

# THE RUNDOWN

AN INITIATIVE OF THE CHENNAI RUNNERS

ISSUE #14 DECEMBER 2016



## TRAINING MANUAL

THE NUANCES OF WHAT  
COMPRISES GOOD TRAINING

## 48 HOURS TO GO

THE LAST LEG OF TRAINING FOR  
THE MARATHON

## GRETE EXPECTATIONS

IN OUR I AM LEGEND COLUMN



THE **WIPRO**  
**CHENNAI**  
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# Celebrate Resurgence

Run with Chennai



Adversity reveals the spirit. And the spirit of Chennai is unrelenting determination; to never give in, to never give up, no matter what else happens. It's what keeps the city ticking and it's the same thing that will keep you going. Celebrating the spirit of Chennai at the Wipro Chennai Marathon 2016.

**gumtalakadi gumava**  
#ChennaiNaSumava



# THE RUNDOWN

AN INITIATIVE OF THE CHENNAI RUNNERS



*Dear Runner,*

The city has been hit hard by the marathon fever! At the Chennai Runners (CR) stable, talk is almost exclusively about The Wipro Chennai Marathon, needless to say. It's an opportunity here to reminisce a little about our home-grown race and to reflect upon how far we, the Chennai Runners, have come in these past few years.

Every TWCM has been special, in my opinion. In 2012 and 2013, we were quite a bunch of novices. Timing chips and mats, bib collection expos, race T shirts, sponsors, breakfast for so many thousands of hungry runners, it took a whole lot of effort (and a lot of praying!) to get it all going. It was in 2014, when we crossed the 10000 runners mark, that we could consolidate our efforts and really execute to plan a world-class event, and identify our main focus – that of delivering an unmatched experience to the runner.

The swelling number of registrations in all categories of our races is testament to the faith the public puts in the Chennai Runners' abilities. In 2015, despite the chaos of the Chennai floods, and the subsequent postponement of TWCM, people came out in such numbers with their show of support. That "Spirit of Chennai" run that was held just 11 months ago, on January 31, 2016, will remain very close to our hearts indeed.

While we celebrated the spirit of the citizens of Chennai at TWCM15, this year, at TWCM16, it is the occasion to celebrate something more internal, something very close to our hearts. I firmly believe that these months of planning for TWCM16 have

shown the power and strength, and yes, the true spirit of the Chennai Runners chapters.

The Chennai Runners has grown from a fledgling little neighborhood running group to a massive organisation with 18 chapters spread across the city. Staying true to our ideals and ensuring a consistency in ethos across such a large voluntary group is not easy, to say the least. But attend a training run for TWCM (every Sunday for the past 12 weeks – curated by different CR chapters), or participate in a CR chapter anniversary run (held all through the year, in various locations), or just walk up to a neighborhood chapter and join a weekday run, and you will see how wonderful our chapters are!

It gives me so much joy to sign off on my two-year term as President with the comfort in my heart that large or small, we the Chennai Runners believe in the same things! Deep-rooted commitment to the local community, running as part of a healthy lifestyle, a strong focus on helping the less privileged among us, and above all an immense love of running – these are our common threads, and I hope they remain so for generations to come!

I want to end, with a great big thank you to the 'veterans' of CR who put their faith in me, the current core team that has supported all my whims, to the CR chapter co-ordinators, who have borne the brunt of my idiosyncrasies and to you, my fellow runner, who has always had a kind word and lovely smile for me whenever we have met...

*Regards,  
Preeti*



**Gumtalakadi Guma Va... Chennai Na Suma Va!**

A resurgent war-cry! A sporty crowd-slogan! Youthful and winning prose... An intangible sentiment that bonds Chennai, all in one. It can raise your spirits and give you hope, and a second wind. It can make you win. And this is exactly what we hope to accomplish with The Wipro Chennai Marathon 2016, and in that sense, our tagline for this year is in perfect sync with the current sentiment of the citizens of Chennai.

TWCM'16 is truly Chennai's collective comeback after the floods and its ugly aftermath. 20,000 runners and 20,000 winners. Not just a bigger and a better race...

A technical running tee we promise you will love wearing on the run... A scenic route dotted with musical bands and historic monuments. Cheer zones to keep your adrenaline pumping. Auto-upload of photos to social media so that you can 'not-so-subtly' brag about your running accomplishments. An enticing prize money purse... World-class aid stations to ensure you don't slump on energy levels. Runners-turned-volunteers...A festive gala at the finish line. Sumptuous South Indian breakfast and

filter kaapi to down the food and the adrenaline... A line-up of prestigious sponsors and partners... We, the Chennai Runners, indeed have a lot to be proud of and are very excited to present TWCM'16 to our runners whom we will host with warmth on December 11.

I invite – nay plead – with the citizens of Chennai to throng the race route in large numbers with friends and family. Carry lots of good cheer and applaud the runners until your palms are sore. Offer water and bananas. Allow your little ones to beat drums and tambourines as loud as they wish. It is a sight worth waking up to on a Sunday well before dawn to watch 20,000 runners pound the pavement to the finish line. It may tingle your spine and may make you want to take up running yourself; so please come prepared.

I can hardly wait to watch you dance to the tunes of Gumtalakadi Guma Va, Chennai Na Suma Va...

*Best,  
Deepa Bharatkumar*





Dear Runner,

You know, like the runner, who is sometimes looking for a race to clock her/his PB (Personal Best), I think The Wipro Chennai Marathon, the race itself has been steadily clocking its PB, every year, in December, getting better – both in terms of numbers and in the way it unfolds – enabling for an entire city to partake of an experience that is personally precious and a collective sharing of an abundance of memories and fun.

This year, nearly 20,000 people will congregate to run a race that has grown humbly but steadily to become a race to contend with in the annual running calendar of the country. True to that spirit, this year's race, touted as its tagline, Gumtalakadi Gumava, Chennai Na Sumava, a popular folk hymn that seamlessly meshed together the very spirit of all of us who live and work in this city we call Chennai, egging people to take pride in our city and showcase that sense of belonging with energy and enthusiasm.

If the runners have been training hard, and meticulously for nearly 11 months, so has the core team of the Chennai Runners that so meticulously crafts this running experience, attempting to, consciously raise the bar, and put out a race that is international in every sense of the word.

That meticulousness has been the attempt at The Rundown as well. A quarterly magazine of the Chennai Runners, The Rundown has been chronicling stories of runners and running from India, and the world, creating a platform that is informative, engaging and fun.

Our three-piece column by Sandeep Bhandarkar, reaches its finale in this edition with an in-depth piece on the nuances of training. In our I am Legend piece, Ashwin Prabhu introduces us to the First Lady of the Marathon – Grete Waitz. Niranjan Sankar gathers inputs from runners who have consciously and consistently been running, for charity. If you are running the race on December 11th, and need some motivation and want to be part of a bus that'll ensure you reach your destination, on time and strong, we suggest you read the piece titled Wheels on the Bus where you can meet all the pacers across categories for TWCM'16. In our Doc Talk section, Dr Madhu Thottappilil lists some prerequisites leading up to race day. Maami Thayir Saadam takes time off her busy schedule and lists an elaborate and obviously funny glossary exclusively for the Big day!

There's more but we insist you don't close the magazine without reading Ashok Daniel's Last Word, an honest sharing of his journey with the Ultras wherein he describes how the experience of placing the body and mind in a trauma situation, time after time, has changed his perspective on life, making him a better person... We all have our reasons why we do what we do but like someone said, experiences are our best teachers, and let's hope the TWCM'16 experience in specific and the act of running, at large, teaches us what running is primarily meant to be – lessons in endurance, and humility.

Cheers to that!  
Akhila



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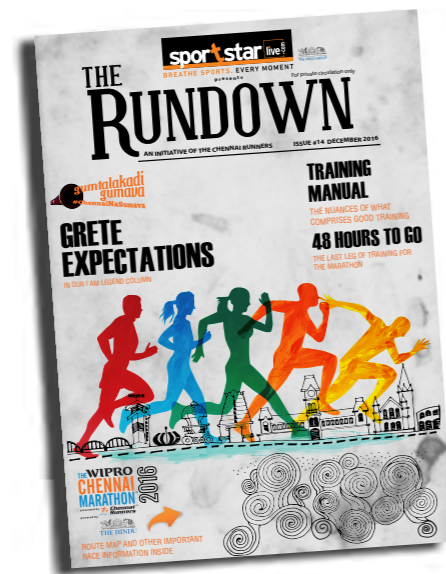
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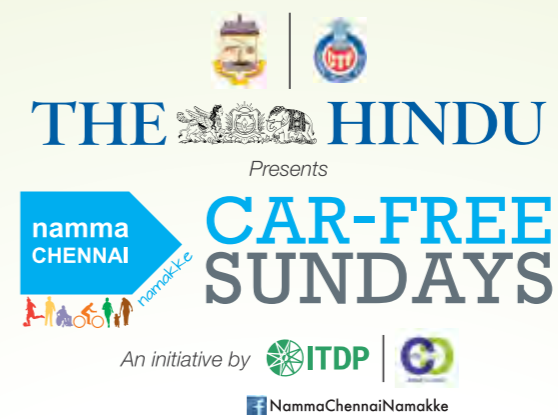
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## A SUNDAY PLAN THAT'S GOOD FOR THE PLANET

Held every week, Car-Free Sundays is an initiative by *The Hindu* to build awareness about vehicular pollution and the importance of being a pedestrian. Every Sunday morning, for three magical hours from 6 am to 9 am, Besant Nagar Beach is all yours.

Tune in to 'Car Free Sundays' buzz on Radio city 91.1 FM every Friday from 5.00 pm to 6.00 pm.



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# MEET THE WRITERS



**Niranjan Sankar**

The author used to be a lazy couch potato who loved ice cream and beer. He started running five years ago, and quickly got hooked. Running has since been a life-changing experience in many ways. He still loves his ice cream and beer (but feels less guilty now about such indulgences thanks to all the running.)



**Sandeep Bhandarkar**

Sandeep Bhandarkar is a serial entrepreneur with a passion for distance running. He has run several marathons and has been coaching runners for the last few years, from beginners to those wanting to qualify for the prestigious Boston marathon or run the Comrades ultra. He writes extensively on technical aspects in running through his blog [www.therun-way.com](http://www.therun-way.com).



**Ashwin Prabhu**

Ashwin Prabhu discovered the joys of distance running well over more than a decade back, roughly around the same time he got his first job. Over the years, running clearly has held his interest more than the Corporate world. Case in point, he doesn't hold a desk job anymore today, but still runs 4 times a week and considers himself a Chennai Runner for life.



**Dr Madhu Thottappillil**

Dr Madhu Thottappillil has been practicing Sports Medicine in Chennai for over a decade and a half. He has been associated with various sports bodies in Tamil Nadu in his capacity as a specialist in Sports Medicine and Rehabilitation. He is the Official doctor to the Board of Cricket Control of India for South India.



**Rajan Venkatesan**

Rajan Venkatesan is a Chartered Accountant who loves running, travelling, food and spending time with his daughter.



**Ashok Daniel**

Ashok Daniel is a lawyer and an Ultrarunner born and raised in Chennai. There is nothing, he says, he loves more than running through forests and mountains, exploring and playing, all the while satiating that child-like desire to feel free. He has lost count of the number of marathons and ultras he has run over the years including some iconic ultramarathons all over the world. After all, it's not about the race but the running that matters.

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\*\*Source: Vitamin D deficiency and its association with non-communicable diseases, Priyanka Singh, et. al., IJPP, Vol. 2(2): 336-346 (2014), All India Institute of Medical Sciences.





# GRETE EXPECTATIONS!

A woman of few words but many achievements, **ASHWIN PRABHU** introduces us to the First Lady of the Marathon, Grete Waitz from Norway, who remains a role-model for many a young girl and countless woman marathoners, the world over

This is the seventh in a series of articles profiling distance running legends. This column will throw light on the stories and lives of men and women who braved all odds, shed sweat, tears and blood over 42.195kms to etch their names forever in the book of running history. The column will criss-cross time and space and go back and forth across the decades led by pure emotion and sentiment and not logic, and in that sense will not be a chronological retelling of running's greatest achievements.

When I first encountered the name of Grete Waitz in the world of running, I unknowingly pronounced her first name as “Great” when it is in fact pronounced “Grethe” (sounding somewhat like ‘Greta’) in Norway where she comes from. Looking back now, I console myself that perhaps that wasn’t really such an ignorant gaffe at all. Grete Waitz is routinely first choice when experts draw out a list of the *greatest* woman marathoners of all time.

The once school teacher from Oslo started her athletic career in her teens by being a specialist 1500m and 3000m track runner. Olympic glory in the 1500m event eluded her in the 1972 and 1976 Games but as consolation, she set her first World Record at the 3000m distance in an astounding 8:46 finish in 1975. In 1978, at the Prague European championships, after a disappointing bronze in the 3000m and 5th place finish in the 1500m, Grete was at a crossroads of sorts, pondering retirement from the tracks when a fellow Norwegian runner suggested she try running the New York City marathon.

Grete had never run more than 12 miles before in a single race and Fred Lebow the legendary organizer of the New York City marathon initially balked at the idea of flying in a relatively obscure European track athlete to New York. He ultimately hashed up some kind of a compromise and invited her over as a pace-setter not expecting her to run the whole race. Grete landed up in a hotel on the West Side

of Manhattan with a last-minute, non-elite bib number — 1173F. In what will definitely rank as one of the most iconic exchanges in marathon start-line history, the unassuming and gentle Grete took the non-elite runner bus to the start area and shyly asked Fred Lebow, “Mr Lebow, where do you want me to stand?”. Apparently, the distracted race director bellowed — “Women and first-timers to the left!”. Then he changed his mind, “No, to the right!”, he said. Grete obediently followed suit, and 2 hours and 32 minutes later finished as both winner of the New York City marathon and World record holder!

Grete Waitz’ last New York City marathon, a race she made her own, was in 1992. If her first race in 1978 had all the elements of a heroic drama, her last race wasn’t lacking either. She ran the event at 39 years of age, hand-in-hand with 60-year-old Fred Lebow who was fighting brain cancer and wanted to run his beloved race one last time. When the two icons and long-time friends crossed the finish line in Central Park after 5 hours and 32 minutes, suffice to say that it was not just the two of them who had tears in their eyes. In between 1978 and 1994, Grete stamped her position as New York’s best loved marathon runner, winning the event a staggering nine times, including an unbelievable three-peat twice. Along the way, she became the first woman to break the 2 hour 30 minutes full marathon time barrier and also picked up two London marathon wins and an Olympic silver medal in the Full Marathon event.

In 1984, when the women’s full marathon was included as an Olympic event for the first time at the Los Angeles games, Grete was widely touted to take home the Gold medal. Supremely confident in the run-up to the games, Grete’s fans were devastated when back spasms impeded her performance making her finish second to American runner, Joan-Benoit Samuelson, featured in the last “I am Legend” column in this magazine. It is credit to Grete’s large-heartedness and gentle-womanly spirit that a lifelong friendship followed between the two athletes.

Grete succumbed to cancer, that feared foe on Tuesday, April 19th, 2011, aged 57 years — the day after the Boston Marathon where her dear friend Joan-Benoit Samuelson finished the race in 2 hours and 51 minutes, a breathtaking achievement for a 53-year-old. When told of her friend’s passing away later, Joan said she felt a gust of wind pushing her in the last miles of the race, giving her a boost when she needed it the most. To Joan it felt like Grete saying — “Keep it going Joanie, not just for today, but for life itself”.

Such then was the impact that Grete Waitz had on the sport and on women runners in particular. She spoke very little, but through her achievements and her conduct she made herself a role model for many a young girl and the countless women who run marathons the world over. Truly, the first lady of the marathon. ■



Photo Courtesy - Internet

Grete Waitz and Fred Lebow finishing the NYC Marathon





# TRAINING MANUAL

In the last of the series, **SANDEEP BHANDARKAR** delves deep and with clarity into the nuances of what comprises good training



India is the proverbial baby when it comes to recreational distance running, with the running boom hitting us in the last year or two. You now hear of as many as five to six races happening simultaneously across the country on Sundays. Although the number of runners today is only around two hundred thousand (quite miniscule compared with almost forty million in the US), I expect a steep growth trajectory with maybe a million runners over the next five years. This means we will see thousands of new runners taking to the roads every year and going through a learning cycle before becoming experienced runners.

The life cycle of a runner is usually a typical one. In the first flush of enthusiasm, she will take part in multiple races; social networking is the driver rather than performance. After a few races though, she will notice that her race timings have plateaued and more irritatingly, a few of her friends have improved! This is when runners start to focus on improving their times. There are three ways to improve; reduce weight, improve form and train right. I have written about body weight and form in the earlier editions of The Rundown. This article on training will conclude the three-part series.

### SMART TRAINING IS ABOUT OPTIMUM EFFORT AND SPECIFIC STRESS

Good coaches base their training plans on two key principles: (a) put in the least effort required to attain your goal and (b) train specific to your race. The first principle says that more is not necessarily better. The second principle advocates focusing on workouts which will help you train to get better for the race you will be running, i.e. marathon training is different from half marathon training which in turn is different from 10k training.

**OPTIMUM EFFORT:** Most recreational runners make two crucial mistakes: first, we do not know how to run easy. Easy running should constitute about 75% to 80% of your weekly mileage for the greatest benefits and if the pace is not kept easy, you will not only reap less benefits; there is also the real danger of injuries due to overtraining. Unfortunately, most of us keep comparing each run with our race pace. In effect, we are putting in more effort when less will actually benefit us more! The second mistake is to skew the running load to the weekend run. Many of us routinely clock 50% or more of our weekly mileage during our weekend long runs, i.e. the long run drives the training,

especially marathon training. This is akin to eating more than 50% of our daily food intake in one sitting with all the attendant consequences! Coaches typically focus first on weekly mileage and then distribute that over the week with the long run not exceeding 30% of the weekly mileage. This approach helps regulate the stress on our bodies. For example, if you need to run, say 20k on a Sunday, you should be running 60+ km in that week. And if you can't do that, you should not be running 20k till you get your weekly mileage up!

**SPECIFIC STRESS:** Each race category requires a specific focus. Although the training before the start of the race specific phase can be largely similar (often times referred to as Base Training), the workouts differ significantly when this phase starts. The period of race specific training differs with each race category; I have given the typical periods below.

Race Category	Race Specific Training Period
MARATHON	16 to 18 weeks before race day
HALF MARATHON	10 to 12 weeks before race day
5K / 10K	8 to 10 weeks before race day

During this phase, it is very important to not waste time on workouts which will provide marginal benefits or even be detrimental. A classic example is the 400m interval workout. This has very little value in the marathon specific phase as we should not be training for speed at that time; speed training should have been done during the base training period.

### UNDERSTANDING THE PACES

We need to train at our correct paces to derive maximum benefits. Most runners are unclear about the paces they should use during their workouts with many of us tending to run at a single pace or a narrow pace range for most of our training runs. There are four broad pace bands which runners should use.

**EASY PACE RANGE:** All the easy paced (or pure endurance runs) are done in this pace range.

**STEADY PACE RANGE:** This pace range is around your marathon pace. Some of your stamina runs are run at this pace.

**THRESHOLD PACE RANGE:** This is the pace range around a race pace which will take you 60 minutes to complete the race. It is the half marathon pace for elite runners and the 10k pace for slow runners. For most runners, it is somewhere between 10k and half marathon race pace. Some of your stamina runs are run at this pace.

**SPEED PACE RANGE:** This is the pace range around your 5k race pace. Your speed workouts are done in this pace range.

How do these paces link with each other? I have given a few simple rules of thumb to help you derive your personal paces. Do a mock race (also called a time trial) of 10k (or take the pace of a recent 10k race). The paces for the various ranges work out as follows. I have given an example of a runner who clocks 55 mins for a 10k and so has a 10k pace of 5:30 minutes per km.

Category	Pace Range	Example
Easy Pace Range	40 seconds to a minute slower than 10k pace	6:10 to 6:30
Steady Pace Range	25 to 40 seconds per km slower than 10k pace	5:55 to 6:10
Threshold Pace Range	10 seconds slower than 10k pace to 10k pace	5:30 to 5:40
Speed Pace Range	10 to 20 seconds faster than 10k pace	5:10 to 5:20

### BI-WEEKLY TRAINING BLOCKS ARE EFFICIENT

A good starting point to create a smart training plan is to design a template for what I call 'minimum repeatable calendar blocks'. These are blocks which will have the same pattern of workouts and will be governed by the following guidelines.

- Hard long runs should be run alternate weeks. Long runs need the most amount of time to recover and most injuries occur when your body is fatigued.
- There should not be more than two hard (or quality) workouts each week. The rest of the running days should be easy runs.

The first guideline above would automatically make the smallest repeatable training block as two weeks. And in the two weeks, there would be four hard workouts (two each week) of which one would be the hard long run. This two week block can then be repeated till the race. For example, an 18 week marathon specific training cycle can have 9 such blocks. The block for a runner who runs four days in the week will look something like this:

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week1	Rest	Easy Run	Hard Work-out	Rest/ Cross Train	Easy Run	Rest/ Cross Train	Long Run
Week2	Rest	Easy Run	Hard Work-out	Rest/ Cross Train	Easy Run	Rest/ Cross Train	Long Run

### BASE TRAINING SHOULD FOCUS ON WEAKNESSES

Training plans which you find in books and on the internet are typically for the race specific period. The weeks and months prior to this period should be used to build a base level of fitness and more importantly, improve on your weak areas. There is no fixed period for this phase, although it is rarely less than eight weeks.

There are four broad areas which need to be worked on to improve your level of running fitness. They are endurance, stamina, speed and strength.

**ENDURANCE:** This is the ability to run long distances and is the bedrock of distance

running. Without endurance, you will not be able to complete a race. Endurance of course is relative: someone who can run a marathon has greater endurance than another runner who can run only a half marathon. Although all runs over 3 km build your endurance, the endurance specific runs are easy paced runs ranging from 5 km to around 30 km, depending upon the ability of the runner. 75% to 80% of the weekly mileage during the base training phase should be on pure endurance building.

**STAMINA:** Stamina is the ability to handle a specific pace over a specific distance. In other words, if you can currently complete the distance you wish to race (you have endurance) but would like to run that

specific distance faster, you need to improve your stamina. Stamina runs are continuous runs of a sustained effort. There are three types of stamina workouts I use regularly:

- **STEADY RUNS:** these are run at around the marathon pace and are done early in the base training phase.
- **TEMPO RUNS:** these are run between 10k and half marathon pace. They are usually run for 40 to 60 mins.
- **PROGRESSION RUNS:** These start easy and end at half marathon or even 10k pace.

It is not necessary (or even desirable) to do stamina workouts every week during the base training period. They can be

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alternated with speed workouts, i.e. a stamina workout one week and a speed workout the next.

**SPEED:** We saw above that stamina is key to meeting your timing goals for a race. To build stamina, however, you need both endurance and speed. Speed workouts are much shorter and are also called intervals. An interval workout is a set of repeats of a short distance with rests in between. The repeat distances can range from as low as 50m to 1600m and the rest period will depend upon the objective of the workout. There are broadly three types of speed workouts you can do:

- 4 to 8 short sprints of 50m to 200m with adequate rest in between to recover fully. The pace should be your mile to 3k race pace. These are used to improve running efficiency by training neuromuscular co-ordination. These are not heavy workouts and can be done after easy runs.

- Repeats of 300m to 1000m with the same time taken for a jogging or standing recovery. For example, if a 400m repeat is done in 2 minutes, the rest interval should also be 2 minutes. The pace for the repeats should be between 3k to 5k race pace. These are used to improve a physiological parameter called Vo2max and are hence also called Vo2max workouts. These workouts should be done early in the base training phase.

- Repeats of 400m to 1600m with

short rests, as low as 30 seconds for 400m to about 90 seconds for 1600m. These workouts are used to improve a physiological parameter called lactate threshold and should be done at around your 10k race pace. The pace here is lower than for the above Vo2max workouts because the rest time is shorter. These workouts should be done later in the base training phase as they are more directly correlated with stamina.

Apart from the sprints which can be done even twice in the week after easy runs, the Vo2max and lactate threshold workouts are tough and should be done on alternate weeks as mentioned above.

**STRENGTH:** A great way to improve speed is to do strength workouts. These are nothing but intervals done on hills, with repeats ranging from 50m to 300m with recovery either walking or jogging down. These workouts are possibly the best functional strength workouts and I have read about some top coaches using them as the sole method for strength training. The number of repeats can be anywhere from 4 to 10. To be most effective, these workouts should be done in a module of 4 weeks in a row, twice a week. These would replace the stamina and speed runs for the 4 week period. Depending upon the duration of the base training phase, the 4 week module can be repeated after a gap of 4 to 6 weeks.

**RACE SPECIFIC TRAINING FOCUSES**

#### ON RUNS AT RACE PACE

Once the race specific training commences, the workouts have to be aligned to the requirements for that race, keeping in mind the principle of specific stress. I have discussed below the race specific training for the marathon and half marathon.

“  
**A great way to improve speed is to do strength workouts. These are nothing but intervals done on hills, with repeats ranging from 50m to 300m with recovery either walking or jogging down**  
”

**MARATHON SPECIFIC TRAINING:** Ask any good coach and he will tell you that a marathon is all about the last 10k. There are so many of us who struggle during this last stretch; we feel we are on track when we reach around 32k to 35k and then we fade badly. This happens for two reasons and marathon training needs to focus on these two areas if you want to do well.

**UTILIZE ENERGY EFFICIENTLY:** We do not have enough carbohydrate energy (which is more efficient than fat) to take us through to the finish. There are two things we can do to help prevent running out of carbohydrates:

- UTILIZE CARBOHYDRATES MORE EFFICIENTLY:** We essentially need to train to get better ‘mileage’ with each gram of carbohydrate. We can do this by raising what is called our ‘lactate threshold’ so that running at a given pace becomes easier. We can do this by including tempo runs, which are run in our ‘Threshold Pace’ range.

- BURN MORE FAT:** Our bodies get energy from a combination of carbohydrates and fat. If we train our bodies to burn more fat at a particular pace, we will be sparing the more efficient carbohydrates so that they last the race. We can do this by running without eating anything before our runs (except the long run) and doing fast finish long runs (explained below).

**DELAY MUSCLE FATIGUE:** Our muscles start to fatigue badly after 32k and we need to train our muscles to delay this fatigue as far out in the race as possible. One of the most common training mistakes we make is to run long at easy pace, assuming that because we have run around 75% to 85% of the marathon distance, we will be fine on race day. We forget a key point: we run faster during our race and this in turn fatigues our muscles much faster. Our training hence needs to include workouts which will help us run at our race pace when our muscles are tired. Apart from a healthy dose of weekly mileage, there are three key workouts which help you train to delay muscle fatigue:

- DOING YOUR LONG RUNS ON TIRED LEGS:** This is a very powerful training tool. With about 8 weeks to go before race day, I clock 42k to 44k every alternate weekend. On Saturday, I run about 10k to 16k (with around 50% to 60% at marathon pace). This tires the legs so that you don’t start fresh on Sunday morning. I then work out the Sunday distance so that the total over the weekend is 42k to 44k.

- FAST FINISH LONG RUNS:** The elites use this workout very effectively. The first 50% to 80% of the long run should be run at an easy pace and the balance at your marathon race pace. You can build the ‘fast finish’ component gradually as these are tough workouts, especially when you combine them with a run the previous day.

- STAMINA RUNS AT MARATHON PACE:** Stamina runs are the ‘bread and butter’ of training for marathon and half marathon



runs. For the marathon, these runs should be performed at the target marathon race pace. They can range anywhere between 6k (early in the training cycle) to 20k. Half marathon races are a great way to include these runs as you can run these races at marathon pace.

**HALF MARATHON SPECIFIC TRAINING:** Unlike in a marathon, energy is not a constraint while running a half marathon because of the much shorter distance. Our pace though becomes faster by 15 to 20 seconds per km and this calls for a different approach. There are two key areas to focus on when you train for a marathon.

**STAMINA BUILDING:** Since you need to last the race distance of 21.1k while running strong throughout, improving your stamina is the most crucial component in a half marathon training plan. For this, your plan should include a healthy dose of stamina runs at around your goal half marathon pace. There are two types of stamina workouts you can do.

- TEMPO RUNS:** These are typically 2k to 14k workouts (depending upon fitness and speed levels) which are run at half marathon pace. They can either be run at one continuous stretch or can be broken into smaller sections with rest in between; these are called tempo intervals. For example, you can do 2x4k with 2 minutes rest early in the training period and an 8k continuous run at half marathon pace closer to the race.

- FAST FINISH LONG RUNS:** Like in marathon training, the fast finish long run is one of the best workouts to build stamina. The first 70% to 90% of the long run should be run at an easy pace and the balance at your half marathon race pace.

Improving speed endurance: Apart from stamina, long intervals (repeats of 800m to 1600m) are excellent for building your speed endurance, i.e. your ability to hold a

fast pace for a long time. This is especially important for faster runners who would need to pick up pace later in the race. The pace should be around the 10k pace or slightly faster. The total distance of the workout should not exceed about 11k (for the advanced runners). A crucial point in these workouts is that the rest interval is very short; 45 seconds for 800m repeats to 90 seconds for 1600m repeats. Examples are 8x800m at 10k pace with 45 seconds rest in between, 8x1k at 10k pace with 60 seconds rest in between, 5x1.6k at 10k pace with 90 seconds rest in between.

#### CROSS TRAIN WITH CAUTION DURING THE RACE SPECIFIC PERIOD

Cross training is an important, though not a mandatory, part of training for distance running. You should always keep in mind that your running workouts are the most important for you and if you are not recovering well after doing them, it is better to rest the next day rather than cross train. I have said it earlier and I repeat: you improve your fitness level during the recovery cycle.

Swimming, cycling, elliptical and strength training are the most common cross training activities for runners. Strength training is very useful in the base training period and after that should be kept at a moderate level during the race specific period when running intensity and volume are high. It is very important to perform functional strength training exercises to benefit your running; forget machines, use free weights and perform most of the lower body exercises on a single leg. Swimming can be used as a good recovery workout after a hard run; it always feels great to take a dip in the pool! I am not a great advocate of cycling as a cross training option as I feel that the lower back gets strained and the quadriceps (thigh muscles) get overworked. Spinning workouts instead of cycling outdoors is a better option in the base training period.





**RECOVERY IS THE OTHER SIDE OF THE COIN**

We usually equate training with exercise, whether running or cross training. However, if you do not recover well from your workouts, your fitness levels will not improve. Exercise and recovery are thus two sides of the fitness 'coin'. Unfortunately, most of us tend to ignore this crucial area of training. Elite athletes train for just about 4 hours in the day and focus on recovery for the balance 20 hours! Given our lifestyle, that is obviously not something we can replicate; we can try to do the best given our time limitations as long as we appreciate just how crucial recovery is to our training consistency and in turn our fitness improvement. There are three areas of recovery: nutrition, active recovery and passive recovery.

**NUTRITION:** Nutrition is the invisible recovery tool. Since we cannot see what is happening inside our bodies, we are not able to appreciate the impact good nutrition habits have on our recovery. I do not advocate any strict diet control; eat sensibly. Include variety and avoid the obvious sins of too much sugar and oil. There are three practices I follow which I want to share with you:

•The most important food intake is immediately after your run or cross training workout, ideally within 30 to 45 20 | THE RUNDOWN DECEMBER 2016

minutes post the workout. Research has shown that the absorption capability of the body reduces drastically after this crucial period. Depending upon how tough the workout is, you should consume between 150 to 300 calories of carbohydrates and around 15 to 20 grams of protein.

•The quantity of each meal is another area where we can go horribly wrong. If we eat too much, we will simply be converting the excess intake to fat which will be an extra weight for us when we run. The ideal quantity according to me is that which you should be able to eat again immediately, i.e. after a meal, you should feel as if you can have the same meal immediately. I have found this practice to be very powerful to control portion size.

•I like to think of a 24 hour day split into two parts: one is when we eat and the other is when we fast. I use the 12 hour period from 8am to 8pm for eating and do not eat anything from 8pm to almost 8am. My last meal of the day hence finishes soon after 8pm. This 12 hour fasting cycle allows the body enough time to burn fat at night and you wake up feeling light, which is great for the workout to follow.

**ACTIVE RECOVERY:** Performing light exercise is a powerful way to recover as you get the blood flowing faster through the body, thus hastening the removal of waste products from tired muscles and infusing

them with nutrition. A short easy run of 4k to 6k, an easy swim for 30 minutes or a good yoga or foam rolling and stretching session are excellent ways to recover from a hard workout the previous day. I find foam rolling/stretching every day after dinner invaluable to help me get ready for the next day's workout.

“**Elite athletes train for just about 4 hours in the day and focus on recovery for the balance 20 hours!**”

**PASSIVE RECOVERY:** There will be times when you are either too tired for an active recovery or just want to mentally switch off from any workout. You can just take the day off from any exercise and additionally include a massage if possible. I usually keep Monday mornings as total rest after the hard workouts over the weekend.

This concludes the three part series. I hope you have found these articles useful and are implementing some of the suggestions in them. Happy training and to those of you running TCWM16, all the very best! ■

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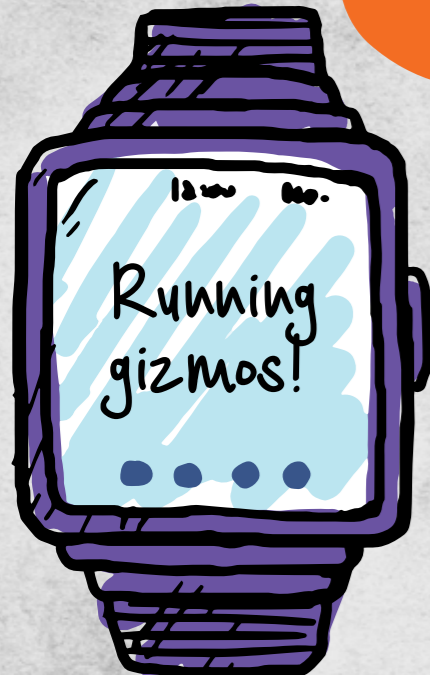


guntalakadi gumava, twcm na sumava!

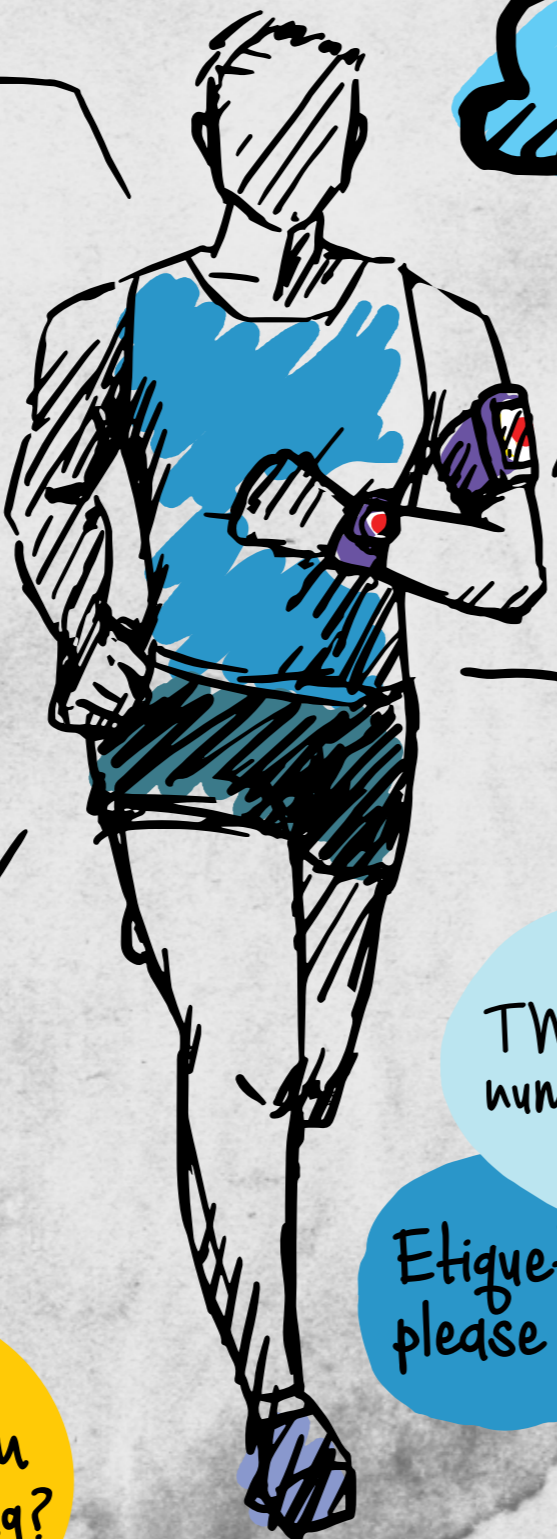
Running for CHARITY!

Which Pacer bus is right for you!

Route maps!



Where am I Running?



MTS' Running Glossary

TWCM numbers...

Etiquette please

# READ ON WITH MARATHON MAMA ABOUT TWCM'16

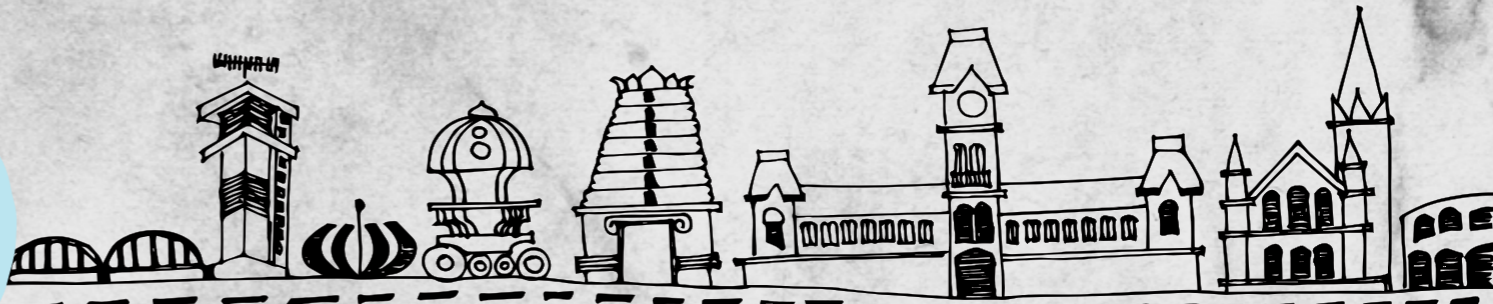
The Wipro Chennai Marathon, the biggest, colourful-est, fun-nest running event in Chennai ...come join the fun!

## THE WIPRO CHENNAI MARATHON 2016

presented by **Chennai Runners**  
powered by



### ALL YOU NEED TO KNOW ABOUT RACE DAY THIS DECEMBER 11<sup>TH</sup> 2016





# THE WIPRO CHENNAI MARATHON 2015

Some reminiscences from the previous edition of TWCM...

The Wipro Chennai Marathon 2015, or TWCM'15, was to be held on Sunday, 13 December 2015. The date of the marathon saw Chennai flooded and brought to a virtual standstill by the December Floods. The organizing team bit the bullet and held the race on a postponed date of 31 January 2016. It is a testament to the spirit of runners indeed, that the event saw such great success!

Nearly 16000 runners took to the street, and the races were all flagged off at the stipulated time, on the dot. The 10K start line

was a sight to behold, with runners covering the entire stretch of the iconic Napier's bridge, and beyond. The full marathon was won by Shailja Sridhar and Daisoke, while Soji and Padmavathi took the honours in the half marathon event.

The traditional drums and well stocked aid stations en-route provided much needed succor to weary runners, while the hot breakfast at the finish line left them recovered and ready for more! The festive atmosphere at the CPT Ground post-race was a sight for sore eyes indeed! ■





## 10 km RUN ROUTE

Distance: 10 km  
 Reporting Time: 6.30 am  
 Run Start Time: 7.00 am  
 Race Day: January 8, 2017

### LEGEND

- Running Route
- Start Point - Napier Bridge
- Finish Point - CPT Ground
- Onward Route Direction
- Distance (km)
- Aid Station
- Toilet

**A\*** Aid stations will be located approx. 2.5kms apart along the route  
 \*Route subject to final approvals



ACCESS TO THE RACE START LOCATIONS IS ONLY FOR RUNNERS WITH BIBS

## INFORMATION FOR 10Km RUNNERS

(START POINT: NAPIER'S BRIDGE, NEAR ISLAND GROUNDS)

**Race Day:** Sunday, December 11, 2016

**Start Location:** Napier's Bridge

**Race Flag-off time:** 7 am

**Finish Location:** Central Polytechnic Grounds\*

\*Easy access Public Transport (MRTS Trains) can take you from the Finish point to Island Grounds, after the race.

### Parking & City

### Traffic Restrictions

Please refer the race web-site <http://www.thewiprochennaiamrathon.com/> & the TWCM FaceBook page for latest parking and road closure information.

### Baggage Check

The start areas will have baggage check locations clearly marked. The bags will be tagged with stickers having your bib number. Do not store valuables (cash, mobiles, jewelry). Your bags will be available for pick-up by you in the finish area, please produce your running bib to claim your bag. Unclaimed bags will be handed over to local police at 2 pm on event day.

### Cut-off Time

The final cut-off time at the finish line for TWCM'16 is 10am. Traffic restrictions will be eased along the route starting at 8:30 am.

### Toilets

Portable toilets are available at the race start & finish locations (both CPT & Island Grounds). Public toilets have been earmarked for use by runners all along the race route.

### Aid Stations

Adequate aid stations stocking Enerzal, water, bananas, and salt are available en-route. Please refer the route map for exact locations.

### Medical Assistance

Apollo Hospitals, our health-care partners, have provided adequate medical assistance for runners along the route, at the aid-stations. The finish area also houses a fully equipped medical tent & ambulances.

### GENERAL INSTRUCTION

- Remember to fill the emergency information at the back of your bib
- Plan to reach the start point early – Note that the 10Km race has a different start point than the Half and Full marathon races
- Co-operate with us in ensuring effective waste management - do deposit all the trash in trash bins provided for the purpose, only
- The common finish area for all races provides a festive atmosphere and lot of photo opportunities
- Designated family and friends meeting areas are marked in the finish area
- All finishers will be provided with a finisher's medal & breakfast
- Certificates will be available for download online at our web-site (<http://www.thewiprochennaiamrathon.com>) within 3 days after the event
- Do sign up for free auto-upload of your photographs on social media, on our website
- Race registrations are non- transferrable
- Please co-operate with volunteers along the route
- In case of cancellation of the event, no refund will be provided



# HALF MARATHON ROUTE

Distance: 21.1 km  
 Reporting Time: 4.30 am  
 Run Start Time: 5.00 am  
 Race Day: January 8, 2017

## LEGEND

- Running Route
- Start Point - Kasturibhai Nagar MRTS Station
- Finish Point - CPT Ground
- Onward Route Direction
- Return Route Direction
- Distance (km)
- Aid Station
- Toilet

**A** Aid stations will be located approx. 2.5kms apart along the route

\*Route subject to final approvals



# FULL MARATHON ROUTE

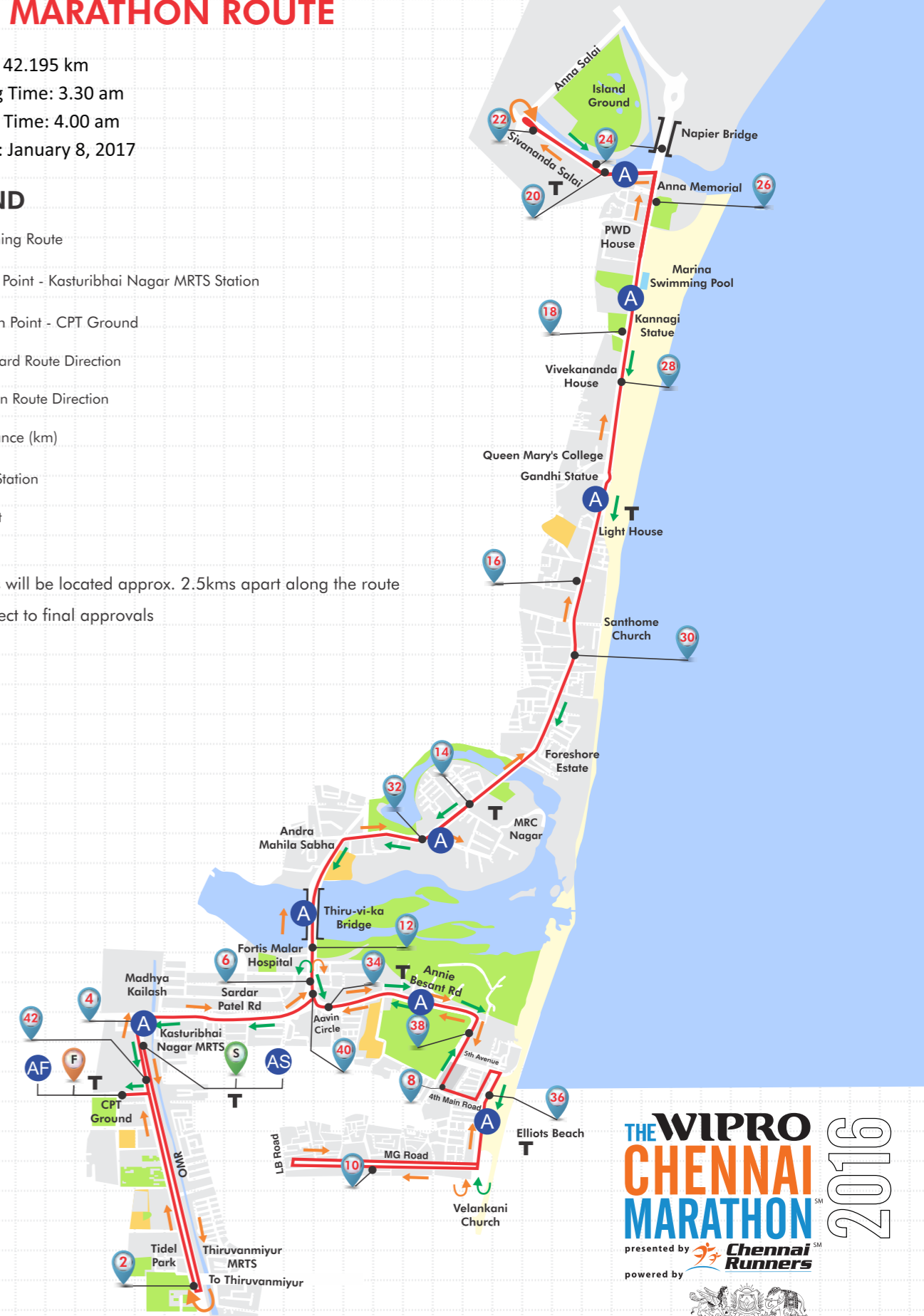
Distance: 42.195 km  
 Reporting Time: 3.30 am  
 Run Start Time: 4.00 am  
 Race Day: January 8, 2017

## LEGEND

- Running Route
- Start Point - Kasturibhai Nagar MRTS Station
- Finish Point - CPT Ground
- Onward Route Direction
- Return Route Direction
- Distance (km)
- Aid Station
- Toilet

**A** Aid stations will be located approx. 2.5kms apart along the route

\*Route subject to final approvals





# INFORMATION FOR HALF AND FULL MARATHON RUNNERS

(START POINT: KASTURBHA NAGAR STATION, OMR)

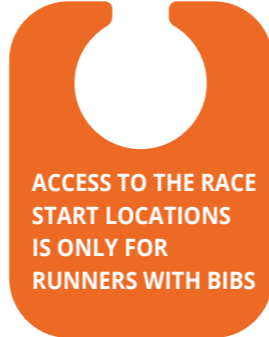
**Race Day:** Sunday December 11, 2016

**Start Location:** Kasturbha Nagar Station, OMR

**Race Flag-off time:** 4am\* (Full Marathon) & 5am (Half Marathon)

**Finish Location:** Central Polytechnic Grounds\*

\*Please note the Chennai special early start time and plan accordingly



## START CORRALS

The runners holding area at the race start line is divided into distinct zones or corrals, designated by the letter A, B, C, D, E or F. Each corral represents the projected finish time for runners lining up in that area. Your bib has been tagged with one of these letters.

With the large number of runners in this event, there can be up to a 5 min variation in the start times of individuals. However, your timing will start recording when you hit the start line mat only, so you will get authentic race finish times. Runners should ONLY line up in their assigned corral. If you wish to run with a friend in a slower corral, that can be accommodated, but not in a faster one.

Corral/Zone	A	B	C	D	E	F
FM - estimated finish times	2hr 15m - 3hrs	3hr - 4hrs	4hrs - 5hrs	5hrs - >5hr30mins	---	---
HM - estimated finish times	1hr - 1hr 40m	1hr 40m - 1hr 50m	1hr 50m - 2hrs	2hrs - 2hr 15m	2hr 15m - 2hr 30m	>2hr 30mins

## Parking & City Traffic Restrictions

Please refer the race web-site <http://www.thewiprochennaiamarathon.com/> & the TWCM FaceBook page for latest parking and road closure information.

## Baggage Check

The start areas will have baggage check locations clearly marked. The bags will be tagged with stickers having your bib number. Do not store valuables (cash, mobiles, jewelry). Your bags will be available for pick-up by you in the finish area, please produce your running bib to claim your bag. Unclaimed bags will be handed over to local police at 2 pm on event day.

## Toilets

Portable toilets are available at the race start & finish locations. Public toilets have been earmarked for use by runners all along the race route.

## Slow Runners & Cut-off Times

The cut-off time for our race is 10am. Traffic will be eased along the route in a phased manner, starting 8.30am. Our aid-stations and volunteer support will be available to runners up to the final cut-off time for TWCM'16.

We solicit your support and co-operation in ensuring that we can keep our commitments towards the city administration.

## Aid Stations

Adequate aid stations stocking Eneerzal, water, bananas, and salt are available en-route. Please refer the route map for exact locations.

## Medical Assistance

Apollo Hospitals, our health-care partners, have provided adequate medical assistance for runners along the route, at the aid-stations. The finish area also houses a fully equipped medical tent & ambulances.

## GENERAL INSTRUCTION

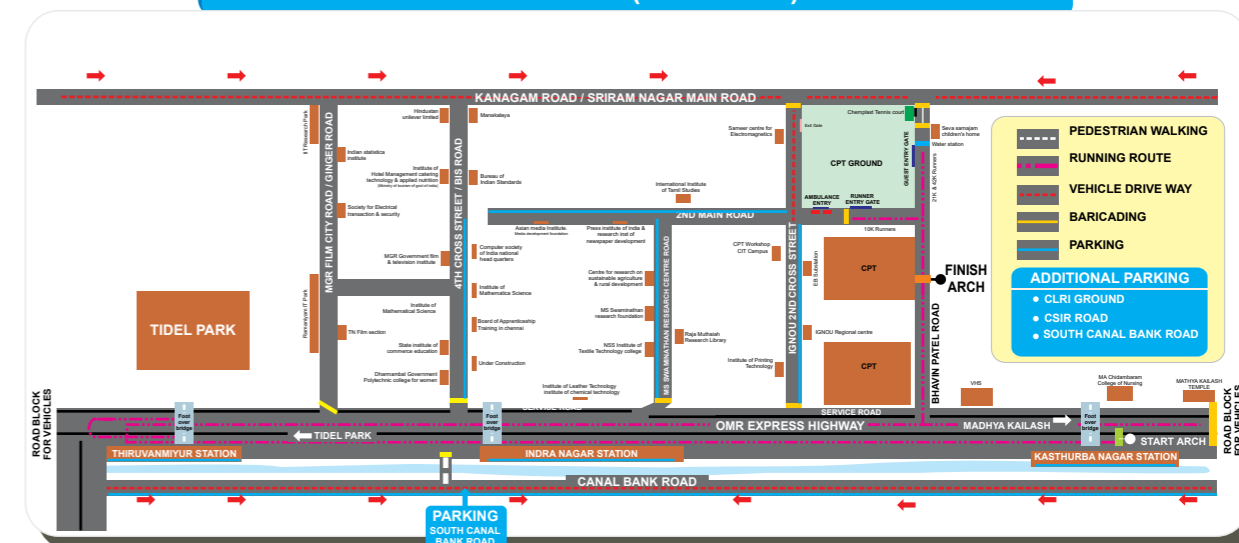
Remember to fill the emergency information at the back of your bib • Plan to reach the start point early – Note that the 10Km race has a different start point than the Half and Full marathon races • Co-operate with us in ensuring effective waste management - do deposit all the trash in trash bins provided for the purpose, only • The common finish area for all races provides a festive atmosphere and lot of photo opportunities • Designated family and friends meeting areas are marked in the finish area • All finishers will be provided with a finisher's medal & breakfast • Certificates will be available for download online at our web-site (<http://www.thewiprochennaiamarathon.com>) within 3 days after the event • Do sign up for free auto-upload of your photographs on social media, on our website • Race registrations are non- transferrable • Please co-operate with volunteers along the route • In case of cancellation of the event, no refund will be provided

LAYOUT OF NAPIERS BRIDGE / START (10km) AREA



- RUNNING ROUTE
- VEHICLE DRIVE WAY
- BARRICADING
- PARKING AT ISLAND GROUND

LAYOUT OF CPT / START (Full & Half) / FINISH AREA



- A - Finish Arch
- B - Timing Team Marquee
- C - Barricaded Entry for Runners
- D - Medal Distribution Counter
- E - Water & Refreshment Point
- F - Rest Rooms
- G - VOLINI Recovery / Stretching Area
- H - Medical Center for FM & HM
- H1- Medical Center for 10KM RUN
- I - Prize Distribution Stage
- J - Control Room
- K - Wash Basin
- L - Breakfast Counter for 10KM RUN
- L1 - Breakfast Counter for FM & HM
- M - I Finished Backdrop
- N - Baggage Collection
- O - Sponsor Marquee
- P - Exit
- Q - Ambulance

## CPT / IPL GROUND FINISH AREA LAYOUT





# MAMA'S ETIQUETTE

## Chancey-illa!

Remember to wear your bib on your T-shirt and arrive early on race day. No bib, no race!

## Oram po PLEASE!

If you want to walk or take a break, move immediately to one side of the road and let the runners pass you. Do not walk hand-in-hand in a human chain blocking runners behind you.

A running event has hundreds (or thousands) of participants who are looking for an enjoyable experience. While the organizers and volunteers have worked hard towards this, all participants have an important role in making the event a success. Please do your bit to help everyone have a safe and enjoyable run, and make it easier for the team behind the race, by following some simple tips:

## Idhu eppadi irukku?

Don't forget to smile along the course. There are photographers all along capturing your photographs. Remember to look happy!

## Kanna! Ladoo thina aasai aa?

Do not be greedy at the aid stations. There's plenty for everyone. Do not push or shoulder or block a runner's access to the water or energy drink.



## En vazhi, thani vazhi

Line up in a start line corral (runner assembly area) which suits your pace. Look out for the 'Expected finish time' boards in the start area for guidance. Do not be over-ambitious. Miracles rarely happen in marathons.

## Free-aa vidu!

Do not crowd the finish line after finishing your race. Remember there are thousands of runners coming in behind you. Make life easy for them.

Mangalore se Mehsana tak

Chandigarh se Changanassery tak

Gangtok se Gurdaspur tak

Chennai se Chaibasa tak

Hyderabad se Hisar tak



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# THE WHEELS ON THE BUS

Pacers across categories share some essential gyan and mantras that'll help you ace the race!

# 42.2K



**VIPUL KUMAR,**  
**Bus Timing: 4:00**  
"Practice is everything... And don't worry, we will be running at an even pace throughout the day."



**KUMAR RAJAMANI,**  
**Bus Timing: 4:00**  
"Listen to your body and don't push too hard to achieve your PBs."



**SAMPATH KUMAR SUBRAMANIAN,**  
**Bus Timing: 4:15**  
"Let's run the first half by time and the second, by feel."



**ASIF AHMED,**  
**Bus Timing: 4:15**  
"I promise to make our bus cheerful and motivate you all, along the way."



**ARUN MALLIK,**  
**Bus Timing: 4:30**  
"Stay hydrated; eat something once every 5-7kms."



**RANAPRATHAP,**  
**Bus Timing: 4:30**  
"Don't run from your mind; run from your heart."



**RAKESH BHANDARI,**  
**Bus Timing: 5:00**  
"You've got to run with determination. Don't let yourself burn out early."



**KANNAN (KAY) SUNDARARAJAN,**  
**Bus Timing: 5:00**  
"the #kay5hrbus, I promise, will carry the most cheerful and energetic runners."





**ARAVIND KUMAR,**  
Bus Timing: 5:30

“Keep your Garmins at home. Trust Thy Pacer!”



**SRINIVASAN R,**  
Bus Timing: 5:30

“Run your heart; enjoy the route. Have fun.”



**GOVINDARAJAN KRISHNAN,**  
Bus Timing: 6:00

“Maximum fun for the maximum time!”



**B R HARIHARAN,**  
Bus Timing: 6:00

“Stay hydrated; eat something once every 5-7kms.”



**AJIT SINGH,**  
BUS TIMING:1:45

“A steady pace of under 5mins/K and I intend to maintain that pace throughout the run.”

## DID YOU KNOW THAT SMOKE, DUST AND CAR EXHAUST FROM THE STREET COME INTO YOUR HOUSE AND THEN STAY BACK?

The air outside blows fumes and dust into your house. And once inside, they are trapped by the four walls. Which is why the air in your house is probably 10 times more polluted than the air outside. Over time, the air becomes a deadly cocktail of trillions of bacteria and viruses, dust mites, construction dust, cleaning agent fumes and many other pollutants. Happily for you, there is the new Blue Star Air Purifier. Its SensAir technology removes 99.7% of these pollutants\* to make the air in your house clean and healthy.



BLUE STAR AIR PURIFIERS with **SensAir** TECHNOLOGY



**BLUE STAR**

\*Particulate Matter up to 2.5 microns in size.





**RAGHUL,**  
Bus Timing: 1:50  
“All the best.”



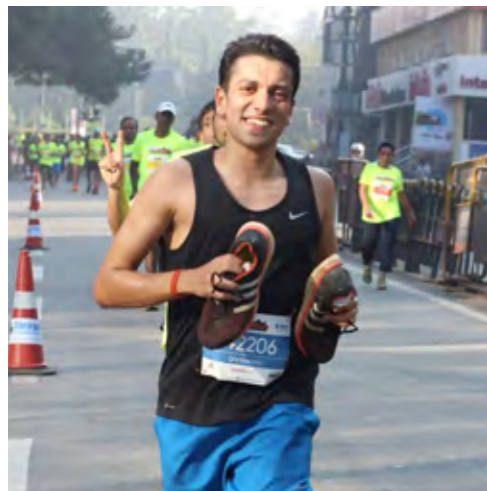
**SANDEEP BHANDARKAR,**  
Bus Timing: 1:50  
“Run with me on race day to become a part of the select band of runners with a sub 1:50 timing for a half marathon.”



**AJAY APPADEN,**  
Bus Timing: 1:50  
“Run your own race at your own pace; take it easy and take it slow.”



**MAHESH KUMAR G,**  
Bus Timing: 2:00  
“Follow me as I set the pace; I ensure you will ace the race.”



**DIVYANSHU SINGHAL,**  
Bus Timing: 2:00  
“I’m targeting an even pace, throughout.”



**AAKRITI SANJEEV VERMA,**  
BUS TIMING: 2:00  
“Stay calm and relaxed at the start line. Catch hold of us and we will help you reach the finish line in two hours.”



**DHARMENDRA,**  
Bus Timing: 1:45  
“Even pace is the goal.”



**VIVEK LAKSHMANAN,**  
Bus Timing: 2:15  
“Join us to make your run enjoyable and to achieve your target time.”

**MANIKANDAN SEENICHAMY**  
Bus Timing: 2:15  
“Run, Run, Win.”



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ENERGIZES  
REFRESHES



- Instant Energy
- Sustained Energy
- 5 Vital Electrolytes
- Caffeine Free
- Preservative Free







**KRISH,**  
**Bus Timing: 2:15**

“Chennai run is fun. Let’s go out and enjoy.”



**AJANTHA,**  
**Bus Timing: 2:15**

“Keep at a steady pace and thoroughly enjoy the course. The bus will take you to the finish, effortlessly.”



**BHAVA SWAROOP**  
**Bus Timing: 2:30**

“You are a winner running the best race of the year! Show up in your best running gear as we celebrate this running festival, together.”



**RAJESH VETCHA**  
**Bus Timing: 2:15**

“Welcome to the 2.15 bus and also look forward to hearing about the history of Chennai.”



**ANAND GOPAL,**  
**Bus Timing: 2:30**

“Hydrate well. Listen to your body. Above all, enjoy the spirit of Chennai.”



**VIKAS,**  
**BUS TIMING: 2:30**

“Running is fun with my CR buddies.”

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**PRASANNA SURENDRAN,**  
**Bus Timing: 2:45**  
“Train and leave the race day tension to us.”



**SURESH,**  
**Bus Timing: 2:45**  
“Plan your run during the training itself. Follow the same pacer till the end of the race.”



**VARUN, Bus Timing: 3:00**  
“The V3 bus will ensure you achieve your three-hour timing for the half marathon. Sleep well, hydrate well, and show up at the event with your best foot forward...”



**BIJAY NAIR, Bus Timing: 2:45**  
“My bus is about experience sharing and having a fun time.”



**VARADARAJAN PARTHSARATHI**  
**Bus Timing: 3:00**  
“Sorgame Endraalum, Athu Nammoora Pola Varuma... A song that make the run merrier.”



**DON CELESTIN,**  
**BUS TIMING: 3:00**  
“It doesn't matter how slowly you go as long as you don't stop. After all, Rome wasn't built in a day. Stop thinking, just start running.”

# KOPI

**BHASKAR G**  
**Bus Timing: 50 min**  
“Focus, Focus, Focus. On race pace; on getting into a smooth rhythm. On pushing the body even when it hurts.”



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**SYED ASHRUF,**  
Bus Timing: 60Min

“Challenge your complacencies and push yourself. Start slow and stay consistent.”



**ANTONY ARUL PRAGASAM,**  
Bus Timing: 60Min

“Looking forward to running with you as you cross the finish line with your head held high and with a PB in your kitty.”



**GOKUL PRASAD,**  
Bus Timing: 1:15

“Believe in yourself. Run with me; get the better of you.”



**SRIDHAR RAJAMOHAN,**  
Bus Timing: 1:15

“Type 1 diabetes for 17 years now. A runner for 4 years. If I can run, you can too.”



**SATISH KUMAR VASUDEVAN**  
Bus Timing: 1:15

“Good luck all of you.”



**DHIVYA,**  
BUS TIMING: 1:30

“I plan an easy run-walk technique; 4 minutes of running and 1 minute of walking and a minute in each of the 5 aid stations.”



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**YASHWANT VAID, Bus Timing: 1:30**

“Even though this is called a race, you are not in any competition with anyone. So, just enjoy your run.”



**JOSHUA, Bus Timing: 1:30**

“First-time runners who think running is not your cup of tea, try me! Don't make separate plans; just stick to the clan and we'll get you to the target, on time.”



**LAKSHMI SUNDAR, Bus Timing: 1:40**

“A slow jog/brisk walk is enough to cover this distance in 100 minutes. Relax, enjoy and soak in the festivities.”



**SAKTHIVEL S, Bus Timing: 1:30**

“Come, let us have a jolly fun time”



**PARTHY, Bus Timing: 1:40**

“Run at a pace comfortable to you. Hydrate your body. Make your run, fun.”



**RAMKI Bus Timing: 1:40**

“Show up with a smile. Be prepared to enjoy the bus ride with loads of fun on the way!”



**T M KARTHIK, BUS TIMING: 1:40**

“When you run on these silent roads, at the hour God lets out a smile, you let the mother earth, in all her wondrous love, open her bountiful arms and embrace you with herself. And when you touch that finish line, you will make a difference to a very special person in your life – You!”

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**THE WESTIN**

CHENNAI  
VELACHERY





# THE CAUSE OF RUNNING

**NIRANJAN SANKAR** asks runners, running for charity, why they do what they do...

There is something about long distance running that brings out the best in people. Runners share a sense of purpose and determination, and also share in and celebrate each other's successes.

Running events routinely see many selfless acts of humanity and sacrifice – stuff you'd never expect in other sports. Runners make way for faster runners and cheer them as they get overtaken. Imagine that happening in an F1 race! If a runner has an injury or a fall, you can count on others to come to her aid, happily

sacrificing some precious minutes from their race time. There is no win-at-all-costs mentality. Every finisher deserves, and gets, due respect.

Being such a fount of goodwill, it is no wonder that charities and running seem to go so well together. Running for a good cause is such a pure act of selflessness that it cannot but inspire others to support you and whatever cause you are running for.

The Wipro Chennai Marathon, from its inception, has strongly encouraged this

noble ideal. Every year, there are hundreds of participants promoting awareness of, and helping to raise resources for, a multitude of good causes. This year, TWCM supports many causes in the healthcare and education sector, and has partnered with United Way of Chennai and Isha Vidhya.

To understand why so many runners choose to run for charities, and how they are using the TWCM platform to help these organisations, we, at The Rundown speak to a few charity runners, running this year's race.



Anand Vasudevan

## ANAND VASUDEVAN HEADS EQUITY RESEARCH IN A LEADING MUTUAL FUNDS HOUSE

*When did you get into running? And why?*

A friend told me about a 10K race in the beautiful IIT campus; I think it was June 2012. I signed up for it on an impulse. I did it mainly because I love spending time in the campus (my Alma Mater). Come race day, and I was very excited and nervous. I was reasonably fit and active but had no idea if I would last even half the distance, what speed I should run at, etc. But I ended up pleasantly surprising myself with a reasonably comfortable run. I was hooked after that – it was love at first run. Today I run for the sheer joy of running. I run to stay fit, I run for fun, I run as a stranger in new towns, catching early morning life before most of the world stirs. It's a wonderful feeling!

*Tell us a little about the charity you are running for, and why you chose this charity.*

Sri Arunodayam provides a home in Chennai for abandoned and destitute

mentally challenged children. I have been involved with Sri Arunodayam for several years now. I still remember the feelings of wonder and pain and hope and inspiration that flooded through me the first time I visited. The founder, Iyyappan Subramanian and his staff have been doing amazing work for over 14 years. But even more than that, the boys and girls of Sri Arunodayam have inspired me again and again with their mind-blowing generosity, courage and spirit of giving back to the community. I was awestruck by how they rose as one to help the needy during the disastrous floods that hit Chennai in December 2015. I was moved again to see the enthusiastic participation of these children in the recently concluded Daan Utsav 2016.

If the 'destitute' children of Sri Arunodayam can give so much of themselves to Namma Chennai, I passionately believe that they deserve all the support you and I can give! They need funds to build a permanent home for their girl children. I am raising funds for this project.

*Why do you think running and charity seem to go so well together? What prompted you to choose to run as a means to raise money for this cause?*

People in general want to contribute within their means to good causes, although they may not be aware of the most deserving causes. A major running event like TWCM provides a good platform to raise awareness. And it gives me an opportunity or an excuse to shamelessly beg, badger and cajole friends and relatives to contribute.

*Are there other goals you aim to achieve for your charity from this event, other than raising funds?*

I want to raise awareness amongst Chennai-vasis of this amazing charity in their own city. Did you know that Iyyappan did us all proud when he recently won the World of Children Inc Humanitarian Award for his work at Sri Arunodayam? Go and visit them, volunteer to spend time with the children, be inspired by the love and courage you will see! ■



Sri Arunodayam







Suresh Govindarajan

**SURESH GOVINDRAJAN IS A PROFESSOR AT THE DEPARTMENT OF PHYSICS, THE INDIAN INSTITUTE OF TECHNOLOGY, MADRAS. HE FOLLOWS ALMOST ALL SPORTS EXCEPT THE ONE NAMED AFTER AN INSECT.**

*When did you get into running? And why?*

I started running in 2006. I used to walk for 40-45 minutes to keep my hypertension in check. In 2006, when I was on a year-long sabbatical in Europe, I found that I wouldn't break into a sweat even after a brisk walk of one hour. So I thought I'd run to build up a sweat. By the end of the year, I was running 3K. Then, I slowly moved to 7K to run the IITM road race and then 10K to run the first Chennai Runners event in 2011 and then on to the HM from 2012.

*Tell us a little about the charity you are running for, and why you chose this charity.*

I am running for the V-Excel Educational

Trust. They help children and young adults with physical disabilities due to various reasons such as Autism, ADD, and so on. V-Excel helps them live better by providing practical, educational as well as vocational skills. They are involved with things close to my heart - education and differently-abled people.

*Why do you think running and charity seem to go so well together? What prompted you to choose to run as a means to raise money for this cause?*

Running regularly like I do motivates many of my friends and students to run as well. When I combine my runs with charity, it seems to enthuse them even more than just asking for a donation. I raised money for the first time last year without a lot of thought beyond thinking that it was a good idea. Looking back, I think it was a great move to do that.

My main goal in fund-raising is to get more people to experience the "joy of giving". So I started off with the aim of

getting 100+ donors which I managed this year but couldn't do last year. I was much more organised in my approach to raising funds - targeting different groups through various channels - FB, e-groups and direct email. My biggest supporters have been my students (past and current) and my classmates from high school and college.

*Are there other goals you aim to achieve for your charity from this event, other than raising funds?*

I am not involved with V-Excel at this point beyond raising funds. I would like to interact with them and see if I can help them in other ways.

*Has the fact that you are a charity runner (and not a 'regular' non-charity runner) affected your training and race goals for this event in any way? If so, how?*

Not at all. I am addicted to running and I don't have any real race goals other than to finish. ■



V-Excel



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Dr Dinesh Jothimani



Photos: Santosh Kumar



Swabodhini



**DR DINESH JOTHIMANI IS A HEPATOLOGIST AND SENIOR CONSULTANT (LIVER TRANSPLANTS) AT GLOBAL HOSPITALS, CHENNAI**

*When did you get into running? And why?*

Running happened to me by accident. I used to run on a treadmill once in a while. One day, in February this year, my enthusiastic friends planned to run along the beach just for fun. It was a Sunday morning. The time was 5am. I arrived at the beach, and after waiting for a full fifteen minutes, realised my friends weren't going to show up. I didn't know what to do but as I looked around, I spotted a few regular runners stretching. I was hesitant initially to approach them... But I did finally. The runners were very polite; they introduced themselves to me as Marina Minnals chapter of the Chennai Runners and welcomed me to run along with them. I ran with them...To my surprise, they slowed down to match my pace. I wanted to run with them again. Since then, I have been running with Minnals and really enjoy running outdoors.

*Tell us a little about the charity you are running for, and why you chose this charity.*

One of our running friends is associated with a special school called Swabodhini. It was established in 1989. It cares for over 100 children with special needs. Swabodhini aims to transform the lives of individuals

with autism and related disorders. They do this by adopting a holistic approach in their education and training programme, which aims to impart all necessary skills for these individuals to enable them to lead an independent life.

I visited the school and was moved by the focussed attention they provided every individual child. Not many people are aware of this organisation. So I thought, 'Why don't we run for this organisation?' That's how it started...

*Why do you think running and charity seem to go so well together? What prompted you to choose to run as a means to raise money for this cause?*

We know exercise and running have enormous health benefits. But it is only the runner who will benefit, whereas running for charity allows us to pass on the benefit to others. We share benefits in various forms. In the West, most runners run for charitable organisations. It could be at various levels like cancer research, for heart-related disorders, etc. In India, however, that culture has not caught up yet. Mainly, there are not many charitable organisations in India or at least we are not aware of them. These organisations unite and help people going through similar issues. At some point, and somewhere we have to start.

Running is not a one-off event. It

commences from the training. When we run for charity, the campaign goes on for the entire training period. We keep talking about it and the message waves spread slowly, but strongly and consistently in the society. Now, all my friends and family know about Swabodhini. In future, if they come across any child with autism they will direct them to this school. Raising money for charity comes along in a similar way.

*Are there other goals you aim to achieve for your charity from this event, other than raising funds?*

Apart from raising funds, it is the awareness about autism and that should spread. There are innumerable social issues that runners should take up and spread awareness about. Imagine, each runner taking up a social cause or charity. This will not only help spread awareness about the charity but also encourage other runners to run for a cause.

*Has the fact that you are running for charity affected your training and race goals for this event in any way? If so, how?*

Yes, definitely, I am more focussed on training and I have responsibilities other than just running. At the same time I don't take too many risks; I try to keep injuries at bay and I'm conscious of what I eat. Hydration prior and during the race are important. ■

**RAVI KUMAR IS A TECHNICAL CONSULTANT IN AN IT COMPANY IN CHENNAI**

*When did you get into running? And why?*

I started running last year for a social cause, to support Isha Vidhya.

*Tell us a little about the charity you are running for, and why you chose this charity.*

I run for Isha Vidhya, which has a unique approach towards education unlike other schools and provides education in

villages. I have chosen Isha Vidhya as I have personally visited Isha Vidhya school and was impressed with the methodology of teaching what is practised here. In Isha Vidhya, rural kids are provided with quality education.

*Why do you think running and charity seem to go so well together? What prompted you to choose to run as a means to raise money for this cause?*

People may see it as a new approach and that can help us get more attention towards this project. So this will open up

the possibility of reaching more people. We also appeal or request on social media, calling friends and family, and running is an add-on to that.

*Are there other goals you aim to achieve for your charity from this event, other than raising funds?*

There are many runners and non-runners who are not aware that they can run for a cause. When I speak to my friends and tell them about this, they too turn up to run for a cause. ■



Ravi Kumar



Isha Vidhya

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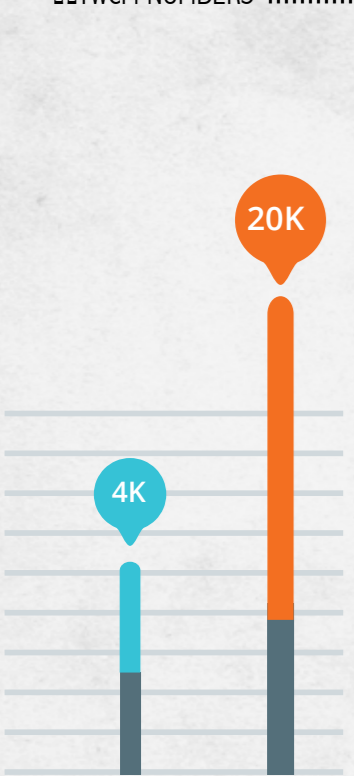
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**RUNNERS MAX**

TWCM started in 2012 with just 4k runners and will have over 20k runners in 2016. A whopping 406% increase. Whoa!

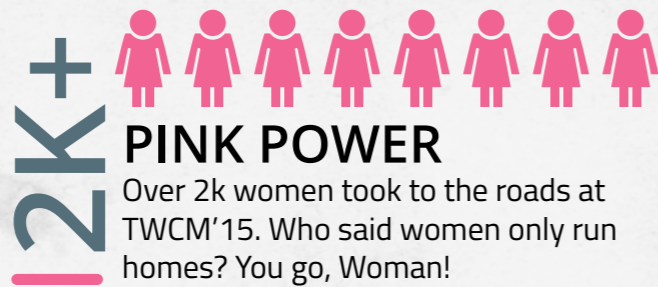


**THE NEW OLD**

The oldest finisher at TWCM'15 was a sprightly 82-year-old who ran the 10K in an enviable 1hour and 25 mins. Hats off!

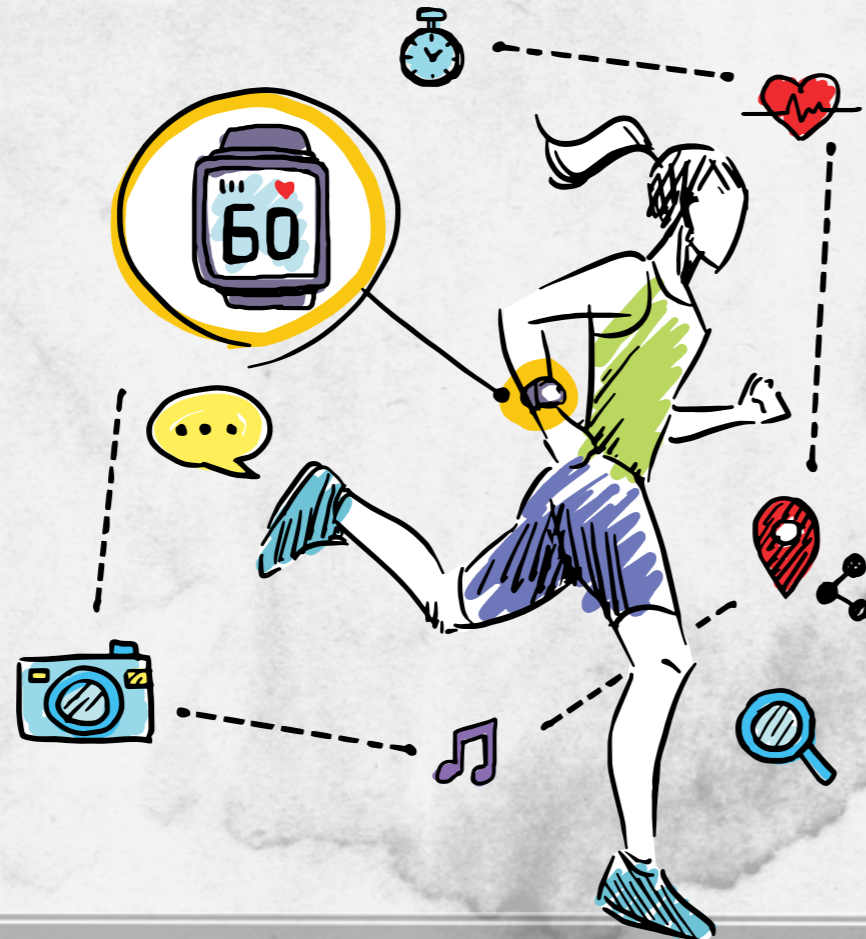
**VITAL STATS**

RAJAN VENKATESAN culls out some interesting trivia and facts on TWCM



**AIN'T NO QUITTERS!**

DNF% has been dropping steadily over the years and was a mere 4% at TWCM'15!! Runners ain't throwing the towel before the Garmin stops! Take that!



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# 48 HOURS TO GO!

**DR MADHU THOTTAPPILLIL** insists that the last couple of days before race day are perhaps as important or more than the months of training you spend leading up to the marathon

**Y**ou know, a man named Kumar was at my clinic a couple of days after participating in the Bangalore Marathon, his first official half marathon where he felt rather disappointed with his race timing. He was extremely sure that his training leading up to the event was perfect. He was sure he was well-hydrated. He also mentioned that he reached the city a couple of days earlier and took complete rest so as to be 'fresh' for the race (in his own words).

What then went wrong, we wondered? A few minutes later, it occurred to me that Mr Kumar had probably made one of the most common mistakes that most runners make at some point in assuming that running or training a day or two before the event will sap the energy that may perhaps be better utilized during the race.

The last couple of days before the race are perhaps as important or more than the months of training you spend before the marathon. The last two days ensure that the body is primed to perform at its

optimum level on race day.

Unlike training for speed and endurance, neuromuscular co-ordination systems between your brain and musculature needs constant stimulation, especially before race day as any gains that have been made previously can be lost in less than a day. The best way that the neuromuscular co-ordination specific to running can be optimised is by running at a pace equal to your race pace or very much near it.

I usually advice runners to try to do about half of their usual daily running load at race pace or do between 4 to 6, 200 meter strides at race pace with 4-minute recovery jogs in between. These runs on the last day also serve to increase the blood flow to the muscles, which brings in key nutrients and hormones which aid recovery.

Another common question that a lot of runners have is their diet on the day before the race. Carbohydrate loading is something I advocate starting a day or

two before the race as it helps to store up the muscle glycogen storage. The usual intake should be approximately 10gms of carbohydrate per kg of body weight. The best time to start the carbohydrate loading is immediately after the short work-out on the pre race day as the muscles would be the most receptive then. Carbohydrates include, rice, wheat based dishes, starchy vegetables, oats and high carbohydrate beverages.

Another important tip that I share with runners is the need to wake up early on the race day for two reasons. There is enough scientific data to suggest that optimum exercise performance is difficult within a couple of hours of waking up. Another important fact is that the Race day nutrition which is extremely important needs about two hours to digest the high carbohydrate breakfast. So one should aim to wake up at least three hours before the race horn blasts on race day.

Wish you all a happy, fun and an injury-free run at The Wipro Chennai Marathon 2016! ■

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# MAMI'S A-Z 'TWCM' GLOSSARY

In this edition of The Rundown, MTS has decided to be helpful. Take this article with you to bed & note all the important definitions here in. All very useful to you as you run 10 (or 21K or 42K) on Sunday!



**0.195:** A distance, in Kms, that may prove to be your nemesis on race day

**"A" Race: As opposed to "B" Race:** What you should aim for TWCM to be – not to be confused with the mundane "a race"

**BCAA:** A chemical you must ignore as far as possible

**Bib:** A piece of paper that you pin to your chest that offers you a rhythmic flip flap as you run your race

**Corral:** A cattle ranch term used to herd runners based on finishing times

**Countdown:** A rocket-launch strategy that has been commandeered by race organisers to let you know when to start moving your feet

**Fuel:** Important items that you will consume during your run, such as dates, chips, granola bars etc. that you will stuff into a waist pouch.

**Fuel Belt:** A tool belt /waist pouch that holds all the ammunition you need to survive in the wild, such as water, and fuel (see "Fuel")

**GPS:** A tool generally incapable of preventing you from getting lost on the race route

**Hydration:** A fancy word for water

**Medal:** A piece of metal you will earn no matter how slowly you run. Grandma will be proud of you – 'cause she thinks you won

**Nutrition:** A fancy word for food (also see "Fuel")

**PB:** Peanut butter. Also, Personal best. Used to refer to a sandwich filling. Or an arbitrary time taken by runners to cover arbitrary distances

**Protein:** A name occasionally and wrongly used to refer to eggs

**Race T-shirt:** A neon coloured item of clothing most likely to be worn by large number of runners on race day

**Recovery:** That thing you must pretend happens to you faster than anyone else

**Tapering:** A hoax created by your mother because she thinks you are overworking yourself and need some rest

**The Wall:** A dreaded encounter at the 32nd K that has nothing to do with Pink Floyd

**Timing Mat:** Stuffy carpeting on the race route that beeps as you run across it. It's bad news when it doesn't

**Training:** What you should have done in order to run TWCM without needing someone to carry you across the finish line (a not very romantic thing)

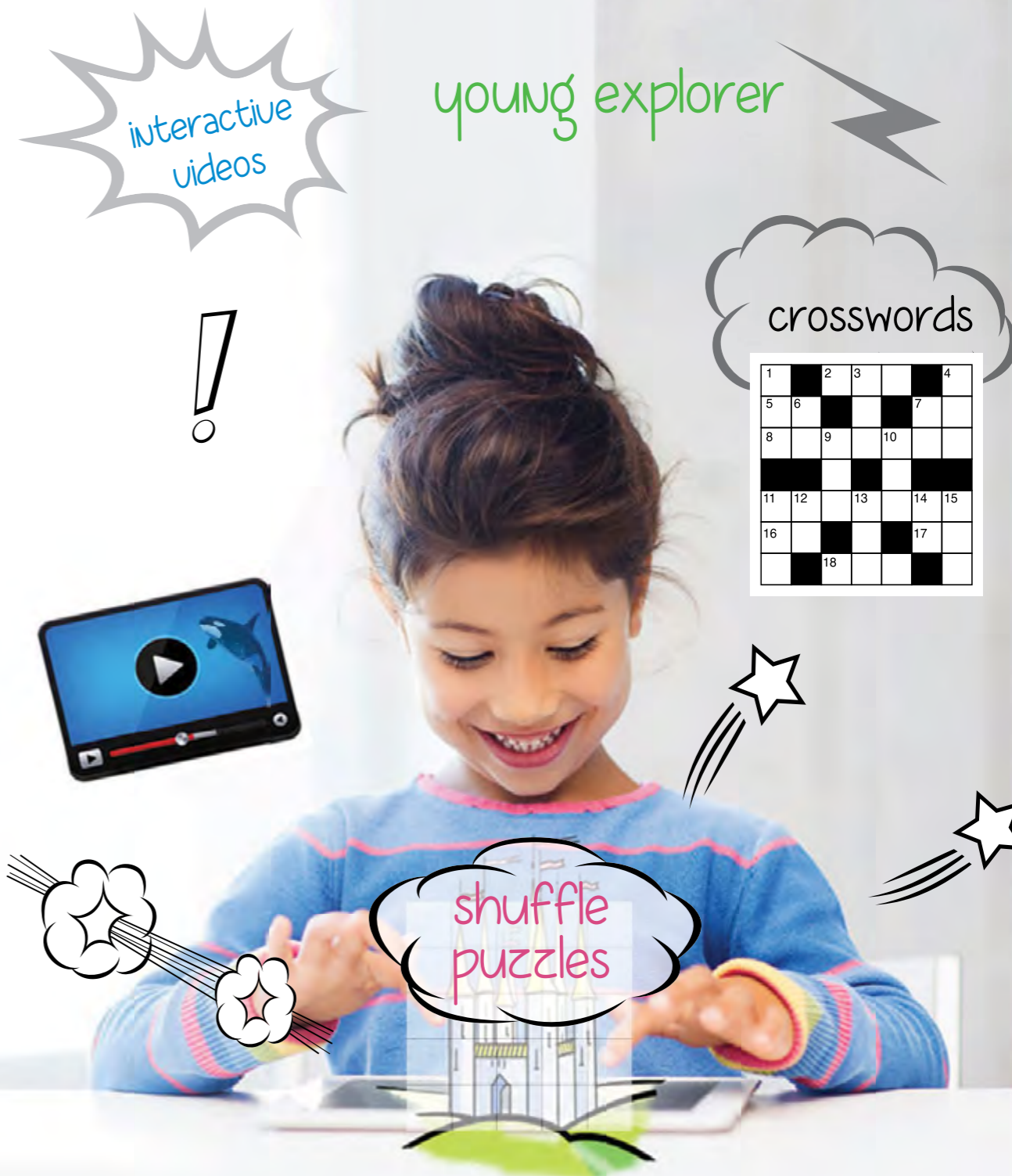
**Training partner:** One you have hung out with the most in the past few months, sacrificing time with life partner and other such

**Volunteers:** Hapless individuals/suckers who are splayed across the run route to help you, they spend more time on their feet than you, so MTS insists you drop in a good word for them!

*There you have it – the A to Z of terms you need to learn before you can call yourself a bonafide runner. You are welcome. -MTS-*

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# READY, STEADY, TRACK

Keen for your friends and family to track your run? Here's how you do it at TWCM'16

The Wipro Chennai Marathon (TWCM) has always offered the best of technology to its runners and their supporters. 2016 will be no different. TWCM has tied up with MyRace Timing Solutions and its partner RTRT.me to offer the latest in real-time tracking and live results.

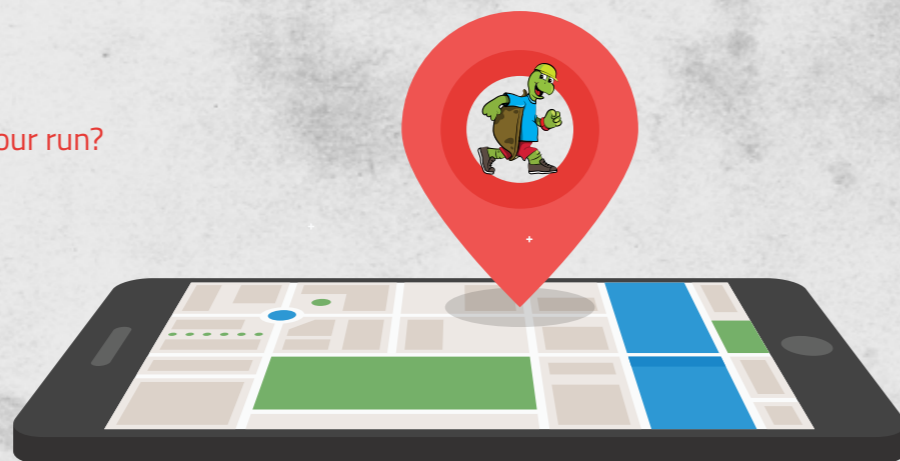
MyRace Timing Solutions is one of India's premier running event timing management service providers and RTRT.me counts the New York City Marathon and the Chicago Marathon as its clients.

As a runner at TWCM'16, do check out the following two ways of tracking:

### SMS - SIMPLY THE BEST:

Visit [www.thewiprochennaiamarathon.com](http://www.thewiprochennaiamarathon.com), login to your account and give us up to 3 mobile numbers of your friends or family members whom you would like us to inform through SMS as soon as you finish your race. Get your finish time delivered to them real-time as soon as you hit the finish line mat!

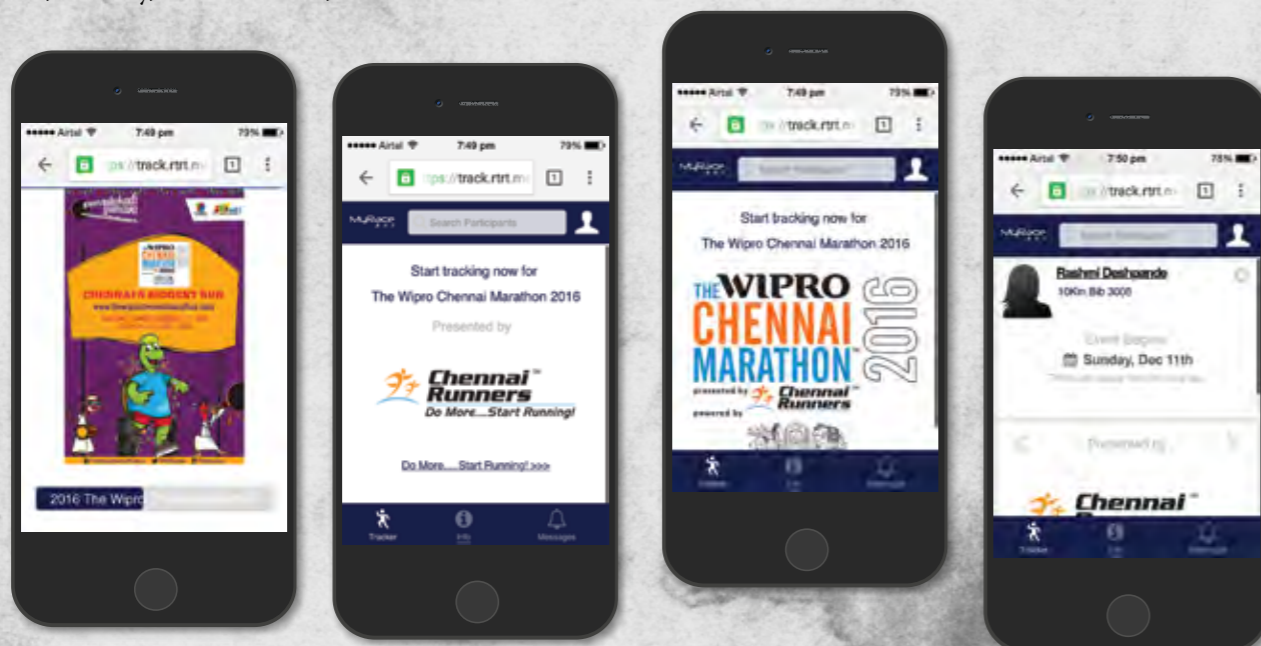
Important: Remember to login and share with us the mobile numbers you want your results to be delivered to before 7 PM, Saturday, December 10th, 2016.



### LIVE TRACKING:

For the first time, courtesy MyRace and RTRT.me, TWCM will offer real-time live tracking of runners in a single interface. Whether you're on the road and using a mobile phone, or at a desk with a PC, or lounging on the couch with a tablet, hit <http://rtrt.me/780> on your browser and you're good to go! All TWCM16 results in one place, LIVE!

- Track runners with their bib numbers and get instant data on where they are on the race course.
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*Pain doesn't stand a chance*





# IN THE ULTRA ZONE

Bengaluru-based Ultra Marathoner, **ASHOK DANIEL** crystallizes why runners, and he specifically, put/s their/his body and mind through an Ultra Marathon, time after time, even as he humbly shares the story of his experience at the world-famous, near-brutal, Ultra-trail Du Mont Blanc (UTMB) ...



Photos Courtesy - Ashok Daniel

**E**ight years ago, I made a change that has had a profound impact on my life. I decided to lose weight, and running seemed like the vehicle that would transform my life. It wasn't easy initially, but slowly I started falling in love with running. It took me almost four years to run a race despite running almost every day and I think that passion has kept me coming back for more.

I stumbled into ultra running very early on and almost instantly fell in love with this idea of running in the mountains for days amongst spectacular vistas. At that time, it seemed a little far-fetched but over the years, I've slowly built up the endurance and the mental fortitude required to compete in the biggest and toughest races in the world.

Looking back, the transition from road to trail running felt natural and pure. The thing I love about running in the mountains is how incredibly small you feel amidst the landscape, and that experience, almost always, is humbling. I've always loved travelling and my passion for the mountains has taken me to some remote and beautiful regions around the world. This year was no different!

I've had an amazing season running three races abroad and a few in India. I started the year by finishing the Ultra-trail Hong Kong (170 km/8500m of ascent) in 39 hours and 32 minutes. We had bad weather on the first night for almost 15 hours and I remember having vivid hallucinations during the second night which left me questioning my own sanity but somehow I got through it in one piece and despite being set in an urban background, some sections of the trail were beautiful and left a lasting impression.

In June, I ran the Lavaredo Ultra-Trail (119 km/5800m ascent) in the Dolomites (Italy) and finished it in 28 hours and 32 minutes. The course was stunning with big alpine climbs, snowfields, glacial river crossings, technical and sometimes very muddy descents across pristine valleys, which made for a memorable experience. We had to go through two nights of non-stop running and on the second night, we had thunder and lightning, which made things very interesting and scary while we were traversing along a ridgeline at 2,500m! The entire route was breathtakingly beautiful and I had to constantly remind myself that I was still in a race.

After that experience, my training went reasonably well as I prepared to run one of the toughest and most competitive races in the world, the Ultra-trail Du Mont Blanc (UTMB) (172 km/10400m ascent) across France, Italy and Switzerland looping around the mythical Mont Blanc massif. After having gone through the qualifying process and nervously preparing for it all summer while hoping not to get injured, I felt physically and mentally ready for the challenge. That meant climbing the equivalent of Mount Everest while running a 100 miles. The entire race experience was phenomenal with the crowd support at every alpine summit and the magnitude of the challenge only really hits you during the second half of the race as no amount of training or crowd support can really prepare you for such a brutal experience.

"A hundred miles is a life in a day," said the legendary ultrarunner, Ann Trason. It can feel like this and a long race certainly mirrors a life. It has its ups, its downs, the times when it feels almost easy, the times when it feels like you are fighting hard just to stand still or stay awake, the times when I am sharing energies (with fellow competitors, volunteers, supporters present

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and absent), and the times when I feel entirely alone. I completed the race in 45 hours and 43 minutes while enjoying

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**Man's mind, once stretched by a new idea, never regains its original dimensions. Well, so, dream big, take chances and enjoy the journey**  
 ”

moving through the spectacular landscapes and vistas, experiencing the natural cycles of daylight and darkness and prevailing weather, which included thunder and lightning.

I keep telling myself that if you're drawn to this race, for whatever reason and you are prepared to immerse yourself in it, it will not disappoint you. UTMB has the scenery, the pageantry, the challenge and one of the best finish lines in the sport.

While there seems to be a cultural mentality towards avoiding difficult tasks and discomfort, an ultramarathon offers exactly that. It puts your body, mind and spirit in a trauma that leaves you broken and questioning your sanity but it also

gives you a sense of enlightenment and an understanding that our bodies and minds are actually capable of far more than most people ever realize. Running ultras has changed my perspectives about life and has also helped me deal with real life problems in a much more rational manner. No matter where the road is taking you in real life, your dreams can give you an outlet for you to recognise your hopes and fears, ultimately making those challenges you've set yourself even sweeter when you cross the finish line.

Oliver Wendell Holmes once said, "Man's mind, once stretched by a new idea, never regains its original dimensions." Well, so, dream big, take chances and enjoy the journey. ■

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