

BEYOND THE TRACK



**ACTIVITIES OF
HYDERABAD RUNNERS**

**COACH'S
CORNER**

**RUNNING
NEWS**

RUN - TITUDE

**TRAIN
LIKE A PRO**

PRESIDENT'S MESSAGE

Dear Runners

As we come to the end of the financial year, it also marks the close of another running season, with our annual *Club Run* that concluded mid-February.

Hyderabad Runners Society has had yet another vibrant year of **running events, training programs, and outreach initiatives.**

Starlight Strides Women's Run was back on track this year, along with a *women-exclusive Couch to 5K program* as part of it.

This new initiative saw about *300 women* graduate as runners, with around *20 women mentors* emerging from the program. It bodes well for our efforts to increase women's participation in an active lifestyle.

From a running group to a social impact organization – we have taken up several *outreach and advocacy* initiatives in the last few months.

Project Champion Sports Meet

This Jan 2026 saw about *850 kids shortlisted (from over 6000 students)* from *14 schools* took part in the annual sports meet at BHEL Stadium by the end of January. It was a momentous occasion in the *3rd year of the Project Champion program*. Hyderabad Runners is proud to facilitate physical literacy sessions and the sports meet to build awareness of an active lifestyle and sportsmanship among the next generation.

Project ALFA (Active Lifestyle For All)

A *pilot module of Project ALFA* has been completed at Darul Shifa in collaboration with the NGO, SAFA India. It catered to women from a *vocational training centre*. The program helped create awareness about best practices in posture, mobility, diet, and overall physical wellbeing. HRS is now looking to collaborate with more NGOs and expand this program further.

NMDC Hyderabad Marathon

As you all know, marathon registrations are now open. Our team has begun planning and preparations to make the milestone *15th edition* a memorable one for all runners.

Please come forward to volunteer for the marathon by indicating your areas of interest here:

<https://www.nmdchyderabadmarathon.com/volunteers>

Together, let's make runners feel the warmth and hospitality of Hyderabad on race weekend!

Warm regards,



Arun Kumar Kaliappan
President
Hyderabad Runners Society

EDITOR'S MESSAGE

Hello everyone,

Trust you're all doing great in these testing times. While the world is in a difficult position, we've to train our bodies and minds to remain resilient at all times. Physical activities contribute in a big way to keep our minds and bodies alert and active.

The bugle for the 15th edition of our NMDC Hyderabad Marathon 2026 has been sounded and the registrations are in full swing. We're pulling out all stops to make it a memorable one. Trust you've started training for the same while also tending to the niggles and injuries.

The latest edition of our Newsletter, **Rundevvous** is back and we've packed quite a few of our regular articles covering the Hyderabad Runners activities in March. Read our regular articles on *Yoga, Training, Nutrition and Runtitude*. Do check out the Coach's corner too.

Many thanks to our Newsletter team for putting together these articles and to our collaborators who have been more than helpful. 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 can better ourselves.

Cheers!!



Sunder Nagesh K
Editor

ACTIVITIES OF HYDERABAD RUNNERS

MARCH, 2026

1. Club Run 2026 Volunteer Run - Khajaguda Lake Point, Gachibowli

Date : 01st March, 2026

Location : Khajaguda Lake Point, Gachibowli

The Sunday Long Run, held alongside the **Club Run Volunteers Run 2026**, witnessed enthusiastic participation of around 160 runners from the running community. This run was dedicated to the **Club Run 2026 Volunteers**, recognizing their commitment and continued support in making every event a success.

The Club Run Pacers also played a key role during the run, volunteering their time and leading from the front. Their energy and guidance contributed significantly to the overall experience and helped motivate participants throughout the run.



2. Sunday long run - Forestrek park

Date : 8th March, 2026

Location : Forestrek Park, Narsingi-TSP Service Road

The run featured distances of 9 km, 14 km and 18 km and was conducted entirely within Forestrek Park campus. Hosted by the Alkapoor Runners, the event saw the participation of around 120 runners, creating an engaging and energetic atmosphere within the scenic setting.



Runner of the week: Shaheen Akhtar

We also took the opportunity to recognise Shaheen Akhtar, who started to run with the simple goal of starting to remain fit, as the Runner of the Week (ROTW). Sharing her journey in her own words:

My running journey began in 2024 with a simple decision, **"To start"**. At the time, I never imagined that this small step would completely transform my life. What began as a way to stay fit slowly turned into a journey filled with challenges, growth and unforgettable milestones. With every race and every kilometer, I discovered not just physical endurance but also patience, resilience and the courage to push beyond limits I once thought were impossible.

One of the **most special moments in my journey** was completing my first Half Marathon. Crossing that finish line meant a lot to me because there was a time when I truly believed I could never run that far. That moment completely changed the way I see my own potential. Recently, I achieved another **milestone** by completing my first Full Marathon at the **Tata Mumbai Marathon**, something that once felt far beyond my reach.

Alongside this journey, I am also a mother and homemaker, running while taking care of my daughter and managing my responsibilities at home. Balancing motherhood and training has taught me even greater discipline and resilience. It reminds me every day that **being a mother doesn't mean giving up on your dreams, it means showing your children what strength, dedication and determination look like.**

Running has given me much more than medals or finish lines. It has taught me discipline, consistency, mental strength and the importance of showing up for yourself even on days when motivation is low. I also had the opportunity **to mentor runners through the K25K program**, helping and encouraging others to take their first steps into running, which has been a very rewarding experience for me.

I am **proud to be part of Alkapoor Runners**, a wonderful and supportive running community that brings together runners of all levels. The group encourages consistency, motivates each other during training, and celebrates every milestone together. Being part of such a community has played a big role in keeping me motivated and committed to my running journey.

From that **first 5K run in 2024** to completing marathons today, every mile has been a reminder that growth begins the moment you decide to start and continues as long as you keep moving forward. If my journey can inspire even one person, **especially other mothers to believe that their dreams are still possible**, then every step of this journey is worth it.



Runner of the week: Harsha Akkenepally

Harsha Akkenepally was also recognized as the Runner of the Week (ROTW). Sharing his journey in his own words:

My running **journey began in 2023 with the NMDC 5K** and that first race played a major role in helping me reverse diabetes and move away from a sedentary lifestyle. Since then, running has helped me become a stronger and more consistent version of myself. In a relatively short time, I **progressed from my first 5K to completing multiple Half Marathons (both timed and non-timed) along with a couple of 30K runs**, constantly exploring longer distances and building endurance. Last year, I also **attempted a 6-hour solo endurance run**, which was a unique experience that tested both physical and mental resilience.

This year marked another major milestone **when I ran my first official Full Marathon at the Tata Mumbai Marathon**. With that race, I was also **able to complete the Procram Slam series**, having previously participated in the TCS World 10K Bengaluru, Vedanta Delhi Half Marathon and Tata Steel World 25K Kolkata.

One of the most fulfilling parts of this journey has been giving back to the running community. I had the opportunity to mentor new runners through the K25K program, helping beginners take their first steps into running and complete their early races. **Being part of Alkapoor Runners has played a big role in my journey**. The shared miles, early morning runs, encouragement and friendships within the group make every run more meaningful.

Along with running, I also enjoy cycling, travelling and documenting my fitness journey, hoping it motivates others to adopt a healthier and more active lifestyle. For me, running is not just about races or timings, it is about consistency, resilience and enjoying the journey while inspiring others along the way. Happy running everyone!

3. Farm House Run 2026 – Gandipet

Date : 15th March, 2026

Location : Prasad Farms, Gandipet

The Farm House Run 2026 brought together the running community for a memorable Sunday Long Run in a scenic and refreshing setting. The event witnessed 270 enthusiastic runners enjoying both the experience and the camaraderie.

The success of the run was made possible through the dedicated efforts of volunteers from Kokapet and Gandipet Runners whose coordination and support ensured a smooth and well-managed event. The venue at Prasad Farms added to the charm of the run, offering a beautiful and welcoming environment for participants. **Support from Meluha International School** also contributed to the overall execution of the event. Overall, the run stood out as a well-organized and community-driven initiative, reflecting the collaborative spirit of the running groups involved.



4. Sunday long run - Uppal

Date : 15th March, 2026

Location : DSL Virtue Mall, Uppal

The Sunday Long Run at DSL Virtue Mall, Uppal, Hyderabad, brought together the running community for an energetic morning with participants taking on distances of 5 km, 10 km and 21.1 km. **Hosted by Uppal Runners**, the run was held alongside the “**Run For She**” event with around 450 participants adding vibrancy and purpose to the experience. Runners benefited from well-supported en route SAG arrangements, ensuring a smooth and enjoyable run for all participants.

Overall, the event witnessed strong participation and showcased the spirit of community running, with effective coordination and support contributing to a successful outing.



5. Sunday long run - Osmania University

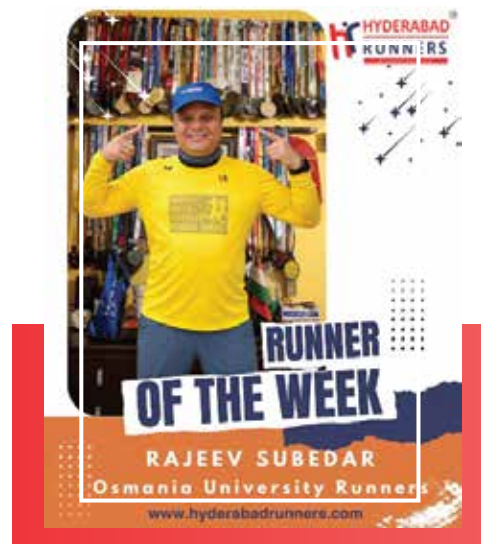
Date : 22nd March, 2026

Location : Arts college, Osmania University

Around 50 running enthusiasts came together on Sunday morning to take part in the weekly Sunday Long Run at Arts College, Osmania University, Tarnaka. The run was organized as part of the Hyderabad Runners community initiative, offering participants distance options of 8 km, 12 km and 18 km.

The event began early, with runners assembling at 5:30 AM and flagging off at 5:45 AM. The scenic campus of Osmania University provided a refreshing and motivating setting, contributing to an enjoyable running experience.

Participants from diverse backgrounds joined the run, showcasing growing awareness and commitment towards fitness and well-being in the city. The event was **hosted by the Osmania University Runners** who ensured smooth coordination and support throughout the run.



Runner of the week: Rajeev Subedar

Rajeev Subedar from the OU Runners group was chosen as the ROTW. Sharing his journey in his own words:

My name is Rajeev Subedar and my running journey began in 2018 here in Hyderabad. What started as a simple effort to stay fit, healthy and active soon became one of the most important parts of my life.

Running is no longer just a sport for me; it's a passion. In fact, I always say, **“The run ends, but running never ends.”** Over the years, running has taken me on an incredible journey. I have been fortunate **to collect more than 50 medals, complete six half marathons and participated in over 30 ten-kilometer races.** One of my proud milestones was completing my first 10K at AHM 2019 in 75 minutes, and later finishing my **half marathon during Club Run 2020 in 2 hours and 30 minutes.**

Beyond the races and medals, running has truly transformed my life. It helped me discover my inner strength and willpower. It made me more confident and more social. One of the biggest blessings running gave me was better health. **I became non-diabetic without medication and reduced my weight from 78 kg to 67 kg.**

One of my **most memorable moments with the running community was completing my first official half marathon during Club Run 2021.** The energy of the runners, the motivating pacers, the support along the route and the beautiful experience made it unforgettable. My **favorite place to run is the scenic Osmania University campus**, where every run feels refreshing and motivating. Apart from running, I also enjoy activities like marathon walking, cycling and swimming which keep me active and energized.

If I have one piece of advice for anyone who wants to start running, it is, **“Go far, but not fast. Run with your heart.”** **My mission in life is simple, to keep running for the rest of my life,** stay inspired by others and motivate more people to take up running. Running is not just about crossing the finish line, it is about discovering your strength, improving your health, and inspiring others along the way.

6. Sunday long run - Hafeezpet

Date: 22nd March, 2026

Location: Vasantha City, Hafeezpet Rd, Hafeezpet.

The Sunday Long Run at **Vasantha City, Hafeezpet Road** witnessed an enthusiastic gathering of around **60 runners**, contributing to another successful edition of Hyderabad Runners' weekly fitness initiative.

Participants assembled at 5:30 AM and began the run at 5:45 AM, taking advantage of the calm early morning conditions. Runners chose from **8 km, 12 km and 18 km** distances, catering to a wide range of fitness levels and goals.

The well-marked route through Hafeezpet provided a safe and enjoyable experience, with runners encouraging one another and maintaining a strong sense of camaraderie throughout the run.

Hosted by the **Kukatpally Runners**, the event was smoothly organized, reflecting the group's continued commitment to promoting community fitness and active lifestyles.



Runner of the week: Sridevi

Sridevi from the Kukatpally Runners group was chosen as the ROTW. Sharing her journey in her own words:

Sridevi's Running story began in November 2023, when she took her first step into the world of running at the Niveus Mangalore Marathon – 5 km. What started as a spontaneous decision soon turned into a life-changing passion. That first finish line wasn't the end; it was just the beginning.

ABOUT Sridevi

Back in Hyderabad, Sridevi became an active part of the Hyderabad Runners community, participating in numerous Sunday Long Runs (SLRs). She is not only a regular but also volunteers for several weekend SLRs and a few major running events – spreading positivity, encouragement and her trademark smile among fellow runners.

RUNNING HISTORY

Over time, she built up her endurance and confidence, completing many 10Ks, four Half Marathons and finally achieving a dream come true. Her first Full Marathon at the NMDC Marathon 2025. Crossing that 42.195 km finish line was a moment of pure joy, pride and gratitude.

Running has not only transformed her physically but also enriched her life with beautiful friendships, discipline and a deep sense of community.

After completing the NMDC Full Marathon with strong determination, she went on to complete an international marathon, the Singapore Marathon (SCSM2025) in December 2025.

Following two successful marathons in 2025, she began 2026 by taking her running journey to the next level, completing the New Delhi Marathon 2026 with personal best.

RUNNING GOALS

Now, Sridevi is training for her **next big goals**, the Bangalore Ultra Marathon 2026 in July, Ladakh Marathon in September and another BIG goal to in December that is **Hell Race Boarder Run 100K**, carrying with her the same passion, positivity and determination that have defined her journey so far.

Even while preparing for and participating in major races, she continues to actively volunteer with the Hyderabad Runners group.

HR MEANS TO ME

For Sridevi, being busy with a Senior Leadership role in a corporate organization, running is more than a sport, it's a celebration of life, health and connection. Every step, every race and every friendship along the way makes her journey truly amazing.



Runner of the week: Venkat Madapala

Venkat Madapala from the Kukatpally Runners group was also chosen as the ROTW. Sharing his journey in his own words:

I started my running and **fitness journey in 2017 with the Kouch To 5K program** organised by HR at IDL near Kukatpally. I started my baby steps with a 5K graduation run at the end of this program and slowly graduated to 10K, 21K and **eventually a full marathon in 2019 at Tata Mumbai Marathon**. Some of the **key milestones include** my first 10K at AHM 2017 (59:36), my first half at AHM 2018 (2:16:06), and my first marathon at TMM 2019 (4:42:37).

My **major achievement was completing the Delhi Marathon last month** with a career best timing of 03:26:00. My **proudest moment was mentoring around 20 Runners** from the Kukatpally Runners group who participated in the 2025 NMDC run and 2026 Delhi Marathon.

Running has transformed my life. Throughout this journey, I have made many friends and well wishers. I am **thankful to Hyderabad Runners and Kukatpally Runners group** for making my running journey a memorable one.

7. Women's special Run 2026 A Celebration of Strength

Date : 29th March, 2026

Location : Sanjeevaiah Park

The **Hyderabad Runners Society** successfully organized a Women's Special Run at **Sanjeevaiah Park**, celebrating women's fitness, empowerment and community spirit. The event saw an enthusiastic participation of over 250+ women runners, promoting healthy living, confidence and unity.



The run was graced by Chief Guest **Dr. P. Lavanya Naik Jadav**, Deputy Commissioner of Police (DCP), Women & Child Safety Wing, Hyderabad City Police, SHE Teams and Bharosa Center. She delivered an inspiring message on women's safety and empowerment and was felicitated by Dr. Madhumathi Sanjay, Joint Secretary, Hyderabad Runners Society. **Arun Kumar**, President of the Hyderabad Runners, reaffirmed the organization's commitment to inclusive fitness initiatives, while **Ashish Bhojania**, Treasurer of the Hyderabad Runners, proposed the vote of thanks.



The **Women's Special Run reflected the growing strength of women in fitness** and the power of community-driven initiatives.





Runner of the week: Surekha Rani

Surekha Rani from the Sanjeevaiah Park Runners group was chosen as the ROTW. Sharing her journey in her own words:

My running journey started in the year 2024 after seeing an ad on Facebook about the Couch To 5K Program. **After successfully finishing Couch To 5K, I joined the Train & Shine Program.** I completed **a few 10Ks and half marathons.** One of my **most unforgettable moments and experiences was a 6 hours Solo Stadium Run,** which gave me a totally different experience.

Waking up early for a run is very difficult and managing household work along with running is a real challenge for me. With the support of my family and my husband, I am able to be regular at Train & Shine sessions organised by Hyderabad Runners. Running keeps me physically and mentally strong. Thanks to my running group @ Sanjeevaiah Park Runners, our coach Srinivas Sir and Hyderabad Runners for wonderful support and encouragement.

Webinar: 15 Years of Legacy – NMDC Hyderabad Marathon

As we gear up for the landmark 15th Edition of the NMDC Hyderabad Marathon, a special **“Beyond the Track”** webinar brought our community together to reflect on the journey that built this iconic race.

The session revisited the marathon’s 15-year evolution – from humble beginnings to becoming one of India’s most loved running events – and celebrated the spirit that defines Hyderabad’s running culture.

Featured Speakers

- **Rajesh Vetcha**, Race Director, NMDC Hyderabad Marathon
- **Sandeep Kate**, Founder, Satara Runners

Their conversation highlighted the journey from inspiration to legacy, the effort behind building a thriving running community, and what runners can look forward to in this milestone edition.

Watch the Webinar

If you missed the live session, watch the full conversation here:



As we step into the 15th edition, the message is clear – we are not just running a race, we are carrying forward a legacy built over 15 remarkable years.

Webinar: More Than a Medal

The Power of Charity in the 15th Edition of the NMDC Hyderabad Marathon

Is a marathon only about the distance, the PB, or the medal at the finish line?

In a compelling session of the “Beyond the Track” Webinar Series, the Hyderabad Runners community reflected on a larger truth – running can transform lives.

Run For Someone’s Tomorrow

This year’s charity theme, “Run For Someone’s Tomorrow,” reminds us that every kilometer can create impact. Your run can help:

- Provide blood support for children in need
- Enable digital literacy for underserved students
- Strengthen grassroots causes that need awareness

When runners choose to fundraise, their effort becomes an impact.

Key Takeaways from the Webinar

Our panel discussed:

- How marathons become powerful platforms for fundraising
- The emotional “Why” behind charity running
- How runners can begin their fundraising journey

The inspiring work of our charity partners. The message was clear – move from running for self to running for society.

Featured Speakers

- Krishna Vamshi, Co-founder & CEO, Blood Warriors Foundation
- Omkarnath Mummadisetty, Founder & CEO, Digital Equity
- Vishwanath Jogini, Charity Lead, NMDC Hyderabad Marathon.

Their insights brought clarity and purpose to what charity running truly means.

Watch the Webinar

Catch the full session here:



Moving Forward

Don't just run for the medal.
Don't just run for the time.
Run for a reason. Run for change. Run for someone's tomorrow.

Training coordinator at various Training locations

As part of imparting knowledge about the Training programs of the Hyderabad Runners, the training coordinator of the Hyderabad Runners, **Dr. Venkat Kacharla** visited a few communities, the details of which are given below:

Prestige Tranquil - February 27, 2026

An orientation session was conducted regarding the Train and Shine program and discussions were held on planning to initiate the program at this location.



SA Palm Meadows - March 2, 2026

During this visit runners raised queries related to running which were addressed and explained clearly. Relevant guidance and information were shared with the participants to support their training.



My Home Tarkshya - March 6, 2026

Dr. Venkat visited the Train and Shine training location and observed how the coach was conducting the session and delivering the program to the runners.



LB Nagar - March 11, 2026

Dr. Venkat visited the Train and Shine training location. During the visit, he addressed and clarified runners' doubts related to training.

Prestige High Fields - March 16, 2026

Dr. Venkat visited this location and introduced the yoga trainer to the participants and familiarized the trainer with the setup and program structure. This marked the first day of training. He interacted with the participants, encouraged them and supported their active engagement in the program.

Alkapoor - March 25, 2026

Dr. Venkat visited the Train and Shine training location. During the visit, he addressed and clarified runners' doubts related to training. Additionally, he discussed the development plans for the Alkapoor training location with the team.



TRAIN & SHINE: 12 MONTHS TRAINING PROGRAM

Duration: 1 April 2026 – 31 March 2027

Location: Multiple locations around Hyderabad

New Batch: Open Now

Program Duration: 1 April 2026 – 31 March 2027

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

Multiple locations across Hyderabad

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

NMDC Hyderabad Marathon 2026 – Registrations are open
Register here: <https://www.nmdchyderabadmarathon.com/>



The Legacy Continues With You

Register Now

Race dates:
August 29th and 30th

Grit, Glory
15
YEARS
of Stories.

COACH'S CORNER

TRAIN SMART: SAFETY TIPS FOR EARLY MORNING & NIGHT RUNNERS

– Dr. Kancharla Venkata Murali, Training Coordinator



Running at dawn or after sunset is often the most practical choice for many runners. Early mornings offer calm, fresh air and a distraction-free start to the day, while night runs bring cooler temperatures and flexibility after work or family commitments. However, both time slots come with reduced visibility and safety considerations. With the right approach, you can make these runs safe, effective, and enjoyable.

Why Low-Light Running Needs Extra Attention

Whether it's early morning darkness or post-sunset conditions, visibility is limited. Uneven roads, potholes, stray animals, or unexpected obstacles may not be easily noticeable. Additionally, drivers and cyclists may find it harder to spot runners in low light. Fewer people around also means limited immediate help in case of emergencies. Hence, awareness and preparation become essential.

Be Seen: Use Reflective Gear Effectively

- Reflective gear plays a crucial role in making you visible to others.
- Reflective vest or jacket: Ensures near 360-degree visibility.
- Reflective bands: Wearing them on wrists and ankles enhances visibility due to movement.
- Layer your visibility: Don't rely on a single reflective logo—combine multiple elements.

Think of yourself as a “moving signal” on the road—your upper body, arms, and legs should all help others notice you clearly.

Add Light for Better Visibility

Reflective gear depends on external light, but active lighting ensures constant visibility.

- Headlamp or chest light: Helps you clearly see the path ahead.
- Rear red light: Alerts vehicles approaching from behind.
- Clip-on LED lights: Improve your visibility from multiple angles.

Your goal is simple: stay visible from all directions at all times.

Choose Safe and Familiar Routes

Avoid experimenting with unknown routes in low-light conditions.

- Stick to well-lit and familiar roads
- Avoid isolated areas, dim streets, or empty parks
- Prefer loop routes instead of long stretches away from your base
- Identify exit points like main roads or populated areas

Always ask yourself: If something goes wrong, how quickly can I reach safety?

Stay Connected and Alert

Basic precautions can make a big difference:

- Inform someone about your route and return time
- Carry a fully charged phone and ID
- Avoid high-volume headphones—stay aware of your surroundings
- Whenever possible, run with a partner or group

Quick Safety Checklist

Before stepping out, take 30 seconds to check:

- Am I wearing proper reflective gear?
- Do I have a light source (headlamp/LED)?
- Is my route safe and well-lit?
- Have I informed someone about my plan?
- Is my phone charged?

Conclusion

Early morning and night runs can be peaceful, refreshing, and highly effective for training—if approached with the right precautions. Prioritizing visibility, awareness, and route planning ensures not just safety but also confidence in your runs.

Contact details:

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RUNNING NEWS FROM AROUND THE WORLD IN MARCH 2026

1. Tokyo Marathon 2026:

The 19th edition of the Tokyo Marathon was held on 1st March, 2026 in the bustling metropolis of Tokyo. The run was held starting from the Tokyo Metropolitan Government building in Shinjuku. Nearly 40000 runners participated in the event which is the only World major from Asia. **Tadese Takele** from Ethiopia won the men's Marathon category with a finish of 02:03:37 while **Brigid Kosgei** from Kenya won the women's Marathon category in 02:14:29.



Images courtesy
<https://www.worldmarathonmajors.com/>



3. Ooty Ultra 2026:

The 9th edition of the **Ooty Ultra** was held on 22nd March, 2026. A total of 1180 runners participated in this from 17 states and 5 countries. Runners participated across 6 categories – 15K, 30K, 50K, 60K, 75K and 90K. **Tejus Vamshi** won the 90K category (male) with a finish of 10:55:56. **Rahul Kumar Patel** and **Soma Datta** won the 75K (men and women) with a finish timing of 10:17:50 and 11:02:46 respectively.

Hyderabad Runners also had a strong participation at the Ooty ultra with nearly 20 runners participating across various categories. **Soma Jagan Mohan Reddy** finished as a runner-up in the 50K category with a finish timing of 05:32:35.



Images courtesy
<https://www.worldmarathonmajors.com/>

2. Seoul Marathon 2026

The 96th edition of the **Seoul Marathon** was held on 15th March, 2026. A total of 40,000 runners participated in the event with 20,000 runners in the Marathon category and another 20,000 runners in the 10K category. The elite field had 173 runners from 9 countries. Ethiopia's **Haftu Teklu** won the men's marathon race in 02:04:23, finishing just a second ahead of fellow Ethiopian Getaneh Molla (02:04:24). Ethiopia's **Haven Hailu Desse** won the women's marathon in 02:19:09.



The 10th edition of the event is slated to happen on the 21st March, 2027.

NUTRITION TRAINING DIET

- Lahari Surapaneni

Your diet plays an important role in the outcome of your efforts when you are training for a race. Maintaining a healthy diet during training can maximize your performance during race day. Testing specific foods and fluids before, during and after training sessions allows you to determine effective fueling strategies for the race day.



During the training period, the calorie intake should be proportional to the training load lest you experience muscle loss, increased risk for injury, fatigue and incomplete recovery. The calorie/energy intake should be adjusted according to the training intensity on a daily basis to give optimum support. Excessive energy intake in the form of calories on a low intensity day could also lead to unwanted increase in body fat negatively affecting performance.

The macronutrients (carbohydrates, fats and proteins) are all energy/calorie sources for the body. However, carbohydrates and fats are preferred sources. Choosing nutrient dense sources of calories are important in providing necessary micronutrients (vitamins and minerals). If your training is restricted to less than two hours a day, there is no need for excessive increase of calories. A balanced meal consisting of whole grains, lentils, animal protein (optional), dairy products, vegetables, fruits, nuts and seeds can provide a nutrient dense diet within the calorie needs.

Focusing on pre-workout, intra-workout and post-workout nutrition helps in optimizing nutrient absorption as well as utilization.

A pre-workout meal consisting of complex carbohydrates such as rice, wheat, oats and other grains along with low fat proteins like lean meat, lentils should ideally be consumed at least 2-3 hours prior to the workout. If the planned workout is of duration more than 2 hours, an easy to digest pre-workout snack like fruit smoothie, low fat milk shake, small portion of protein shake, fruit pieces, dry fruits can be consumed at least 30-60 minutes prior to beginning of workout. If timings are not followed appropriately, you may experience bloating, nausea, cramps, reflux, vomiting, diarrhea etc.

An intra-workout meal is a necessary part of endurance sports during training as well as during the event. It helps maintain blood glucose to ensure adequate fuel supply. It delays fatigue and spares muscle glycogen. It also helps prevent dehydration and supports recovery. Diluted fruit juices, plain water, sports drinks, gels, oral rehydration solution (ORS) and such can be used as intra-workout support. Sipping about a mouthful of these drinks at 15-30 minute intervals depending on humidity and sweating rate can replenish the lost fluid and electrolytes. It is important to try different options during training to determine what suits your needs best. Trying something new on race day is discouraged.

Post-workout nutrition depends on various factors like duration, type and intensity of the activity. Proper post-workout nutrition can improve recovery, reduce muscle soreness, control muscle loss, improve muscle building capacity and increase ability to use fat as fuel. An ideal post workout meal contains carbohydrates and proteins in a 3:1 ratio and should be consumed within 30 minutes of completion of the activity. This purported window helps maximum absorption of nutrients and helps in replenishing glycogen stores as well as builds muscle. Peanut butter sandwich, protein shake along with a banana, sweet potato and boiled egg are some examples of post workout snacks that are easy to carry even during the race day.

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RUN-TITUDE MINDSETS OF A MARATHONER

RUN WITH INTENTIONAL PURPOSE

USE THE FISH PHILOSOPHY!

As runners, we relate to running as a deeply personal journey, and our thinking can make a challenging run either slogging or rewarding. One interesting concept that we can use to enhance our running mindsets is *The Fish Philosophy*.

Inspired by the bustling Pike Place Fish Market in Seattle, the book written by Stephen C. Lundin, Harry Paul and John Christensen can be used to relate to how we can enrich our running experience. It talks about 4 principles: **Choose Your Attitude, Play, Make Their Day, and Be Present.**

Let us explore how each of these can bring their own flavour to our running.

1. Choose Your Attitude: Embrace Positivity on Tough Days!

Think back to a bad run-day! Maybe the weather was bad, or you were tired, or you woke up to a sweaty and clammy day and you just did not feel like it... You ever felt tempted to skip the run? Well, choose your attitude is a way for you to pause, shift that thinking, and find yet another positive reason to step out for that run...

In short, it means, "I will consciously decide how to approach my run and my day, and I will not let external circumstances change that!" In fact, a perfect example of this parameter is the Hyderabad Marathon's volunteer run last 2 years... wherein 2023 saw a sudden downpour at the last lap of the run but 2024 saw Torrential rain and weather forecasts with warnings for the entire weekend. Yet, the volunteers chose to tie their shoes and ran the course!

Also, choosing a positive attitude doesn't mean we ignore difficulties but rather it means we choose to take them on... A hill doesn't have to be a nuisance; it can be a test of strength; a bad day doesn't have to lead to a cancelled run; it can become a chance to build mental toughness; etc. Choosing a positive and proactive attitude fosters resilience and helps us embrace challenges, making every run, be it good or bad, a part of our personal growth!

2. Play: Re-discover the Joy in Running!

Sigh... Do I even need to talk about finding fun and joy in running?

One of the biggest challenges we as runners face is falling into a rut; and our solution to stay out of that rut is to constantly look for that next challenge that will help us stay active and

energetic! We try new routes, up our pace, or go the longer distance to keep our head above the water...

Well, the principle of play tells us that as much as the next big challenge help us keep our running positive, so does imbuing fun elements into it! It is all about finding joy in what we do than always look for succeeding in it!

For example, run through the puddles one day instead of going around them... run through a course knowing it may get you a DNF, but it would be super fun to try it out... try out trail running even if you are not sure how you would do... set short sprint relay challenges with friends... run through the night... Be spontaneous, light hearted, step out of your usual routine, get childlike, and rekindle the joy that running is!

Play asks us to embrace fun and variety, reminding ourselves that there's joy in the journey too, and not just in achieving a specific pace or distance, or PB!

3. Make Their Day: Connect and Uplift Fellow Runners

Some of us love to run solo... and so many of us love running with others... both work for us and both have their own benefits! Many a time though, when preparing and training for a serious race, most of us choose to do many long runs by ourselves, to keep our focus on our goals.

Make Their Day talks about stepping out of this mode even while running alone and to look out for other runners running by themselves too! And to pause and say something more than a quick hello... to connect with them in some way... small acts of positivity and kindness such as a quick applause from you or a thumbs up or a simple 'great job', a nod, a wave, lets people they are not alone! Now, I know that most of us runners are internally motivated but that does not mean we never need external positive strokes! They help tremendously too and also just make us connect in that moment because all human life ultimately is about forming connections! And runners respond in such an immediate and positive way – some smile, others pick up their pace, and a few even return the encouragement, creating a shared moment of motivation.

Remember how Katherine Switzer once said, "If you are losing faith in human nature, go out and watch a marathon"? Well, there is a reason she said that... in a marathon so much of what makes their day happens – not only do the public encourage and appreciate the runners but runners themselves congratulate each other as they cross the finish line or even offer a drink from their

bottle to someone struggling – these are examples of how we make each other's day and us runners have the best opportunities to do just that!

Remember – Showing kindness and connection boosts not only the runner at the receiving end but also the runner who is the giver, and together it creates a sense of community and support that adds meaning to every run!

4. Be Present: Be Here Every Step

Work problems! Financial worries! Overwhelming home schedules! Boss breathing down our neck! From customers to family, almost every single person, though an integral part of our lives, also impact some amount of stress upon us!

In a world filled with distractions, being present in the moment is not very easy at all. Running, though as we all know can help us zone in into that moment very easily... As we take one step after the other, we let our wandering minds go, we let the distractions and our worries go, and just give our feet and our breath all our attention and zone into the present!

Though there are times that we still may mentally drift away during our runs, start worrying about work and other life stresses and thus do not enjoy our runs. Being present is all about choosing to be fully there or "here" where you are and listening and engaging with your body without any distractions!

Mindful running, focusing on a breathing technique, feeling your feet hit the ground, tuning your antennae towards the sounds around you, acknowledging how your body moves, concentrating on each step... are simple ways to bring yourself back to that moment and can make that running experience a lot more meaningful

By being fully present in the moment, we runners can discover a deeper sense of peace, leading to greater fulfilment and as we tune in to our bodies' needs, maybe even improved performance.

In conclusion, The Fish Philosophy! is a refreshing way to enhance our running experiences. It helps make running not just about miles, personal records, or fitness but rather a journey filled with opportunities to connect, enjoy, and grow!

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TRAIN LIKE A PRO

STRONG AND ELASTIC: THE TENDON ADVANTAGE FOR RUNNERS

- Jyoti Khera

We, as runners, tend to focus more on improving the cardiovascular fitness and building stronger muscles for improving the performance and run injury-free. However, tendon, one of the most important performance tissues, is frequently overlooked. Tendons are connective tissues that connect muscles to the bones and help transfer the forces so that the body moves efficiently while running. Top runners don't just have strong muscles but they have highly effective elastic tendons which make them more efficient. Think of them as biological springs and cables in the running system.

Let us understand how tendons play a critical role in running performance and durability.

1. Force transfer – When runners move, then muscles contract to create force. Tendons transmit that force to the bone which causes the joint movements and hence running motion. So, without tendons, muscles couldn't move the skeleton effectively.

2. Elastic energy – During running, when the foot hits the ground, our tendons stretch and they store the elastic energy (like compressing the spring). When the foot pushes off, tendons recoil and that stored energy helps to propel the runner forward.

3. Absorb Impact forces – Running creates forces which are 2-3 times the body weight. Tendons help by absorbing that shock and distribute the forces which protect joints and bones.

Because of these above-mentioned properties of tendons- it affects the speed, efficiency and the injury risk for the runners.

1. Speed - Because tendons store and release energy (Achilles tendons store and return 30-50 % of the energy), it results in faster push off, longer stride power and higher speed with less muscular effort. In-fact, the Achilles tendon is the strongest tendon in the body which can handle over 6 to 8 times body weight during running.

2. Running efficiency - Because tendons store and release energy, less muscle effort is required. As a result, it decreases the oxygen

consumption and the energy cost. Running becomes more economical. Runners are able to maintain pace longer. Research shows that tendons can provide 35-40 % of mechanical work during running.

3. Reduces injury risk- Tendons help in injury prevention because they absorb impact forces which reduces the stress on the bones and cartilage.

The most important tendons for runners include:

1. Achilles tendon (connect calf muscles to the heel bone) for propulsion and energy return.

2. Patellar tendon (connect knee cap to the shin bone) for knee extension and shock absorption.

3. Hamstring tendon (connect hamstring to the bones around knee) for leg control and stability.

4. Tibialis posterior tendon (connect ankle to the bones in the midfoot) for foot arch support and ankle stability.

These are the few training methods for strengthening the tendons.

1. Eccentric exercises which involve slowly lowering the body while muscle lengthens under tension.

2. Heavy Slow resistance training which involves lifting heavier loads slowly through full range of motion. Basically, exercises movements are performed slowly (3-4 seconds up and down) to maximize tendon loading.

3. Plyometric exercises involve quick stretch-shortening movements which train tendons to store and release elastic energy efficiently. These exercises should be introduced gradually to avoid overload.

EXERCISES FOR TENDON TRAINING FOR RUNNERS:

1. Achilles tendon exercises

Eccentric heel drops	Seated / Single-leg calf raises	Jump rope
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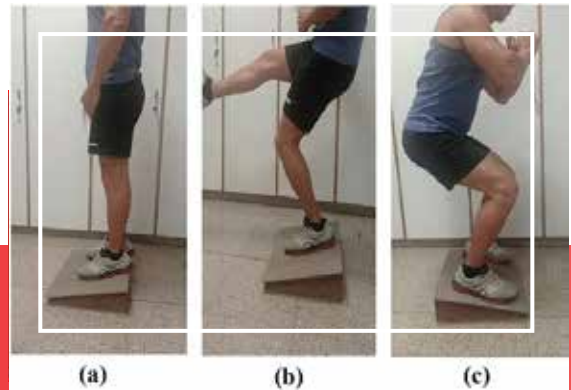
2. Hamstring tendon exercises

Nordic hamstring lowers	Romanian deadlift	Glute Bridges	Stability ball hamstring curls
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3. Patellar tendon exercises

Wall sits	Step down	Box jumps	Bounding or sprint drills. Squats Leg press	Decline Squats
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4. Tibialis (Foot and ankle tendon)

Resistance band foot inversion	Towel scrunches	Single-leg hops	Calf raises With Slight Inward Foot Rotation
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Tendons respond best to gradual consistent loading. They get stronger but slower than muscles so it is advised to be patient with loads, consistent and load the tendons gradually. Unlike muscles, they need more recovery time, so we should alternate the hard and easy training days to give them enough time to recover and keep them healthy.

Tendon strengthening is an essential but often overlooked part of a runner's training program. Strong, resilient tendons improve running efficiency, reduce injury risk, and help runners maintain speed and endurance over longer distances. Build resilient tendons today and we can create a stronger foundation for every stride.

PS: Image credits to the respective owners



Jyoti Kherra is a Certified Fitness Coach, RRCA Running coach (Lv-1), Sports Injury rehab exercise specialist, Strength and Conditioning Coach.



YOGA

RUNNERS AND PHALAKASANA (PLANK POSE)

-Vinoda Reddy

The word phalaka in Sanskrit means "a solid board" – something that is solid, steady and firm. And this is precisely the kind of feeling runners need to experience when running.

Running is much more than just having strong legs.

There are very practical benefits associated with runners using the Phalak (plank) pose. The feeling of steadiness, firmness, and answerability that you get when you're a piece of planked wood needs to be felt by any runner. Running isn't all about getting strong legs; you must make sure that all your body's parts function as one unit.

For most runners, the main thing on their mind is the amount of mileage covered and the speed of running. But they forget that developing a strong supportive core is critical for enhancing your performance. A weak core would lead to the development of bad body mechanics, as well as inefficient

running styles which might eventually turn into injuries. Hence, plank poses are absolutely essential for runners.

Even though it may look very easy, it develops deep muscle endurance.

What makes Phalak asana an important exercise for runners?

When you run, you create strain on your body with each step. If you do not have the required stability in your core, then the strain will not be shared properly, and your hips and back will receive too much stress. This exercise will assist you in building core strength, which will help you maintain stability and coordination while running.

You will also build awareness of your body to ensure that you are in a correct posture throughout, even if you become fatigued after some time. These factors will prove crucial in ensuring effective running.

What are its benefits?

Some of the advantages that Phalakasana can offer include:

- Increased muscle strength (abs and back muscles)
- Development of proper posture
- Coordination and balance
- Proper protection from injuries
- Endurance
- Breathing control during the run

How to do Phalakasana?

Phalakasana is an easy asana with immense benefits. However, it is important to maintain the right posture. Always begin with a light warm-up.



In Phalakasana, you need to place your hands on the mat at a shoulder width distance from each other. Extend your legs backward as if you are preparing to do a pushup. Make sure that your entire body forms a straight line from head to toe. Try not to drop your hips or raise them excessively. Tighten your abdomen and relax your shoulders.

Keep your eyes slightly forward and breathe normally. First, you can hold this posture for 20–30 seconds. When your strength gets better, increase the duration of the posture. Doing two to three rounds of exercise will be beneficial. Do not forget that correctness is more important than longer holding of the asana.



Conclusion

Runners looking for improved results and injury-free training must work on core strength. With its help, Phalakasana is able to deliver great benefits for runners.

PS: Image credits to the respective owners

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