

RUNdezvous

June 2026

HYDERABAD
RUNNERS
discover yourself

www.hyderabadrunners.com

HR Anniversary Run Sanjeeviah Park



19

ANNIVERSARY
Celebration



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Webinar: Learn from the Champ! – Beyond the Track Webinar

Hyderabad Runners successfully hosted another insightful session under The Runners Foundation | Beyond the Track webinar series featuring Dr. Kartik Karkera Shetty – MBBS, PGD (Orthopaedics), Injury Prevention Specialist, and the First Indian Amateur Winner of TMM 2026.

In this engaging session, Dr. Kartik shared his inspiring running journey along with valuable insights on injury prevention, consistency in training and building a strong foundation for long-term running performance.

The session encouraged runners to not just run harder, but to run smarter – focusing on sustainable progress, recovery and staying injury-free.

A big thank you to everyone who joined the session and made it a meaningful learning experience for the running community.

Hyderabad Marathon 2026 | 15th Anniversary | Hyderabad Runners

Flagship Event Of HYDERABAD RUNNERS

Beyond the Track Webinar Series

THE RUNNER'S FOUNDATION

CONSISTENT TRAINING IS THE KEY TO BETTER PERFORMANCE

Date & Time: May 02, 6:00 PM

Platform: YouTube @hyderabadmarathon

Dr. Kartik Karkera Shetty
MBBS, PGD (Orthopaedics) Injury Prevention Specialist
Sports Medicine
Indian Winner - TMM 2026

Watch the Webinar

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

CLICK TO WATCH

Activities of Hyderabad Runners



Date: 03rd May, 2026

CHUDAILATHON 2026

Mornington Cemetery, Secunderabad.

Chudailathon after a few years brought runners together for a thrilling midnight run through the city, celebrating costumes, camaraderie, courage and unforgettable memories.

Chudailathon witnessed nearly 100 runners participate in the 10K and 20K midnight runs. Thanks to Secunderabad Runners and Alwal Runners for hosting the run.



Date: 10th May 2026

Sunday Long Run

Botanical Gardens, Kondapur, Hyderabad

The Sunday Long Run on 10th May 2026, supported by Botanical Garden Runners, offered refreshing 5 km, 9 km and 18 km routes. Close to 85 Runners joined the run and brought great energy to the morning.

We also took the opportunity to recognise Payal Chitranshi, Botanical Gardens Runners as the Runner of the Week (ROTW).



Date: 17th May, 2026

Sunday Long Run
Khajaguda Lake View Point,
Gachibowli, Hyderabad.

The Sunday Long Run on 17th May 2026, supported by **L&T Serene County Runners**, offered refreshing 8 km, 12 km and 17 km routes. Close to 48 runners joined the run and brought great energy to the morning. We also took the opportunity to recognise Ashish Sharma, L&T Serene County Runners as the Runner of the Week (ROTW).



Date: 17th May, 2026

Sunday Long Run
HMDA Layout Walkers park,
Uppal, Hyderabad

The Sunday Long Run on 17th May 2026, supported by **LB Nagar Runners**, offered refreshing 8 km, 12 km and 17 km routes. Close to 38 runners joined the run and brought great energy to the morning. We also took the opportunity to recognise Naga Kumar Parepalli, LB Nagar Runners as the Runner of the Week (ROTW).



Date: 17th May, 2026

HR Anniversary Run
Sanjeeviah Park

19
ANNIVERSARY
Celebration

Celebrating 19 years of building a stronger, healthier community.

The 19th Anniversary celebrations of Hyderabad Runners, supported by Sanjeeviah Park Runners, marked a remarkable journey built on commitment, community spirit, meaningful connections and collective progress.

Over 400 runners from various running communities across Hyderabad participated in the celebrations. The event featured cake cutting, breakfast, and vibrant participation in 5K, 10K, and 18K runs, making it a memorable morning of fitness, camaraderie, and celebration.



Date: 31st May 2026

Sunday Long Run
Charminar Classic Mir Alam Eidgah,
Hyderabad.

The Charminar Classic Sunday Long Run brought together 70 runners for a memorable morning of fitness and community spirit. Participants included members of the Mir Alam Eidgah Outdoor Kids and Active Moms programs along with runners from different parts of Hyderabad.

Runners took part in 8 km, 10 km and 15 km distances, enjoying a scenic route through the city's historic Old City. The course passed several iconic landmarks, including Charminar, Mecca Masjid, Nimrah Café, Purana Pul Bridge, Madina Hotel, and the High Court, offering a unique blend of fitness and heritage.

Volunteers from the Mir Alam Eidgah running community provided valuable SAG assistance, helping ensure a smooth experience for all participants.

As part of the event, around 30 pairs of running shoes were distributed to participants of the Outdoor Kids Summer Camp from Mir Alam Eidgah, encouraging children to stay active and continue their fitness journey.

The run successfully showcased the power of running to unite communities while celebrating Hyderabad's rich heritage.

Stars of the Month



Introduction:

I am Venkata Durga Prasad Koda

About Venkata Durga Prasad Koda

During Covid I had some issues with health. After some tests I got to know that I was on the borderline of diabetes. It was shocking to me and I started walking 2 to 3 kms every day.

RUNNING HISTORY

One fine day, one of my friends told me about the NMDC Marathon and insisted that I register for the 5K. You also have training sessions for the same by Hyderabad runners near Alwal. There I started my journey of running from 5k to 42k in 3 years and continue as many years as I can.

HR MEANS TO ME

Grateful to Hyderabad runners society, Alwal runners group and all running friends who inspired me in achieving this. Special thanks to Abhijeet Mudnarkar, Prashant Morparia, Dr.Madhumati, Murali Karanam and Madhu Babu for their support and suggestions.

Runner of the week: Payal Chitranshi, Botanical Gardens Runners

Payal Chitranshi from the Botanical Garden group was chosen as the ROTW. Sharing her journey in her own words:

Introduction

I am a practicing ENT surgeon and a regular runner at the Botanical Garden. I look forward to continuing this journey and taking on many more races and challenges in the future.

About Payal Chitranshi

I began my running journey with Kouch To 5K at Rain Tree Park and completed my graduation 5K run in February 2025.

Running History

Building on that foundation, I joined the Train and Shine program at Botanical Garden, where I continued to grow as a runner. This led me to complete my first 10K at the NMDC Marathon in August 2025.

With the constant support and encouragement of my coaches at Botanical Garden, along with the camaraderie of my fellow runners in the Train and Shine group, I went on to achieve an important milestone, my first half marathon at the Club Run 2026.

I secured 1st runner-up in my age category at the Soldierathon Hyderabad in February 2026,

which was only my second half marathon.

Family & Work

Beyond running, I've also tried to give back by volunteering with Project Champion for a period of time.



Runner of the week: Ashish Sharma, L&T Serene County Runners

Ashish Sharma from the L&T Serene County Runners group was chosen as the ROTW. Sharing his journey in his own words:

Introduction

Ashish Sharma is a finance professional who enjoys staying active and maintaining a healthy lifestyle. He is a regular runner at L&T Serene County and nearby areas.

About Ashish Sharma

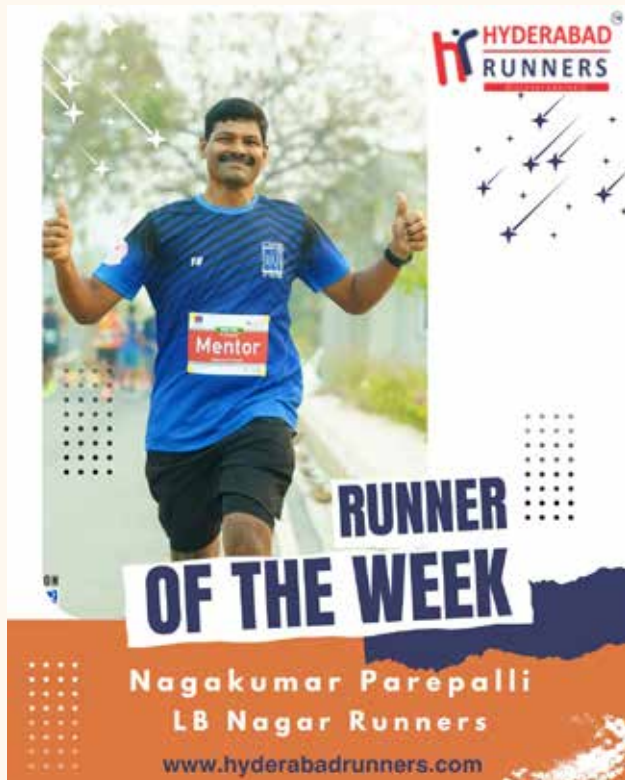
I have always enjoyed being involved in some form of physical activity. My long-distance running journey really began during the Covid period at Pune, when I ran 10K and 15K for the first time on empty roads.

Running History

I relocated to Hyderabad in late 2022 and I feel fortunate to have moved into L&T Serene County, which has such a positive fitness culture and supportive community. Being around like-minded people encouraged me to take my running journey more seriously.

I completed my first official 10K in 2023, my first half marathon in 2024 and my first full marathon in 2025, all at NMDC Hyderabad.

Along the way, I was lucky to meet many wonderful mentors and friends. It has been inspiring to see experienced runners always willing to guide, encourage and share helpful advice with beginners like me. A special thanks to Suresh Iyer Sir for helping me prepare for my first full marathon.



Nagakumar Parepalli from the LB Nagar Runners group was chosen as the ROTW.

Introduction

Nagakumar has been an integral part of the LB Nagar Runners group for the last 3 years. He joined the group Kouch To 5K mentee and has now grown to the role of a Kouch To 5K mentor.

About Naga Kumar Parepalli

Nagakumar works in the Tata group as an IT Admin. He has been working there for over many years now and has been really vocal about running at his workplace too.

Running History

Nagakumar started running in the year 2023. Earlier, he was overweight and obese. He later adopted a healthy eating and lifestyle and cut down over 15 kilograms. After he joined the Kouch To 5K program, he started to lose weight even more and dropped about 6 more kilograms in about 14 months.

He has done many a half marathon, including participating in marquee events like the Tata Mumbai Marathon (Half Marathon) and the Tata Ultra (35K). Now hovering around the 2:00 hour mark for the Half Marathon, he is just a tad short of breaking the 2 hour barrier for the HM. He is making his Marathon debut at the upcoming NMDC Hyderabad Marathon this year.

Family & Work

Not only him, but his family members also run and volunteer with us. His son has been a part of the Outdoor Kids program while his wife has participated in a few SLRs that we've hosted.

Other Interests

At 45 years of age and having reduced his weight from 83 kilograms to 68 kilograms, he continues to inspire us with his consistency, commitment and dedication to running and to the running community.

HR MEANS TO ME

Nagakumar is an active volunteer for the LB Nagar Runners group, he always contributes to the Sunday long runs, Couch To 5K programs and the anniversary run of the LB Nagar Runners group.

He also supports and encourages women runners; he ensures that they feel safe and are supported, he accompanies them for their early morning runs and matches their pace until sunrise.

He also volunteers as a bicycle marshall whenever required, the most recent one being the Koheda Hill special Sunday Long Run. He is someone who is very reliable and takes ownership of anything that he takes up.

Krishna Kumari Shridhar from the Sanjeeviah Park Runners group was chosen as the ROTW. Sharing her journey in her own words:

Introduction

I am Krishna Kumari aged 59, I was introduced to running by my husband. When I did my first run, a 5 km run on Necklace Road, Tank Bund. This got me further interested in running and I joined the Couch To 5K program in 2018. After that it has been an exciting journey, running and staying fit.

About Krishna Kumari Shridhar

Right from 2018, I have been part of the Train & Shine Program with the Sanjeeviah Park family under the able tutelage of Coach P Srinivas Sir and Mentor Sagar Kapatia. Needless to say, the josh and enthusiasm of all my friends at Sanjeeviah Park has made my running journey even more exciting.

Running History

I have run more than 50, 10k runs and a couple of half marathons. And for some motivation, I have achieved 5 podium finishes to my credit. I am very excited to run in other cities such as Chennai, Bengaluru, Cochin, Manipal, Mumbai in addition to Hyderabad, as this connects me to various kinds of people which brings in different perspectives and helps me grow on various fronts. Running and more particularly my association with Sanjeeviah Park, has become an inseparable part of me.

Family & Work

Being a homemaker, managing the family & household chores and making time for my passion (running) is a challenging task. However, I am able to balance all of these with support from my husband, children and my wonderful friends at Sanjeeviah Park.



Other Interests

Running and my time spent with my running buddies has helped me to balance my blood pressure the last 5 years or so. Running a 10K with my husband and children is an added booster. A family that runs together, stays together. Running keeps me physically and mentally fit and I intend to keep it that way forever. I am grateful to the entire eco-system for the wonderful support and encouragement.

And I am thankful that I took that first small step way back in 2018.

Syed Ghouse from the *Mir Alam Runners* group was chosen as the ROTW. Sharing his journey in his own words:

Introduction

I am Syed Ghouse from Mir Alam Runners. Running is a very important part of my life and has become a hobby that I truly enjoy. Fitness is an important aspect of my life and running helps me stay active and healthy.

Running History

Participating in every running event makes me happy. I want to run regularly and stay prepared for future runs. My children are also participating in the Summer Camp, and I would love the opportunity to run alongside them. Initially, I did not have access to a trainer, but with the support and guidance of Subedarji, I was able to start running. Over time, I discovered that I was capable of running longer distances than I had ever imagined.

I have participated in the 5K graduation run of Kouch To 5K during the Club Run. In HR Anniversary, I have done 4K and regularly in Mir Alam, I run 5K.

HR means to me

I am grateful to Hyderabad Runners for giving me this opportunity. Through Hyderabad Runners, I realized my potential and gained the confidence to take on longer runs. I would encourage more

people to take up running, as it is a wonderful activity and a great experience that benefits both fitness and overall well-being.



Activities & Events

Hyderabad Runners – Outdoor Kids & Active Moms Update

Outdoor Kids program by Hyderabad Runners is cultivating lifelong health, confidence and resilience in children through structured running and play.

Outdoor Kids Program

- Active across 21 locations
- 900 children currently in training
- Conducting 3 structured sessions every week

The program continues to create safe and engaging spaces where children can build fitness, discipline, teamwork, and self-confidence through regular outdoor activity.

Underserved Outdoor Kids Initiative

As part of Hyderabad Runners' commitment to inclusion and community support:

- Reached 440 children across 13 locations
- 200 pairs of shoes were distributed to Project Champion school students and children from NGOs participating in the Outdoor Kids Summer Camp.

This initiative ensures that more children from underserved communities can comfortably participate in sports and outdoor activities.

Active Moms Program

The **Active Moms** initiative continues to empower women to prioritize fitness and wellbeing through community-based training sessions.

- 110 mothers actively participating
- Across 7 locations
- Conducting 3 sessions every week

The program is helping mothers embrace active lifestyles while building a strong and supportive fitness community.



450 Shoes Donated Across 12 Outdoor Kids Summer Camp Venues

In a remarkable display of community spirit and collective action, Hyderabad Runners volunteers came together to donate 450 pairs of running shoes and 900 pairs of socks to participants of the Outdoor Kids Summer Camp across 12 locations, including 9 government schools, 2 NGO partners and 1 running community.

The initiative reached children from MPUPS Kukatpally, Shaikpet Primary School, MPPS Gachibowli, MPPS Siddiquenagar, NATCO Borabanda Primary School, NATCO Borabanda High School, NBT Nagar Primary School, GGHS Hussaini Alam, MPPS Mallapur, the Mir Alam Park running community and NGO partners Kadam Charitable Trust and Safee Foundation.



Supported by nearly 40 Hyderabad Runners volunteers, the campaign was much more than a shoe distribution drive. Runners from Running communities, Hitec City, Alwal, Kukatpally, Alkapoor, Botanical Park, Serene County, LB Nagar, Mir Alam and Nallagandla personally volunteered to engage with the children, distributing shoes and encouraging them to embrace an active lifestyle.

For many of these children, the donated shoes represent an opportunity to participate confidently in the upcoming 5K Graduation Run, the culmination of weeks of dedication, training and perseverance through the Outdoor Kids Summer Camp. Every pair of shoes symbolizes encouragement, inclusion, and belief in a child's potential.

This initiative reflects the true spirit of Hyderabad Runners: empowering communities, inspiring healthy lifestyles and ensuring that every child gets the opportunity to take their next step forward with confidence.



Training coordinator Field visit and Coaching support activities

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:



Nallagandla – May 6th, 2026

He visited the Train & Shine Training Centre at Nallagandla to observe training sessions and assess participant engagement. His visit focused on reviewing coaching methodologies, training delivery and overall program implementation to ensure alignment with long-term athlete development objectives.

My Home Mangala – May 20th, 2026

He visited a Train & Shine training session at My Home Mangala to observe participant progress and training delivery. Technical guidance was provided on proper running posture, stride mechanics and running technique. His interactions with participants focused on addressing common movement inefficiencies and enhancing overall running form to support safe and effective performance development.



Corporate Talks Drive NMDC Hyderabad Marathon Participation

As part of the pre-event engagement for the NMDC Hyderabad Marathon 2026, Hyderabad Runners conducted two corporate awareness sessions in May 2026 to encourage employees to adopt an active lifestyle and prepare for the marathon.

The first session was held at DE Shaw, where Seshadri and Leena Roy spoke about running and marathon preparation. Three participants attended in person, including coordinator Nishtha, the session reached a larger virtual audience and generated positive engagement.

The second session at Century Ply saw around 45 employees participate in an interactive talk led by Kitu Sheoran, with strong interest in fitness and running.

These sessions encouraged employees to prepare for the Half Marathon, 10K and 5K categories in which they registered themselves, helping build excitement and participation ahead of the NMDC Hyderabad Marathon 2026.



Important Event Dates

Distances 6, 12, 14 KMS	SUN 07	OK Kids Graduation Run 2026 TS Forest Academy, Kompally
SLR, Kukatpally Supported by: Kukatpally Runners SLR, HMDA Layout, Uppal Supported by: Shanthinavanam Runners	SUN 14	Distances 8, 16, 18 KMS
Distances 8, 16, 21 KMS	SUN 21	APOLLO Promo Run Nanakramguda Supported by: Seri Lingampally, HRS Volunteers
HRS Monthly Meetup Run Dirgam Cheruvu Lake, Madhapur. Supported by: HRS Volunteers	SAT 27	Distance 5 KMS
Distances 6, 13, 16 KMS	SUN 28	Save the Rocks 2026, Forest Trek Park Narsingi Supported by: Alkapoor Runners

BLOCK YOUR DATE

for the Hyderabad Runners Events
2026 - 2027

Saturday 24th Oct 2026
STARTLIGHT STRIDES 2026
Exclusively For Women

Saturday & Sunday
14th & 15th Nov 2026
STADIUM RUN 2026

Sunday 15th Nov 2026
KIDS RUN 2026

Sunday 21st Feb 2027
CLUB RUN 2027

