

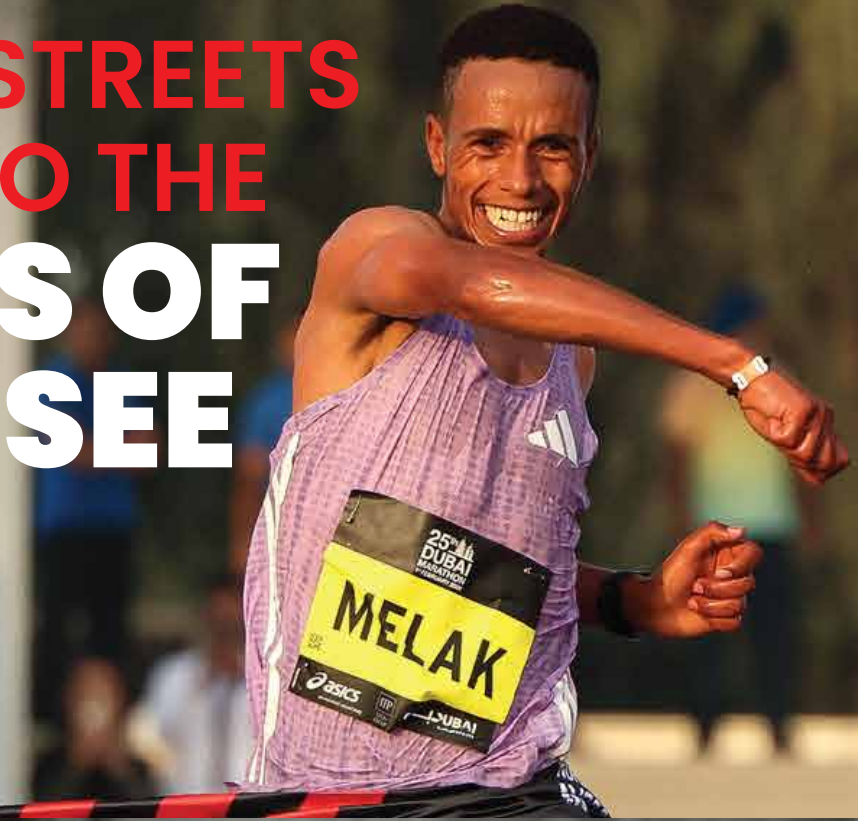
FROM THE STREETS OF DUBAI TO THE FORESTS OF TENNESSEE

ACTIVITIES
HYDERABAD RUNNERS

**TRAIN
& SHINE**

**PROJECT CHAMPION
UPDATES**

**COACH'S
CORNER**



ACTIVITIES OF HYDERABAD RUNNERS

FEBRUARY, 2026

1. HR Special long run - Shamirpet

Date: 01ST February, 2026

Venue: Taaza Tiffins, Shamirpet

After a long hiatus, the Shamirpet Run returned to the SLR calendar and the Secunderabad Runners were elated at the opportunity to host runners from across the city. The run was held on February 1, 2026 with about 150 participants turning up for the 5K, 10K and 18K distances.

On the day of the run, braving the chill, darkness and long commutes, enthusiastic runners began arriving well before the allotted start time. The run started at Taaza, an eatery on the highway at Thumukunta and proceeded towards BITS Hyderabad before retracing back to the starting point. Within a few minutes of the start, heavy fog descended upon the route, dropping visibility to near zero and creating a few anxious moments for the volunteers who were concerned about the safety of the runners. However, the runners took this in their stride and enjoyed both the run and the warm, tasty breakfast at Taaza.

This run would not have been possible without the support of all the volunteers from Secunderabad Runners and Hyderabad Runners. Last but not least, our gratitude goes to all the runners who turned up, inspiring us with their enthusiasm and determination.



Runner of the week: Madhujit Singh



Madhujit has been a seasoned runner since 2017. Sharing her journey in her own words:

I run my own consultancy in diversity and inclusion, partnering with corporates to help them build truly inclusive cultures.

My running journey began quite literally outside my home. I used to admire runners doing hill training on the road in front of my house, never imagining I would be one of them someday. In 2017, a Facebook ad for Couch to 5K nudged me to take the first step and that step changed everything. Later that same year, just before my 50th birthday, I completed my first half marathon. The timing wasn't something I was proud of, but crossing the finish line had its own magic. Over time, I realised that it's not the clock but overall fitness, consistency and well-being that truly matter.

Since then, I've completed eight half marathons, including the Tata Mumbai Marathon in 2026. Running, for me, is a community sport. Running together makes it joyful and sustainable.



Through running, I've found friends who ensure I don't skip my weekly mileage or training sessions. We've also travelled together for treks, strengthening bonds beyond the road.

I often find running very similar to running a business. Everyone has their own pace, style, goals and milestones. The only real competition is with oneself. Am I doing better than last year, do I feel more energetic and most importantly, does this journey make me happy?

2. Lake Plogging, Mansoorabad Cheruvu

Date: 7th February, 2026

Venue: Mansoorabad Peddacheruvu (LB Nagar)

Hyderabad Runners and Dhathri NGO joined hands to clean-up the Mansoorabad Lake in a "Lake Plogging" Initiative. They have collaborated with each other a few times earlier too and this event was also an extension of their partnership.



In a powerful display of environmental stewardship and community spirit, the **Hyderabad Runners** joined forces with **Dhathri NGO** this weekend for a "Lake Plogging" drive at Mansoorabad Lake. The event successfully merged physical fitness with ecological conservation, resulting in a significantly cleaner shoreline.

Starting in the early hours of the morning, over **30 volunteers** comprising local runners, environmental enthusiasts and community members hit the trails surrounding the lake. Unlike a traditional run, these participants practiced "plogging" (picking up litter while jogging), a global movement that addresses the growing plastic crisis while promoting active lifestyles.

Key Highlights of the Drive:

Total Collection: The team successfully cleared **10 large bags of wastage**, consisting primarily of single-use plastics, glass bottles and non-biodegradable debris.

Community Mobilization: More than 30 volunteers dedicated their morning to the cause, highlighting the growing concern for Hyderabad's urban water bodies.

Ecosystem Focus: The initiative specifically targeted the Mansoorabad Lake area to protect local biodiversity and prevent waste from contaminating the water.

"Our lakes are the lungs of our city, and as runners who frequent these paths, we feel a deep responsibility to protect them," said a spokesperson for the Hyderabad Runners. "Partnering with Dhathri NGO allowed us to channel our energy into something that benefits every resident of this area."

Dhathri NGO, known for its consistent efforts in lake restoration and sustainability, provided the logistical support and waste management expertise for the event. The collected waste was later handed over to municipal authorities for segregated disposal.

Both organizations have expressed their commitment to making these drives a recurring feature of their community outreach, inviting more citizens to step out and take ownership of their local environment.

3. Sunday long run - Secretariat

Date: 8th February, 2026

Venue: Telangana Secretariat

The Sunday Long Run on 8th February 2026, supported by Sanjeeviah Park Runners, offered refreshing 10 km, 16 km, and 26 km routes. Close to 50 runners joined the run and brought great energy to the morning.





3. Sunday long run - Nallagandla

Date: 8th February, 2026

Venue: HUDA Layout, Nallagandla

The event was scheduled to start in the serene HUDA layout. Though the start time was at 6:00 a.m., participants were so enthusiastic that some of them showed up early at the venue. The route was very simple avoiding any complex negotiation but was full of greenery to keep the natural calm. 4 sag points were kept equidistance to ensure the needs of last runners are duly met.

A total of 70 runners participated in the event. The event was successful as was evident from the inputs and comments shared by the participants.

Runner of the week: Rakesh Solanki



We also took the opportunity to recognise Rakesh Solanki, who runs with the simple goal of maintaining fitness, as the Runner of the Week (ROTW). Sharing his journey in his own words:

My journey as a runner began in 2024, driven by the simple goal of fitness. Since I joined the Sanjeevaiah Park running club, I've completed numerous Half Marathons, 3 Full Marathons and proudly participated in the very first Stadium Run organized by the Hyderabad Runners Society. Recently, I crossed the finish line at the Procam event—an achievement that makes me truly happy to be called a runner.

I owe a special thanks to Coach, Train & Shine, Sanjeevaiah Park, Mr. Srinivas P., whose constant motivation and guidance have been the backbone of my progress. Running has become more than just a sport for me—it's a lifestyle of discipline, growth and joy.



Runner of the week: Anamika Lahiri



Anamika Lahiri amongst the Nalagandla runners was felicitated as Runner of the week by Hyderabad Runners management team. Sharing her journey in her own words:

My running journey began during the Covid year in 2020, starting with just 1-2 KM, thanks to the gentle push and constant encouragement from my husband. What began as a small step soon grew into something bigger when I got the opportunity to run alongside a group of energetic and disciplined runners who were K25K participants and regular in their fitness routines. Their commitment and passion inspired me to take running more seriously, and that motivation led me to my first 10K at the NMDC Run.

Running has always been fun and inspiring, pushing me to learn, improve, and challenge myself. Running has helped me build discipline and stay fit. The guidance, encouragement, and shared experiences with fellow runners have continuously helped me improve my practice and finish each run stronger than the last. This encouraged me to take the next step-my first half marathon at the Club Run 2024, where I was fortunate to receive the Best Debut Half Marathon (Female) award.

Beyond personal milestones, I am grateful for opportunities to give back-serving as a trainer for Active Mom 2025 and K25K Star Light Strides 2025, and volunteering at a few Hyderabad Runners events. These experiences have boosted my confidence and strengthened my commitment to running and community service.

5. Grande 2026

Date: 8th February, 2026

Venue: Aparna Sarovar, Nallagandla

The **Aparna Sarovar Grande Runners** hosted the 8th edition of the Grande run on February 8, 2026 for the community within their premises. Grande is a much awaited community event that everyone looks forward to and every year the number of participants have been growing. This year more than 600 participants, including kids and senior citizens enthusiastically participated under various categories of 10k, 5k and 3k.



6. Vihangathon 2026

Date: 8th February, 2026

Venue: My Home Vihanga, Gachibowli

The Vihangathon 2026 was a community-focused running event held on Sunday, 8 February 2026, in Hyderabad. Organized by the My Home Vihanga residential community, the event celebrated fitness and community spirit under the theme "Enjoy Hyderabad".

Event Highlights

Race Categories: The event featured multiple distances, including a 5K Fun Run and a 10K Run.

Venue: The run took place within and around the My Home Vihanga complex in the Financial District (Gachibowli area), Hyderabad.

Participant Experience: 500 runners participated in the event. All finishers received medals, "I am a Finisher" bibs to commemorate their achievement.

Atmosphere: Special thanks to the resident coaches for leading the Zumba session and conducting high-energy warm-ups for all participants.

Community Impact

Participants shared their achievements on social media using hashtags like #Vihangathon2026 and #HyderabadRunners, highlighting the event's role in promoting a healthy lifestyle within the local gated community and the broader Hyderabad running circle.



7. Hyderabad Runners Club Run 2026

Date: 15th February, 2026

Location: University of Hyderabad (UoH), Gachibowli

The Hyderabad Runners Society successfully hosted its much anticipated **Annual Club Run 2026** on Sunday, 15 February 2026, at the scenic University of Hyderabad campus. Now in its 17th edition, the Club Run once again brought together the running community for an energising morning of endurance, camaraderie, and celebration.

This year's event featured two race categories **10K** and **Half Marathon (21.1 km)** and witnessed enthusiastic participation from around **3,000 runners** across the twin cities, including students and staff from the university. The Club Run continues to serve as a key qualifying race for the Hyderabad Marathon, offering runners the perfect platform to test their training, aim for personal bests and benchmark their progress.

Building Stronger Runners Through Kouch To 5K program

A highlight of this year's ecosystem was the **Kouch To 5K training program**, conducted across 26 locations. A total of **417 participants** embarked on an 8-week structured training journey, culminating in a spirited 5K graduation run. The smiles at the finish line were a testament to discipline, determination and the strength of community support.

Further strengthening our outreach efforts, the **Mir Alam Runners group** from the Old city, comprising about 30 runners, underwent three months of dedicated Kouch To 5K training at Eidgah Maidan under Hyderabad Runners' mentorship. Their successful graduation run marked not just a milestone in fitness but a celebration of inclusion and grassroots community engagement.



Race Winners

Half Marathon (21.1 km)

Male: Avik Pal — 1:20:08

Female: Vishwa — 1:42:38

10K Race

Male: Yeswanth Kondri — 38:56

Female: Divya Reddy — 54:25

The top three finishers in each category were felicitated by Hyderabad Runners office bearers Arun Kumar Kaliappan, Prashant Morparia, Madhumathi Sanjay, Ram Katikineni, Ajit Mishra and two Race Directors, Snehith A and Shashi Singh of Club Run 2026.



8. Sunday long Run - Bhagya Nagar Nandanavanam park, Narapally

Date: 22nd February, 2026

Location: Bhagya Nagar Nandanpark, Narapally

On February 22, Medpalli Shantivanam Runners organized a community awareness run titled **"Run for a Drug-Free Life"** with the theme **"Choose Books, Not Drugs."** The event aimed to inspire youth to embrace education, health, and discipline over harmful addictions.

More than 400 runners participated across multiple categories – 3K, 5K, 10K, and 16K – making it a grand success. The event was held at Bhagyanagar Nandanavanam Park, known for its scenic forest-trail atmosphere that offers runners a refreshing experience amidst lush greenery and natural surroundings.



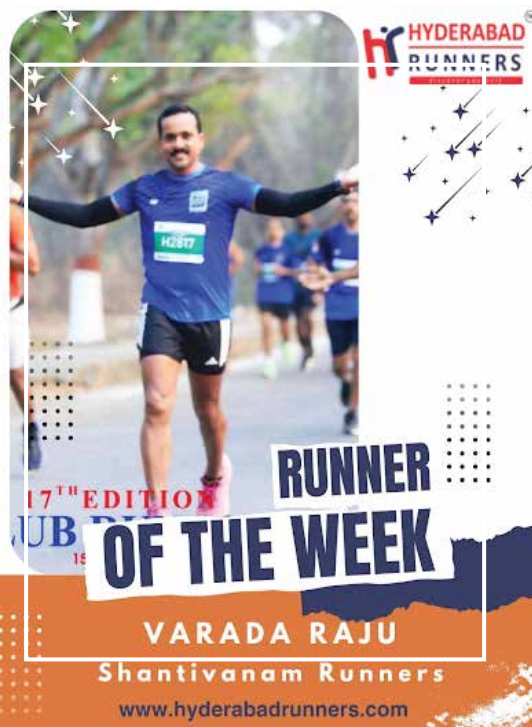
The event was presided over by Chief Guest **Sri Arun Kumar Kaliappan**, President of Hyderabad Runners Society, who flagged off the 16K run along with dignitaries Jakka Venkat Reddy and Thungathurthi Ravi, and members of the Shantivanam Runners race management team.

Adding to the spirit of the day, Hyderabad Runners conducted their regular Sunday Long Run (SLR) at the same venue, strengthening the message of unity and fitness.

The event stood as a collective commitment toward building a healthier, drug-free society through community engagement and the power of running.



Runner of the week: Varada Raju



Varada Raju from the Shantivanam Runners group was chosen as the ROTW. Sharing his journey in his own words:

I started running/ walking in 2021 to get out of my sedentary lifestyle. I started training seriously in 2023 for FM at the NMDC Hyderabad Marathon 2024. Until now, I have successfully completed Seven Full Marathons and I have completed 50* timed Half Marathons. All have been sub 2 hour performances.

2025 achievement: Successfully completed the Procram Slam series.

However my thirst and hunger for running didn't stop here. I had dreamt big to achieve a 100kms run in my lifetime and the day came on 27th of July 25. I tested my ultimate body endurance by running from Pune to Baramati 100kms run and successfully completed it in 12:23 mins. I could achieve this major milestone in my life with all support from my family and friends. Only in the last year, I could shed 34 Kgs (104 kgs to 70 Kgs). I thank the Almighty for giving me strength to inspire others in maintaining health and fitness.

2026: This year, I ran a half marathon every day for 21 consecutive days from 31st January to 19th February. This was Thanks to all the support from the Shantivanam and Uppal Runners.

THINK, BELIEVE, ACHIEVE

9. Hyderabad Heritage Run 2026

Date: 22nd February, 2026

Location: Charminar & Qutub Shahi Tombs

We were delighted to support the **Hyderabad Heritage Run 2026** which brought together 3,500 participants for a memorable run through the historic heart of Hyderabad.

The Half Marathon commenced at the iconic Charminar, guiding runners through some of the city's most celebrated heritage landmarks.



10. Monthly meetup run: Run With a Physio Learn, Run & Recover Smart!

Date: 28th February, 2026

Location: Sanjeevaiah Park

The Physiotherapy Interaction Session held during our 5K run at Sanjeevaiah Park on Saturday, 28th February 2026 was an engaging and insightful experience for all participants. Around 40 members took part in the session, which was led by a Physiotherapist and fellow runner. The discussion covered common running injuries, prevention strategies, effective warm-up and cool-down techniques, strength training essentials, recovery practices and load management, along with live exercise demonstrations and an interactive Q&A. Runners across 5K, 10K, Half Marathon and Full Marathon categories benefited from practical tips and meaningful discussions, making it a valuable step toward running stronger and injury-free.



Along the route, participants passed:

- Qutb Shahi Tombs
- Golconda Fort
- Taramati Baradari
- Telangana Legislative Assembly
- City College
- Telangana High Court

The 10KM and 5KM races both started and concluded at the historic Qutb Shahi Tombs, providing participants with a distinctive blend of fitness and heritage in a truly iconic setting.



TRAIN & SHINE: 12 MONTHS TRAINING PROGRAM

Duration: 1 April 2026 – 31 March 2027

Location: Multiple locations around Hyderabad toward running stronger and injury-free.

Early Enrollment Offer Join now and enjoy 30 days of FREE training before the program officially starts.

Who Can Join?

Beginners who want to start running safely and smartly.

Regular runners who want to get fitter, stronger and faster

What You Get

+ Strength & Conditioning – Wed & Fri – Build full-body strength and endurance.

+ Yoga – Monday – Improve flexibility, mobility and recovery.

+ Guided Running – Tue, Thu & Sunday – Structured runs to improve speed, stamina and distance.

Timings & Locations: 6:00 AM – 7:00 AM

Website: <https://hyderabadrunners.com/training/>

Join Now!

Contact:

Dr. Kancharla Venkata Murali

Training Coordinator, Hyderabad Runners

Phone: **8179616611**

Email: Training@hyderabadrunners.com



TRAIN & SHINE PROGRAM

Start Ahead
Train smart before
the official start!

REGISTRATIONS OPEN NOW
PROGRAM DURATION: 1 APRIL 2026 - 31 MARCH 2027

EARLY ENROLLMENT OFFER
Join now and get 30 days of FREE TRAINING before the program starts!

WHO IS IT FOR?
Beginners and regular runners who want to get fitter, stronger and faster.

What's Included? Strength & Conditioning Wed & Fri Build full-body strength and endurance	Guided Running Tue, Thu & Sunday Structured runs to boost speed, stamina and distance	Yoga Monday Improve flexibility, mobility and recovery
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Timings & Locations
6:00 AM – 7:00 AM.
Multiple locations across Hyderabad

contact:
Dr. Kancharla Venkata Murali,
Training Coordinator, Hyderabad Runners
Call: 8179616611 | Email: Training@hyderabadrunners.com

JOIN NOW

www.hyderabadrunners.com

PROJECT CHAMPION UPDATES

1. Project ALFA First batch – SAFA Darul Shifa

Date: 12th February, 2026

Hyderabad Runners has successfully completed the first batch of the Active Lifestyle For All program. As part of the program completion, post-assessments were conducted for the participants to evaluate their progress and measure improvements in overall fitness levels.

29 participants have taken a physical assessment test at least once.

14 participants have taken the test both times, 7 participants have taken only pre-assessment & 8 participants have taken only post-assessment. Differences from pre-assessment to post-assessment:

- Forward Sit and Reach Test (In Inches) -122% increase from Pre to Post assessment
- Forward Plank Hold in secs (Max 60 secs) – 50% increase from Pre to Post assessment
- Crunches (1- Minute Test) with or without support – 144% increase from Pre to Post assessment.

- In pre assessment, 13 participants have done crunches with support whereas all 22 participants have done crunches without any support in post assessment.
- 1kg Medicine Ball Throw (Seated) (In Ft.) – 17% increase from Pre to Post assessment
- Weight (In Kgs) – 4% decrease from Pre to Post assessment



COACH'S CORNER

FOOT STRENGTH AND BAREFOOT DRILLS FOR RUNNERS

Improve balance, stability, and reduce overuse injuries

– Dr. Kancharla Venkata Murali, Training Coordinator

Introduction

For runners, strong feet are the foundation of efficient movement and long-term injury prevention. While most training plans focus on mileage, speed, and strength, foot strength is often overlooked. Weak intrinsic foot muscles can lead to poor balance, instability, and common overuse injuries such as plantar fasciitis, shin splints, and ankle sprains.

Foot-strengthening and barefoot drills help activate these neglected muscles, improve proprioception (body awareness), and enhance overall running mechanics.

Why Foot Strength Is Important

The feet contain more than 25 muscles that work together to absorb impact and stabilize the body with every step. Supportive footwear can sometimes reduce natural muscle activation, leading to weakness over time.

Regular barefoot and foot-strength drills help runners:

- Improve balance and coordination
- Enhance ankle and arch stability
- Reduce excessive load on knees and hips
- Lower the risk of overuse injuries
- Improve running efficiency and ground contact control

Recommended Foot Strength & Barefoot Drill Videos

These videos are practical, runner-friendly and suitable for beginners to advanced athletes.

Foot & Ankle Strengthening for Runners – Strength Running

A well-structured routine focusing on intrinsic foot strength and ankle stability.

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

Foot Strength and Balance Exercises for Runners

Simple drills that improve balance, foot control and stability.

<https://www.youtube.com/watch?v=GuCE0KERws4>

Barefoot Strength & Foot Activation Drills

Ideal for grass or mat surfaces to improve foot awareness.

https://www.youtube.com/results?search_query=barefoot+foot+strength+drills+for+runners

Key Benefits for Runners

- Better balance and single-leg stability
- Stronger arches and intrinsic foot muscles
- Improved ankle strength and mobility
- Reduced injury risk from repetitive stress
- More natural and efficient running form



Short Foot Exercise (Foot Doming) Explained

Excellent for strengthening the arch and intrinsic foot muscles.

https://www.youtube.com/results?search_query=short+foot+exercise+for+runners

How to Include Foot Drills in Your Training Warm-Up (5–10 minutes):

- Toe curls and toe spreads
- Heel walks and toe walks
- Ankle circle
- Single-leg balance

Post-Run or Strength Days:

- Short foot exercise
- Single-leg barefoot balance
- Calf raises (barefoot if safe)

Surface Recommendation:

Start on grass, track infield or a yoga mat. Progress gradually to avoid soreness.

Important Guidelines

- Begin with short durations (2–5 minutes barefoot work)
- Avoid hard surfaces initially
- Focus on control, not speed
- Stop if pain (not muscle fatigue) occurs
- Consistency is more important than intensity

Conclusion

Strong feet create strong runners. By consistently including foot-strengthening and barefoot drills in your routine, you build a solid foundation for better balance, improved stability, and long-term injury prevention. Small daily efforts can lead to significant performance and durability gains over time. Add this to your weekly training routine and share with fellow runners to build stronger, injury-resistant athletes from the ground up.

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RUNNING NEWS FROM AROUND THE WORLD

From the streets of Dubai to the forests of Tennessee, runners around the world found their start lines.

February has a special place in the global running calendar. With winter easing in many parts of the world, the racing season gathered momentum, and runners—from elite professionals to weekend warriors chased personal bests, podium finishes, or simply enjoyed the joy of finishing. Across continents in February 2026, races unfolded in dramatically different settings: the flat highways of Dubai built for speed, India's historic city streets buzzing with community energy, and rugged wilderness trails where finishing itself is an achievement.

Here's a look at some of the most notable running events of the month.

Dubai Marathon Dubai, UAE | February 1, 2026

The Dubai Marathon has long been known as one of the fastest courses in the world. Wide roads, minimal elevation changes, and cool winter mornings along the Arabian Gulf create near-perfect conditions for fast racing.

The course begins near Umm Suqeim Road, sweeping along the coastline before looping through the city's broad boulevards. Ethiopian runner **Nibret Melak** stunned the field by winning the men's race in 2:04:00, an extraordinary performance for his marathon debut. In the women's race, fellow Ethiopian **Anchinalu Dessie** surged to victory in 2:18:31, recording a personal best and one of the fastest women's marathon times of the year. The result once again confirmed Dubai's reputation as a marathon where careers are launched and records are chased.



Jaipur Marathon Jaipur, India | February 1, 2026

While elite runners raced through Dubai, thousands of runners gathered the same morning in India's Pink City for the AU Jaipur Marathon, one of the country's largest mass-participation races. The route carried runners through some of Jaipur's most recognizable locations, including Albert Hall Museum, Statue Circle, and the city's wide ceremonial roads. As the morning progressed, the streets gradually filled with cheering spectators, music, and volunteers encouraging runners along the way.

Nilesh Arsekar crossed the finish line first in the men's category with a stunning timing of 2:30:06, and **Arpita Saini** bagged the women's title with a time of 3:25:36.

The defining feature of the Jaipur Marathon was not only the competition but also the atmosphere. The race had the energy of a festival, with music along the route and enthusiastic crowds cheering runners through the city.

Auroville Marathon Auroville, Tamil Nadu | February 8, 2026

The Auroville Marathon, held on February 8, 2026, offered runners a completely different experience from traditional city races. Taking place in the international township of Auroville near Puducherry, the race led participants through red-earth trails, forest paths, and quiet village roads. The event was non-competitive and organized for the joy of running. The course combined trail sections with rural roads, making it both scenic and challenging. The warm coastal climate added another layer of difficulty as the race progressed. For many participants, the race felt less like a competitive event and more like a shared journey through nature and community.



Hyderabad Runners Club Run Hyderabad, India | February 15, 2026

The Hyderabad Runners Club Run, held on February 15, was a celebration of the city's vibrant

and ever-growing running community. Organized by the Hyderabad Runners Society, the event is regarded as the group's flagship run and took place within the lush green campus of the University of Hyderabad, that offered runners a refreshing escape from the city's bustle. The event featured the Hyderabad Runners Couch to 5K program, along with 10K and half marathon categories, making it accessible to everyone—from beginners taking their very first race steps to experienced runners chasing strong performances. In the half marathon, **Avik Pal** claimed the men's title with an impressive finish time of 1:20:08, while **Vishwa Sanghavi** secured the top spot in the women's category, crossing the finish line in 1:42:38.

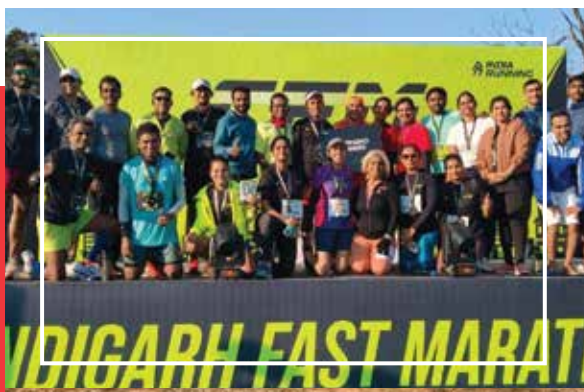


Chandigarh Fast Marathon Chandigarh, India | February 15, 2026

On the same weekend, the Chandigarh Fast Marathon brought competitive road racing to one of India's most well-planned cities. The course wound through several city sectors, passing tree-lined avenues and open green corridors that offered runners both scenic views and smooth roads.

The event featured full marathon, half marathon, 10 km, and 5 km races, attracting participants from across northern India and beyond.

In the marathon category, Ethiopian runner Olbana Negasa Yadate clinched the men's title with a strong finish in 2:17:41, while Meskerem Tesfaye Fikadu dominated the women's race, crossing the line in 2:31:14. With its flat route and well-maintained roads, the race once again lived up to its reputation as a "fast" marathon, drawing runners eager to chase personal bests.



New Delhi Marathon New Delhi, India | February 22, 2026

The New Delhi Marathon once again showcased the growing strength of India's distance-running scene.



The course took runners past several iconic landmarks, including India Gate and the broad avenues of Lutyens' Delhi, offering a scenic yet competitive route through the capital.

In the men's category, Kartik Karkera surged ahead in the closing stages to win in 2:13:10, narrowly edging out national marathon star Gopi Thonakal.

In the women's race, Nirmaben Thakor finished first with a time of 2:41:15, delivering a strong and consistent performance.

More than 30,000 runners participated across race categories, reflecting the rapid growth of marathon running in India.

Barkley Marathons Tennessee, USA | February 2026

If the Dubai Marathon represented speed, the Barkley Marathons represented endurance in its most extreme form.

Held in Frozen Head State Park, the event had long been regarded as the toughest ultramarathon in the world.

Runners attempted to complete five loops totaling about 160 kilometers across steep mountains and dense forests within 60 hours. It was the second consecutive year, when no runner completed all five loops within the 60-hour time limit.



Black Canyon Ultras Arizona, USA | February 14–15, 2026

The Black Canyon Ultras in Arizona remained one of the most respected early-season trail races in the United States.

The course followed the historic Black Canyon Trail, cutting through the rugged desert north of Phoenix. Runners faced rocky terrain, rolling hills, and vast stretches of exposed desert landscape. The highlight event was the 100 km ultramarathon, which drew elite trail runners from around the world.

Hans Troyer delivered a dominant performance to win the 100 km event in a record time of 7:20:00 and Jennifer Lichter won the 2026 Black Canyon 100K female race, setting a new course record with a time of 7:57:05.

The race continues to grow in popularity and has become an important event on the international trail running calendar.

Apollo Tyres Kolkata Full Marathon Kolkata, India | February 8, 2026

The Apollo Tyres Kolkata Full Marathon, held on February 8, 2026, once again brought the city's running community together for one of eastern India's most anticipated racing events. Set against the backdrop of Kolkata's historic streets and colonial-era landmarks, the race combined competitive spirit with the city's unmistakable cultural energy.

The event featured both full marathon and half marathon categories, drawing runners from across India as well as international participants. Palash Hazara delivered a commanding performance to win the men's race in 2:33:14. In the women's race, Samjana Subba claimed victory with an impressive time of 03:07:03.



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