistently, creating a vibrant, self-driven fitness culture in the neighborhood.

Our team interacted with several community members, introducing them to **Hyderabad Runners, the Kouch 2 5K program**, and the value of structured, group-based training. The response was encouraging especially from regular walkers who expressed interest in joining a guided program. A few participants also inquired about opportunities for women, and we shared that a **women-only batch** can be planned following the launch of the first Kouch 2 5K program.

Looking ahead, Hyderabad Runners plans to roll out a Kouch **2 5K batch this December** at Mir Alam Eidgah, alongside our regular citywide batches. To support this initiative, we are working to identify **Mentors from nearby running communities**, supported by a certified Trainer. A demo session, along with banners in **English and Urdu**, is also being planned to facilitate registrations and create wider awareness.

We have requested local residents to share references of potential Trainers from within their community who can be oriented on the Kouch 2 5K framework and supported to lead future fitness efforts.

Mir Alam Eidgah offers a promising platform for inclusive community-driven fitness and we are excited to take the next steps together.



Hyderabad Runners Join “Run for Unity” Celebration

Hyderabad Runners Society proudly participated and supported the “Run for Unity” organized by the Telangana Police on 31st October at People’s Plaza. Our team had the privilege of meeting DGP Shri Shivadhar Reddy, IPS, Commissioner of Police Hyderabad Shri V. C. Sajjanar, and Jt. CP Traffic Shri Joel Davis. The Commissioner appreciated our community initiatives and expressed keen interest in our upcoming events, including the next edition of the Hyderabad Marathon.

Film actor **K. Chiranjeevi** led the run as part of the nationwide celebrations marking the **150th birth anniversary of Sardar Vallabhbhai Patel**, the Iron Man of India. The event, held on **Rashtriya Ekta Diwas**, witnessed over **5,000 enthusiastic participants**, with parallel runs conducted across all seven city police zones celebrating unity, fitness, and national integration.



Hyderabad Stadium Run 2025 5th Edition Successfully Concludes with a 24-Hour Running Challenge.

Hyderabad, 30th November 2025: Hyderabad Runners Society successfully organised the **5th edition of the Stadium Run 2025**, a prestigious ultrarunning event held at the athletic tracks of **Gaudium Sportopia**. The event featured continuous running formats of **24 Hours, 12 Hours, and 6 Hours** and **12 Hours relay**, attracting enthusiastic participation from across the twin cities and beyond.

The Stadium Run commenced at **6:00 PM on Saturday, 29th November**, and concluded exactly 24 hours later at **6:00 PM on Sunday, 30th November 2025**. This year’s event witnessed an overwhelming response with **over 523 runners** participating across multiple solo and team categories.

A total of **65 relay teams**, each consisting of **6 runners**, participated in the 12-hour relay format, running in a sequence of 2-hour slots. The team category mandated a gender **inclusive mix**, reinforcing the event’s objective of promoting equality and team spirit. Participation in solo formats included **92 runners in the 6-hour, 32 runners in the 12-hour, and 9 runners in the 24-hour** categories.

Throughout the event, the stadium echoed with energy and encouragement as families, friends, and young supporters cheered the runners across the day and night, creating an inspiring environment for the participants. The total prize money for this year’s edition amounted to ₹3,00,400.

The run was flagged off by

Mr. K. Nityananda Reddy, Vice Chairman and Managing Director of Aurobindo Pharma, **Mr. Ramakrishna Reddy**, CEO of Gaudium, **Mr. Arun Kumar Kaliappan**, President, Hyderabad Runners Society, and **Mr. Sudhakar, Race Director**.

Managing Committee members of Hyderabad Runners Society were also present at the flag off, lending their support and encouragement throughout the event.

The winners across solo and team relay categories were felicitated by the Gaudium management and Hyderabad Runners Society, marking a fitting conclusion to a highly spirited and successful edition.

Stadium Run Winners List:

INDIVIDUAL COMPETITION WINNERS					
NAME	EVENT	GENDER	LAPS	DISTANCE	CATEGORY
Jagan Mohan	24HR	M	430	172	24 HOUR SOLO
Bulbuli Swain	24HR	F	364	145.6	24 HOUR SOLO
HARISH	12HR	M	330	132	12 HOUR SOLO
Priya Khurana	12HR	F	218	87.2	12 HOUR SOLO
Abilash K JOSE	6HR	M	159	63.6	6 HOUR SOLO
Aishwarya Dubey	6HR	F	132	52.8	6 HOUR SOLO

TEAM RELAY MAX MILERS			
NAME	TEAM NAME	GENDER	LAPS
Vinoth	TEAM COONOOR	M	78
Siva	TEAM COONOOR	M	78
Maripally UMA	TEAM COONOOR	F	63

RELAY TOP TEAM		
TEAM NAME	LAPS	DISTANCE
TEAM COONOOR	421	178.925



Trainer Field Visit Update: Strengthening Training Quality Across Our Locations

This month, the Training Coordinator visited eight of our training locations to closely observe our trainers' coaching methods and interact with runners across the city. During these visits, he provided on-ground guidance, including posture corrections and development in running techniques to improve their running abilities.

It was encouraging to see participants actively implementing the running posture suggestions shared during earlier visits. Their commitment to continuous improvement reflects the growing enthusiasm and discipline within our running community.

Locations visited this month include **L&T Serene County, Indira Park, Botanical Garden, My Home Vihanga, Sanjeevaiah park, My Home Mangala, BHEL and PBEL City.**

Together, we continue to build a stronger, more informed, and active running ecosystem in Hyderabad.



ACTIVITIES OF HYDERABAD RUNNERS – DECEMBER, 2025

Sunday Long Run & PBEL WINTER HALF RUN,

Date : 07th Dec 2025

Venue : Pbel, Peeran Cheruvu, Hyderabad

On behalf of PBEL Runners, supported by the Hyderabad Runners Society, I extend my heartfelt gratitude to each and every individual who made the PBEL Anniversary Run 2025 a grand success. First and foremost, a big thank you to all the runners, more than 1000 runners participated. Your energy, spirit and passion for fitness brought life to this event.

Our sincere appreciation to the volunteers who worked tirelessly for ensuring smooth registrations, hydration support, route guidance, and safety for all participants. Your dedication and commitment are the backbone of this event. We express our deep gratitude to the Forest Department for granting permissions, guiding us on conservation measures, and helping us create an eco-friendly and responsible trail experience.

A special thanks to the Police Department and the Traffic Department for their exceptional coordination, route safety, and crowd management. Your support ensured a safe and seamless run for everyone.



Runner of the Week :

**Mahesh Yeturu,
PeeranCheruvu Runners**

I have always believed that a person is shaped by the things they love, and for me, that has always been books and sports. If I'm not reading, you'll most likely find me outdoors. I also trek regularly, especially in the Himalayas, which have become a place of peace and challenge for me. Over time, I realized that running played a huge role in helping me perform better on every trek. It strengthened my body, cleared my mind, and slowly became the sport closest to my heart.

What I enjoy the most about running is the feeling after you finish your distance, that quiet sense of achievement and the moments during the run where it's just me, my breath, and my thoughts.

Running became my space to reflect, reset, and reconnect with myself.

Until 2023, I was a quiet, mostly solo runner, happy staying in my comfort zone. But everything changed when my wife, who was part of Couch to 5K, nudged me to participate in HR running events. Through her, I was introduced to the PeeranCheruvu Runners Community, and that completely transformed my running journey.

What started as hesitant participation turned into a passion, thanks to a group that constantly encouraged, guided, and believed in me. With their support, I moved from short distances to half marathons, and eventually crossed the finish line of full marathons, something I never imagined I would do. I'm genuinely proud to be associated with this community, and I often talk about them in every city I run because they truly shaped the runner I am today.

On a lighter note, running also became my secret productivity hack. Whenever I hit a roadblock at work whether it's a design issue, a coding challenge, or just a mental block, I simply head out for a run. Somehow, the right idea always finds me somewhere between the miles.

To me, running is not just a sport anymore. It's a journey of growth, discipline, friendships, and self-discovery. A journey that I'm grateful to continue every single day.



Sunday Long Run, My Home Tridasa

Date : 14th Dec 2025

Location : My Home Tridasa, Tellapur, Hyderabad

The Sunday Long Run on 14th Dec 2025, supported by the My Home Tridasa Runners Group, offered a refreshing 10 km route, the loop covered smooth stretches and a scenic path around a lake. A few rough patches along the way provided useful takeaways for planning next year's run.

Close to 100 runners joined the run and brought great energy to the morning. The support provided by the My Home Tridasa Runners Group helped ensure a smooth experience and kept participants motivated throughout.

We also took the opportunity to recognise Venkat Sadu as the Runner of the Week (ROTW), celebrating his steady performance and positive spirit.



Runner of the Week: Venkat Sadu, My Home Tridasa Runners.

My running journey began 20 years ago. Initially, running was just a way to stay fit, not a serious pursuit. Over time, I discovered my passion for it.

About 10 years ago, an ACL tear and reconstruction forced me to take a long break. I feared I could never run long distances again. Everything changed after I joined My Home Anukura and Tridasa Running Group through the Train and Shine program.

In the last 4 - 5 months, I restarted my journey seriously. I completed my first unofficial Half Marathon, which gave me confidence to register for my first timed HM and finished in 2h8min. Since then, I had completed 6 HMs, gradually scaling distances. I ran my longest distance, a 30K in the recent PEBL City Run.

Now, I am preparing for TMM, my first full marathon! My running group and mentor have been instrumental in this transformation. I believe, if you are healthy and fit, everything else is achievable. My long-term goal is to leverage running to transform the youth of rural India



Sunday Long Run, Botanical Garden

Date : 21rd Dec 2025

Location : Botanical Garden, Kondapur

It always feels great to run or even organise an SLR at the Botanical Garden (BG). The experience is special, with birds to see and hear, fresher oxygen to breathe, and a runner friendly terrain that feels more like a trail run.

Considering the run is in loops of 3 to 4 kms, we frequently bump into fellow runners and exchange smiles as you clock the miles. SAG support is easy to manage since it operates from a single fixed location and is kept minimal due to garden restrictions. The next time you run at BG, don't miss out on the narrow lanes and click some pictures in beautifully themed parks across the garden.

There were 20 runners in attendance. The high point of the day was the Runner of the Week given away to Mohit Chawda from Botanical Gardens. He was handed over a HR Cap as a souvenir for the recognition.

By Shankar Ganesh



Runner of the Week: Mohit Chawda, Botanical Garden Runners

We are proud to highlight the journey of Mohit, who joined the BG Runners in late 2024 with a simple goal, to embrace a healthier lifestyle. As a Senior Software Engineer, Mohit recognized the need for a fitness-first approach, starting his running journey with the Couch to 5K group in December 2024.

The progression from a 5K novice to an endurance runner has been remarkable. After graduating from Couch to 5k, he continued with Hyderabad Runners advance program "Train and Shine" at Botanical Garden. Through disciplined training and the support of the Hyderabad Runners community, he successfully transitioned through 10K distances to complete three Half Marathons. His performance at the NMDC 2025 Half Marathon stands as a milestone of personal growth and physical resilience.

Today, Mohit has come full circle. Alongside Shankar Ganesh, he now mentors beginners, helping a new wave of runners find their rhythm and confidence as they train for their very first 5K. Mohit continues to inspire the community by proving that with the right discipline, consistency, fitness can become a core part of a demanding professional life.



Icrisat Run – Winter Edition

Date : 21st Dec 2025

Location : Icrisat, Patencheru.

Dear Runners,

Thank you for being part of the Hyderabad Runners Special Run at ICRISAT. It was truly a memorable morning-running through scenic trail routes filled with energy, fun, laughter, and a strong sense of community.

A special shout-out to our amazing volunteers for their dedication and support in making this event smooth and successful. We couldn't have done it without you!



Sunday long Run : 28th Dec 2025

Location : Unicent school, LB Nagar, Kamineni East Hyderabad Half Marathon – 2025

Huge congratulations to all the LB Nagar Runners on their anniversary. Over 1700+ participants joined for this special event!

Thank you very much for participating in the Kamineni East Hyderabad Half Marathon 2025 on the 28th December; we had a great time hosting everyone from far and wide.

The old clothes collection drive was successful and we thank you for bringing old clothes which we hope will bring smiles on many faces.



Runner of the Week: Chandrashekar Pannala, LB Nagar Runners

As synonymous, the term "Sun Rises in the East" is, so is the term "Chandrashekar ran today". ChandraShekar is from Mansoorabad in the LB Nagar area and started his running journey in 2016. He wasn't a regular runner then used to run once or twice in a week and stopped running in 2020 and was inactive for 4 years. Due to a sedentary lifestyle, he became obese and his weight reached 123.5kg.

From 2024 June, he restarted walking again and slowly started brisk walk and then in December 2024 started his running journey again from the Hyderabad Runners' Couch 2 5K program. After the Couch 2 5K graduation, he continued his running journey and became an active runner from April 2025.

He runs 4 days a week, 3 easy runs on weekdays and long runs on Sundays. He finished the Half Marathon at NMDC Hyderabad Marathon 2025 in 2:25:00 which is his HM person best. His 10K personal best is 58:49. His current weight is 98.3kg. During the process, he lost 25.2 kgs in this journey.

He's extremely regular and is seen inspiring other local people around the Mansoorabad Pedda Cheruvu, that is where he runs regularly. He also anchors a 'Steps Challenge' on a monthly basis where people record their steps using the Pacer app. The top 10 people are recognised every month. It's a unique initiative that has converted regular people to walkers, walkers to runners and runners to regular runners, thus contributing to a steady flow of runners for the LB Nagar Runners group.

Chandrashekar is also an active Couch 2 5K mentor and is an integral part of all the SLRs and events that we conduct.

He's known to help people who wish to get fit and is a beacon of light at the Mansoorabad Peddacheruvu premises, a place that he trains at everyday.



"Monthly Meet up"

Date : 27th Dec 2025

Location : Durgam cheruvu.

Thank you for participating in Beyond Limits, Border Ultra Runners Meetup, the monthly meetup run held at Durgam Cheruvu Lake Front this morning.

Congratulations once again to all participants of The Border Run 2025, your achievement is truly inspiring.



Making Active Lifestyle accessible to All

At Hyderabad Runners, we believe that active lifestyles take root within communities especially in spaces where people already gather, connect, and care for one another. Our growing presence at **Mir Alam Eidgah in Hyderabad's Old City** is a powerful example of how simple, consistent efforts can spark meaningful change.

Mir Alam Eidgah, a nearly **2-acre open ground**, serves as a daily fitness hub for local residents. Walkers, runners, yoga practitioners, and young fitness enthusiasts use this space every morning to stay active. The Hyderabad Runners team visited Mir Alam Eidgah as it was identified as a potential location to start a new Running community. During our visit between **7:00 and 8:00 am on a working day**, we met over **50 community members** who regularly come here to exercise. The visit was hosted by **S.Q. Masood**, a committed civic activist from the Old City, who has been instrumental in nurturing community engagement in the area.

Through warm and open conversations, the Hyderabad Runners team introduced the community to the **Kouch 2 5K program** and the benefits of structured, group-based training. The response was encouraging, with many walkers expressing interest in joining a guided program. Participants also enquired about extending the initiative to women, and we shared our plan to introduce a women-only batch after completing the first program.

Building on this momentum, we launched the Couch to **5K training program at Mir Alam Eidgah Maidan.**

Nearly **30 local residents enrolled** in this **12-week training program**, which includes warm-up and cool-down routines along with walk and jog practice conducted **three days a week**. The program prepares participants for a **5 km graduation run planned for mid-February 2026**.

Four weeks into the program, the momentum is building:

- **Nearly 30 participants enrolled** in this free-for-all program
- **12 sessions completed** so far
- **An average of 15 participants** attending regularly
- **T-shirts distributed**, fostering identity and belonging
- Participants now preparing comfortably for **2-3 km runs**
- **Sunday Long Run is being planned** to develop a running community.

The Mir Alam Eidgah initiative goes beyond running. It reflects the power of **volunteer leadership, local partnerships, and community trust** in advancing Hyderabad Runners' vision of a **pan-Hyderabad, inclusive active lifestyle movement**.



Project ALFA: Baseline metrics & Start of ALFA at Shalibanda Center

We commenced the first session of Project ALFA with SAFA India at the Darul Shifa Center on 10 November 2025. The yoga sessions are ongoing and are conducted twice a week, on Tuesdays and Thursdays. The current batch size at this center is 39 participants.

To date, 14 sessions have been completed, with an average attendance of 15-20 participants per session. Participants have shared positive feedback and report feeling better through regular participation in the yoga sessions.

As part of the program, a pre-assessment of fitness was conducted for more than 20 participants. We collected baseline data on their flexibility and endurance levels using multiple assessment methods, which will help track progress over time.

Building on this momentum, we have added an additional center at Shalibanda in partnership with SAFA India, starting 16 December 2025. The batch size at the Shalibanda center is approximately 23 participants.



Project Champion Updates School bags distribution at MPPS Mallapur

On behalf of HRS Project Champion, dear Sunder graced the occasion and donated 32 school bags to Mallapur MPPS along with our PE teacher dear Saketh





2.Prem Sai Selected for National Handball Championship

Prem Sai, one of our dedicated teachers from MPPS BHEL has earned the honor of representing Telangana State at the 54th Senior Men's National Handball Championship in Hooghly, West Bengal, from the 15th to 20th, 2025!



ACTIVITIES OF HYDERABAD RUNNERS – JANUARY, 2025

New Year Hangover Classic Run 2026, KBR Park

Date : 1st January 2026

Location : Kbr Park, Hyderabad

Hyderabad Runners kicked off 2026 on a healthy and energetic note with the New Year Hangover Classic Run at KBR Park. Over 45 enthusiastic runners joined the celebration and completed a refreshing 5 km run, setting the tone for their New Year fitness resolutions.

The morning was filled with camaraderie, motivation, and celebration including a cake-cutting ceremony to welcome the New Year together as a running community. It was wonderful to see runners coming together to celebrate health, friendship and shared goals.

Thank you to everyone who joined us this morning. Let's continue to stay fit for life and keep running together towards a healthier and better society.

Wishing all our runners a very Happy New Year once again!



Sunday Long Run, BHEL :

Date : 4th Jan 2026

Location : Bhel, Lingampally

The Sunday Long Run at BHEL witnessed an energetic turnout of around 250 runners creating a vibrant and motivating atmosphere on the route. The highlight of the morning was the Runner of the Week recognition, proudly awarded to Sheeja K from BHEL for her inspiring commitment and consistency. Sheeja was felicitated with a Hyderabad Runners cap as a small token of appreciation drawing cheers from the running community and adding a special touch to an already memorable run.



Runner of the Week:

Sheeja K from BHEL township, Ramachandrapuram,

I Started running journey in month of Oct'2021 by joining Kouch to 5 K program . After graduating K25K the journey continued with train & shine program at BHEL by Hyd Runners. This helped me complete few 10 K distance and 4 half marathons.

The journey was very interesting and helpful for personal and professional life. Tried to see to attend all training days as possible so that keep healthy lifestyle. Personally it helped me to be more active through out the day . It became part of daily life style. Me along with husband enjoy to continue the journey of running for the days to come



Treasure Hunt 2026 in partnership with Hyderabad Literary Festival :

Date : 11th Jan 2026

Location : Necklace Road, Hyderabad

The Hyderabad Runners Society Treasure Hunt 2026 in **partnership with Hyderabad Literary Festival** successfully engaged participants in an interactive exploration of Hyderabad, blending logic, observation, teamwork, and local cultural references. The event fostered curiosity, collaboration, and a shared spirit of discovery making it a memorable community experience.

The hunt saw enthusiastic participation and smooth execution across all clue points, supported by volunteers. **35 teams registered, 64 participants (4 per team) attended and 3 teams won.**

All teams actively engaged with the clues and followed instructions responsibly at every location.

The clue trail was designed to challenge participants through creativity, cultural insight, logic, and mindfulness, **with clues spread across the route covering Prasad's IMAX, Paradise Café, Mint, and Vidyaranya School.**

All teams actively engaged with the clues and followed instructions responsibly at every location.

The clue trail was designed to challenge participants through creativity, cultural insight, logic, and mindfulness, with clues spread across the route covering Prasad's IMAX, Paradise Café, Mint, and Vidyaranya School.

Winning team : Golmal Gang | Power of Unity | The Rising Stars

Heartfelt thanks to the 10 volunteers from Sanjeevaiah Park Runners, whose coordination ensured discipline, safety, and smooth execution throughout the event.

The HRS Treasure Hunt 2026 stood out as a vibrant community initiative promoting teamwork, problem-solving, and city exploration. The positive response reflects the strong planning and execution by the organizing team, further strengthening the HRS community beyond the track.

We also extend our sincere thanks to the organizing team of the **Hyderabad Literary Festival** for their participation and support in making the HRS Treasure Hunt 2026 a success.



Sunday Long Run & 6th Edition of Hitec City Run 2026

Date : 11th Jan 2026

Location : Hitex

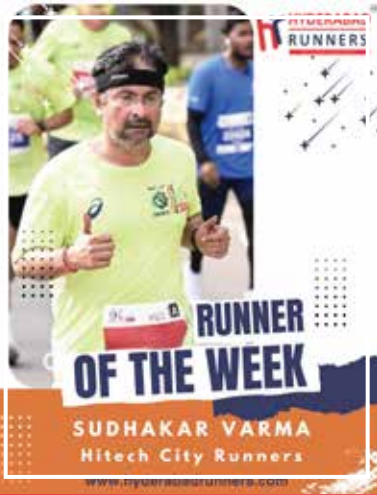
The 6th edition of the HITEC City Run, held on January 11, 2026, successfully energized Hyderabad's tech corridor with 400+ runners gathered at the HITEC Exhibition Center to kick off the new year. Organized by HITEC City Runners, the event featured spirited 5K and 10K categories, drawing a diverse crowd of corporate professionals and seasoned athletes alike. Under the crisp morning air, participants navigated a scenic loop that showcased the architectural landscape of the city's IT hub.

Adding to the spirit of inclusivity, **50 Project Champion students from schools in Hyderabad, including Mandal Parishad Kukatpally, Shaikpet Primary School and Mandal Parishad BHEL** proudly participated in the Anniversary Run making the event even more meaningful and inspiring.

Runner of the week Sudhakar Varma, Hitec City Runners

I started my running journey 20years ago. Since 2021 I started to take it seriously and use to run in Botanical gardens.

Finished on the podium in 5k distance. Then started to run long distances. Finished many half marathons, best timing being 2:00hrs. Later joined Hitech City runners at Hitex area. Had interaction with amazing group of people. With their guidance and proper training regime I am able to continue my running journey .



He has guided and coached numerous beginners, helping them overcome their initial barriers and fall in love with running. His jovial nature, humble personality, and encouraging words make him not just a runner, but a mentor and motivator for everyone around him. From early morning runs to long weekend trails, he shows what dedication looks like. Completing the TMM 2023 Full Marathon, he stands as a living example that age and experience are strengths, not limitations.

A true inspiration - simple yet powerful, fun-loving yet focused - Sripathi garu continues to uplift the Indira Park Tribe with discipline, passion, and a big smile.



Sunday long Run at Secretariat : 18th Jan 2026
Location : Necklace Road, Secretariat

The **Sunday Long Run** was held at the **Secretariat with 50 runners in attendance**. The highlight of the day was the Runner of the Week award, presented to Sripathi Srinivas from **the Indira Park Tribe**. He was felicitated with an HRS cap as a souvenir in recognition of his effort and commitment.

Additionally, few runners participated in the Tata Mumbai Marathon virtual Run, adding to the energetic and purposeful spirit of the morning.



Runner Of the week :
Necklace Road, Secretariat

Sripathi Srinivas - Indira Park Tribe

A seasoned and passionate runner, Sripathi garu embodies true sportsmanship and community spirit. Known for his consistency, simplicity, and infectious energy, he continuously inspires the entire group to keep pushing forward together.



Tata Mumbai Marathon 2026 Aid Station @ 2026
Date : 18th Jan 2026

Location : Peddar Road, Mumbai

It was an incredible morning, fueled by high energy and the true spirit of volunteerism, as **Hyderabad Runners volunteers supported the runners of the Tata Mumbai Marathon** at the 36 km aid station along the route. Our team of 16 dedicated volunteers reached the location by **3:30 AM and stayed until 11:00 AM**, working seamlessly to distribute 20,000 Snickers to runners passing through our station along with the loud cheers they needed to push through those grueling miles.

The Team: Sixteen volunteers who stayed on their feet from the early hours, truly embodying the Heart of HR.

The Vibe: A high-octane atmosphere that ensured the Hyderabad Runners presence was strongly felt in Mumbai.

The Result: A smooth and efficient operation with zero bottlenecks and countless smiles from marathoners.

The camaraderie within the group was palpable, and it was an honor to represent our club on such a prestigious national stage. A heartfelt thank you to the management for the opportunity and the logistical support that made this possible. We returned with tired feet but very full hearts. As a token of gratitude, all volunteers were felicitated with goodies and certificates in appreciation of their efforts.

We commenced the first session of Project ALFA with SAFA India at the Darul Shifa Center on 10 November 2025. The yoga sessions are ongoing and are conducted twice a week, on Tuesdays and Thursdays. The current batch size at this center is 39 participants.

To date, 14 sessions have been completed, with an average attendance of 15–20 participants per session. Participants have shared positive feedback and report feeling better through regular participation in the yoga sessions.

As part of the program, a pre-assessment of fitness was conducted for more than 20 participants. We collected baseline data on their flexibility and endurance levels using multiple assessment methods, which will help track progress over time.

Building on this momentum, we have added an additional center at Shalibanda in partnership with SAFA India, starting 16 December 2025. The batch size at the Shalibanda center is approximately 23 participants.



This annual event promotes fitness and unity among employees and local communities.

The run took place at the Bachel and Kirandul projects in Chhattisgarh which is supported by Dr. Venkat from Hyderabad Runners and the participation is approximately 1000 runners.

Special Guest: Two-time World Champion boxer Ms. Nikhat Zareen, NMDC's brand ambassador, attended the celebrations to motivate participants at Bachel.

Donimalai Event: While specifically a mining site in Karnataka, Donimalai hosted its version of the run on the same day at the Chhattisgarh site which is supported by Eswar Prasad from Hyderabad Runners and the participation is approximately 1000 runners.



Field Visit: Strengthening Active Lifestyle Advocacy Through Collaboration

Location : 22nd Jan 2026

Hyderabad Runners hosted a **field visit for SVP Hyderabad lead partners** on 22 January as part of its advocacy and outreach efforts, offering a firsthand view of its social impact initiatives. The Advocacy Program field visit was conducted at SAFA India, where the program has been active since November 2025, and was **attended by Hyderabad Runners' office bearers and core committee members.**

The visit highlighted the value of strong partnerships that both challenge organizations and enable them to maximize their social impact. SVP lead partners gained insights into the realities faced by women,

NMDC Republic Day Run 2026 Bachel and Donemalai

Date : 18th Jan 2026

Location : Karnataka & Chhattisgarh (3 locations)

NMDC recently concluded its iconic Republic Day Run in partnership with Hyderabad Runners on January 26, 2026, which was held simultaneously across its various mining projects, including those in Chhattisgarh and the Donimalai complex in Karnataka.

Hyderabad Runners' **Active Lifestyle For All (ALFA)** program goes beyond physical fitness by building confidence and dignity, while supporting pathways to livelihoods and entrepreneurship. The visit reinforced the importance of collaboration in extending active lifestyle advocacy to underserved communities and ensuring no one is left behind.



Charminar Classic by Hyderabad Runners

Date : 25th January 2026

Location : Mir Alam Eidgah, Near Zoo Park, Hyderabad.

Mir Alam Eidgah Couch to 5K trainees organized a Sunday Long Run starting from Mir Alam Eidgah. The event saw participation from 30 runners and 10 members of the SAFA India women walking clubs. Support was provided through three SAG points covering the 7K, 14K, and 22K routes. Hyderabad Runners and Couch to 5K trainees from Mir Alam collaborated to design a new running route, covering iconic landmarks such as Charminar and Falaknuma Palace.



Beyond the Finish Line – Ultra Experience Sharing

Date : 24th Jan 2026

Location : Forestrek Park, Narsingi, Hyderabad.

Beyond the Finish Line Ultra Experience Sharing brought the Hyderabad running community together at Forestrek Park, Narsingi, for an inspiring morning of movement and stories. Beginning with a spirited 5 km run, the gathering featured ultra-runners from Vagamon, Malnad, and Paderu, who shared powerful reflections on pain, endurance, and what truly lies beyond the finish line. Set in a warm, informal get-together format, the session sparked meaningful conversations and reinforced Hyderabad Runners Society's commitment to learning, connection, and collective growth through running.



"Project Champion Athletics Games 2026: Empowering Young Athletes Through Sport"

Date: 25th January 2026"

Hyderabad Runners Society (HRS) successfully hosted the Project Champion Athletics Games 2026 at the B. R. Ambedkar Stadium, BHEL bringing together 850 government school students for an inspiring inter-school athletics competition.

Project Champion, the flagship social initiative of HRS aims to build physical literacy and promote active lifestyle habits among government school children. Since its launch in 2023 with 5 schools and 2,800 students, the program has expanded to 14 government schools positively impacting over 6,100 students, including 2,525 girl students.

The Athletics Games marked a significant milestone for Project Champion, offering students a professionally organized competitive platform and the experience of participating in structured sporting events at a stadium. For many children, this was their first exposure to formal athletics competition.

The annual sports meet was planned and executed by Mr. Vijay Yargal, Outreach Lead, Hyderabad Runners Society, with technical support from the Hyderabad District Athletics Team, and seamless coordination by HRS volunteers and staff.

The event opened with a student march past and flag hoisting by Mr. Arun Kumar Kaliappan, followed by the ceremonial torch lighting by Mr. Ram Katikineni, Mr. Ashish Bhojania, Mr. Anil Kuppa, and Dr. Madhumathi Sanjay symbolizing inclusion, discipline and aspiration through sport.

Students competed across multiple track and field events including sprints, relay runs, throws and long jump ensuring inclusive participation across age groups. Medal felicitation was done by Mr. Prashant Morparia, Mr. Ajit Mishra, and HRS core members Mr. Abhijeet Madnurkar and Mr. Sudhakar Silveru celebrating both achievement and effort.

Reflecting on the event, Mr. Arun Kumar Kaliappan shared:

"Project Champion is about more than just sport. It is about giving government school children access to movement, confidence and opportunity. Seeing 850 students compete with such energy reaffirms our belief that physical literacy can truly change lives."

The Project Champion Athletics Games 2026 once again showcased Hyderabad Runners Society's commitment to nurturing healthier, more confident and empowered children through sport.!



Hyderabad Runners at Hyderabad Literary Festival: Running Meets Reading

Date: 24th - 26th Jan 2026

Hyderabad Runners Society (HRS) proudly associated with the Hyderabad Literary Festival, bringing together the worlds of running and reading in a vibrant celebration of community and culture. Over three days, HRS hosted an interactive stall that showcased its training programs, flagship events, advocacy initiatives and outreach activities engaging visitors from diverse backgrounds.

The HRS stall attracted an enthusiastic response from participants and festival-goers who appreciated the Society's initiatives and vision of promoting an active lifestyle. HRS distributed bookmarks and laptop stickers to visitors, sparking meaningful conversations and awareness about the running community. Many attendees joined HRS's social media platforms and WhatsApp channels reflecting strong interest and growing engagement with the HRS movement.

This association reaffirmed HRS's commitment to expanding its outreach beyond Running and Active Lifestyle by connecting with wider communities, strengthening Hyderabad's culture of fitness and participation.



Run for Vande Mataram at University of Hyderabad

Date : 26th jan 2026

Location : Hyderabad central University

The **Students' Union, University of Hyderabad** organized the **"Run for Vande Mataram"** on 12 January with support from **Hyderabad Runners, marking Swami Vivekananda Jayanti** and 150 years of Vande Mataram. Hyderabad Runners supported the student-led initiative by facilitating event T-shirts, contributing to a strong sense of unity, fitness, and community engagement.



Feedback & Social Media



Share your feedback to Phone: +91 97010 66611,
Email : newsletter@hyderabadrunners.com

ADDRESS

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Hig Huda Colony, Next to Light
& Light, Tanasha Nagar,
Manikonda, Hyderabad,
Telangana, 500089.

Hyderabad Runners' Social Media handles:



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



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



<https://twitter.com/hydrunners>



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



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



<https://www.linkedin.com/company/hyderabadrunners/>