

THE RUNN

For private circulation only

AN INITIATIVE OF THE

JANUARY 2019

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Why do you run?

THE BOSS MAN

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The woman who
started it all

Ruminations of a reformed runner

So I was this normal, easygoing guy,

Anyone can run

All they need is – an excuse

7TH EDITION
CHENNAI
MARATHON
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6 JAN 2019

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Race Info

Dear Runners,

Winter is here in Chennai (ok, so I am exaggerating, but yes – you got to admit that the weather is cool and pleasant these days!) and as always, during this period, we are super-excited and all charged up for the mega event of the year – The Skechers Performance Chennai Marathon 2019!

There are many exciting firsts this year – a new Title Sponsor for the event, addition of a new category and organizing of this event on the first Sunday of the first month of the year. So, we do have a lot to look forward to!

Running in an event like this is an experience in itself, but the journey to get there is also interesting. You need to keep chipping away for months together until you achieve what you have set out to do. And what happens after the event is over? You start all over again and ready yourself for the next run. A newbie trying to get into the business of running tends to get rather intimidated when he sees seasoned runners doing long-distance runs effortlessly. There are also many moments of self-doubt assailing him – “Will I be able to do it”, “Why should I run”, etc. To motivate such wannabe runners and those who have started running recently, we have a series of inspiring write-ups in this edition, “Ruminations of a Reformed Runner”, “Anyone Can Run” and an article in Tamil – “Jollyaa Odunga”.

In reality, there are many factors which contribute to the makings of a good runner and most of these have been covered in some form or the other, in this issue. Nutrition, for example, plays a very important role in fitness and running. And of course, Krish Natesan has nailed it. Having successfully made the transition from “fat to fit”, Krish is accumulating running miles today like nobody's business. Not surprisingly, Krish's article forms the cover story of the issue.

Safety is an important issue for a runner, when navigating vast stretches of empty roads at unearthly hours. Women runners especially, inevitably face some unpleasant incidents and need to take utmost care and precaution while running. We have, therefore, put together a feature giving safety tips for runners, which I am sure, will be useful to all runners.

In our personalities section, we have covered two great names in the Marathon circuit - Katherine Switzer, the first woman runner to do the Boston Marathon and Eliud Kipchoge, the current World Marathon record-holder. Truly inspirational!!

This year saw Chennai Runners (CR) organising several programmes and events for the running community. Two such events were “Wings to Fly” and “Break the Barrier” and are featured in this edition. While the former was an interactive session organised exclusively for women runners, the latter was open for all runners. Both these events saw good participation and I encourage more runners to come forward to participate in such events, going forward.

For several years now, CR has been taking several initiatives to make running a more inclusive experience. As part of this initiative, CR provides support to several paralympic athletes for moving to the next level, by providing them training and other facilities. This edition carries interviews with few of such athletes.

And last but not the least, since we are only days away from the Marathon, we have Coach Aravind Kumar giving us some very valuable tips on how to be race-ready.

We do hope that you find this edition of Rundown interesting and useful. On behalf of the editorial team, I thank all those who have contributed to this issue.

Happy running!
Geeta Viswanath



Race Director's note

Dear Runners,

As I write this note, it feels good to be back after 3 years at the helm of Chennai's most happening sporting event. It has been an unbelievable run from where we started in 2012, when the Chennai Marathon was the first full marathon event in the city.

There are many firsts in the upcoming edition of the Chennai Marathon. We proudly welcome Skechers Performance as our title sponsor and look forward to a fantastic partnership. We have exciting new routes, and a new 20 miler run category, the first ever in a major marathon event. We will have para athletes pacing for the half marathon and a para athlete running a full marathon. We are also thrilled to have the Greater Chennai Police coming on board and our partnership with the Chennai Metro Rail Limited, which will allow for seamless transportation on race day.

Organizing a city centric event of this mega scale is not without its set of challenges, but this is precisely why our team excels. This is an event for the runners by the runners and we have always worked hard to give the best experience to all the runners.

Our goal over the last 6 editions of the Chennai Marathon has simply been to make Chennai run. As we head into the 7th edition, I am confident that the new year and our biggest edition yet will continue to foster a sense of community, oneness and a sense of pride in both the participants running the race, and the city turning up to cheer for the runners.

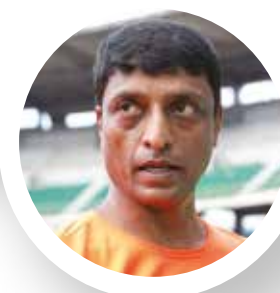
The charity focus for Skechers Performance Chennai Marathon 2019 powered by Chennai Runners is to provide para athletes the “Access to sports”. Our immediate focus would be on creating training facilities for para athletes. There are also exciting long term plans in the works, supporting a few para athletes to qualify for and participate in the Paralympics 2024 being one of them.

The Chennai Runners Health and Fitness Expo will be held at the Chennai Trade Center on the 4th and 5th of January 2019, with major brands showcasing their products. Many lively panel discussions have been lined up for the expo and it promises to be a fun filled day. Do make sure you check it out!

Finally, I would like to thank Wipro for having been our title sponsor for the last six editions. Also a huge vote of thanks to our sponsors, event partners, our core members, our volunteers and participants. It really does take a village!

I wish you all a happy new year and a wonderful run!

Regards,
V P Senthil Kumar



President's note

Dear Runners,

We are proud to welcome Skechers Performance as the Title Sponsor for the seventh edition of Chennai Marathon. We are thankful to Wipro for having been the Title Sponsor for the last 6 years. When we started, the Marathon was in its infancy, where 30 runners would have been a good number. Now that we have established ourselves as one of the largest organized runs in India, I can't help but exude confidence that the Chennai Marathon would be a world class event in the near future.

Conducting an event the size of the Skechers Performance Chennai Marathon demands months of meticulous planning. It is not about simply duplicating previous editions, but building on each edition to make it better. As we grow, we face challenges but these same challenges throw up a lot of opportunities as well. We received considerable feedback last year on the route and venue, which we have acted upon and hope that this year, the runners will love the route which we have planned. We are coming back to India Pistons ground which will be hosting the 10 Km runners. VGP Resorts will be hosting the half marathon, 20 miler and full marathon. This year we are adding another run category 20 miler which we hope is the stepping stone to full marathon. As always, all this would not be possible without help of our Chapter volunteers, sponsors, police, corporation, and most importantly, the patient but ever supportive public who have to face the unavoidable inconvenience of traffic closure on the selected routes.

While The Chennai Marathon is the flagship event of Chennai Runners, we have quite a few other runs as well. We are 17 chapters spread across Chennai and each has about 3-4 runs a week. Chennai Runners, with the help of its various chapters, conducts events throughout the year. To top this, in the weeks culminating to SPCM, we have training runs with well stocked aid stations every Sunday, some with pacers, which in itself requires the preparation for an event.

Running should be a life long journey and we are glad that Chennai Runners are contributing their bit to the increasing culture of fitness in our beloved city.

Regards,
 Shahid Kandrikar



6 > 3.5

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ANYONE CAN RUN (CAN THEY??)

All they need is – an excuse

So, you are one of those incredibly “busy” folks juggling responsibilities at home and/or in office, in the process ignoring the unsightly bulge around your belly and telling yourself that one day when you find time, you will get around to exercising regularly and becoming fit?

Well, here’s some news for you – you are not alone at making excuses!

“To Run or Not To Run” – that’s the question. This is followed by other questions of self-doubt – “Can I run? How can I run? Why should I run?”

Our brain visualises a runner as a person who is lean and fit with a strong core, slender frame with well-developed muscles.

But truth be told, running is the only sport which can easily fit into anyone’s fitness goals immaterial of their age, stature, gender or physical disabilities.

To become a runner, all you require is a strong WILL to RUN. Once you find that runner within you, there is no finish line for this journey.

There are stories - inspiring and motivating ones, not the ones written by any Guru or preached by any Corporate Moghul, but the ones by a few who, in an effort to get away from a sedentary lifestyle, pressing deadlines, declining health and vanishing quality of life, decided to move out of the confines of their kitchen, workstation or couch, to find a solution on the tar roads of their city.

These are stories of common people like us. Let’s hear from them their reason or rather excuse, to take up running.



Content by CRPPulse
(Editorial team of Chennai Runners Pillar Pacers)

Excuse # 1

**“
I am
too old
to begin
now**



It was the year 2000 and Babu Vincent was in his late forties weighing more than what he liked for his not so large body frame. A chance vacation at Auroville, where he saw an elderly foreign lady running, turned out be an eye-opener in his life. He thought **“If she can run, why can’t I?”**.

Thence started his running journey. Starting with 3-4 km solo runs, he gradually increased the distance to 30-35km with a crazy bunch of runners he met at Anna University.

A ligament tear (while jumping off a wall) forced him to slam the brakes on running in 2010 . But it was only a temporary setback.

Fast forward to 2014. Babu was at cross roads on the work front. A lot of pitfalls in business and a turbulent mindset got him back to running as he believed it will inspire him to do better at work.

Being an avid blogger, he sought to meet up with Ram Viswanathan, one of the founding members of Chennai Runners for a blog article that he was working on. They ran together 4 or 5 times and Babu not only got the inputs that he needed for his piece, but also came back feeling more confident about life in general. Within 5 months of writing that article, Babu ran his first ever full marathon (which he dedicated to Ram) in Bangalore with a timing of 4:50!

Babu is 66 now. He continues to run and pursues his other interests with childlike enthusiasm. He says he likes to play mind games and fools himself about his age by not availing senior citizen concession during travel or other places.

Need more inspiration? The philanthropist in him even donated his entire podium prize money to a needy elderly lady in Cherrapunji.

If Babu can, why can’t you?

**“Can I ”
or
“I Can”
are choices.
Make the right one!**

Excuse # 2

**“
I don’t
have
time**



“Spectacular achievement is always preceded by unspectacular preparation”
– Robert Schuller

For most of us, running is mostly a matter of making up our minds or prioritising it over other matters. It’s almost impossible to fathom how some do it as a matter of fact without even realising the gravity of their achievements. Their simplicity and coyness is what makes it a sheer revelation.

We are talking about Karnan who works as a driver and is the sole bread winner for his family. He prides in being a good son, dutiful husband, a doting father and regular runner (strictly in that order). He is not formally educated and nor did he have much idea of what taking up running entailed. . Karnan had a few health issues and upon a doctor’s advice decided to run to keep himself healthy in order to take care of his family better.

Karnan started off with walking, slow jogging and eventually decided to run. In spite of our prodding him, he was unable to articulate clearly why he runs and he simply says he loves it. Over the last 5 years, he is able to count the number of days he hasn’t run. With limited means and resources, he asked friends to loan him money to buy running gear (shoes and apparel worth Rs. 2000) with which he runs. He simply has no clue about cadence, pace etc. But do not mistake his simplicity for ignorance. He quotes an instance where upon running regularly on roads, he had knee pain

and decided to try switching to sand which met with immediate success. He clearly understands the philosophy of listening to his body and is not shy of experimenting different routines if he finds a strange reaction from his body. He claims to have googled yoga poses and uses that to cross train. He emphasises on the need to strengthen the body. For the record he has not had a single major injury till date. He is completely self-tutored and quotes all running events that happen in Chennai albeit wistfully. Karnan relies on the largesse of his employers and benefactors to participate in events as he simply cannot afford them.

For the record, he has participated in 2 events a 10k which he completed in 49 minutes and an HM which he completed in 1:55. Gasp!

He laughs it off when we say there are so many people around who yearn for such timings. He keeps asking us through the chat as to why we are interested in knowing about him. He claims he is just another guy on the road who is leading a normal life without big achievements.

“Simplicity is the ultimate sophistication”
– Leonardo da Vinci

He is aware of SPCM 2019 and is not sure how he can get money to register for it.

If Karnan can, why can’t you?

“ I have too much pressure at work/ in life



Saravana Kumar, a banker by profession, who was busy chasing targets and counting numbers in his clients' account, couldn't find time to control the growing numbers on his weighing scale. Work related stress, unhealthy food habits and a sedentary, lifestyle of digital slavery gifted him a bulging waistline and receding hairline in his mid 30's. It took him a visit to a cardiac ward in a hospital while tending to a patient to make this life changing choice of quality over quantity. The first baby step towards running started in Jan 2015 when he weighed 93kg and in 2 years' time, at 65kg, he sprinted away to the finish line with a sub-60 10km. He says "Running gives me energy, enthusiasm and helps me in big way to manage the work pressure". Needless to mention, once you taste success it gets addictive, and running is no different.

Bharati was a barber working in a famous chain of salons in Chennai. Family commitments, aborted dreams and postponed goals were pushing his life towards an aimless journey filled with zero motivation and self-doubt. His trigger point was a casual chat with his customer about his transformation to a much younger and fitter version. His customer - a marathon runner, suggested that he join a running group in the neighbourhood chapter.

Now three years into running has given him good health, wide exposure and vibrant friends which has tremendously helped boost his confidence and also a lot of courage to pursue his goals. Today, he owns a salon and has two employees who work for him.

If this story makes you feel good, then don't be surprised as his shop's name is "Feel Good Salon"!

Amudha Balaji, a school teacher and mother of two, was in constant search of the perfect work-life balance. She stepped into the fitness world to experience the change in lifestyle that this sport had offered her husband. "Running is so much an integral part of my schedule that everyone around has appreciated and adjusted to it. The days when I need to be away from my daughter in the morning, my husband pitches in for me. We plan out and never miss our runs" says Amudha and further adds that "Running has made me appreciate myself - A new ME who sets challenging goals, pushing the limits and enjoys the pulsating energy that it offers."

For Gowri Vikram, a homemaker with 2 kids, the story was different. Running for her meant the mammoth task of rushing the kids to school, chasing the domestic help to complete her tasks and sprinting her way to look to the needs of the family. It took a pair of shoes and the voice of a supportive life partner to make her step out of her kitchen walls to discover a more positive, confident and organised person within her. She says "running is liberating. There is a whole new world out there to see and explore and in addition to fitness, you also get to spend quality family time with your spouse".

If Saravana Kumar, Bharati, Gowri and Amudha can, why can't you?

The reasons for running may vary for each runner. For some, it's about fitness, some call it "ME time", it's meditative for some and therapy for others. In simple terms it improves one's quality of life and keeps them happy.

And for every runner there will be a trigger point - an incident, an experience or a decisive moment from where their timeline of life gets defined as BC and AD.

There are countless inspiring people like these around us and somewhere, a fitness activity like running has been a major ingredient in their success, because running assures "Improved life and happier times".

So when they can, Why can't you?

Find the reason or if not, create one and get rid of those excuses!



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BREAK THE BARRIER

- Geeta Viswanath

As a reasonably healthy (or so I consider myself to be!) person who has been initiated into long-distance running just over a year ago and who huffs and puffs her way to the nearest aid station during a run, I have often wondered what is it that drives some of my fellow runners with serious health issues, to exorcise their physical and mental ghosts, dig deep into their reserves of experience and continue to take up long-distance running? Is it their grit, determination and willpower that makes them accept challenges which the more “healthy” people among us would probably baulk at? Or is it the seemingly unrealistic goals that they set for themselves that make them obstinate and impervious to the difficulties that they face?

Answers to all these questions and more, were available at a wonderful session called “Break the barrier” organised by Chennai Runners on October 27, 2018. An interesting array of panellists from various chapters of Chennai Runners came together to give a first-hand account of the health issues that they have overcome, to continue with their love – or should we say obsession - for running.

Among the panellists was Dr.Lakshmi Sundar, who was diagnosed with a heart condition since childhood and therefore, never engaged in any sport in her school and college days. She turned to running to improve her stamina and fitness levels and aided by her super-disciplined approach and Coach Aravind who took charge of her nutrition and running plans (more on him later), has not looked back since. Today, she is conquering Half Marathons and 10 Kms.

Then there was the very inspiring account of Kanchan Ravi, who is a Cancer survivor and unlike many of us who would probably get shattered if faced with the Big ‘C’ in our lives, took it in her stride, underwent a mastectomy and then decided to do a couple of runs, while she was at it!

Another interesting account was from Ram Viswanathan, who survived a health scare recently but has decided that he will not let a stroke that he met with while on an official trip abroad, stop him from continuing with his passion for running.

Sridhar Rajamohan, who was diagnosed with Chronic Type 1 Diabetes at age 11, was determined not to let his disease come in the way of his interest for running. And by the way, he has a few half and full marathons under his belt!

This brings me to Coach Aravind or ‘Coach A’ as he is called in running circles – if there is an epitome of a person who has “been there and done that”, it’s him! From a child suffering from Epilepsy who survived on injections every single day for the first 2 years after he was born, to his growing up years when he was an introvert and a loner due to his health condition, to a Marathoner and the person that he is today – confidently coaching and mentoring over 50 runners – he has seen it all!

A few other runners from the audience also shared their health-related issues like Asthma and injuries due to accident and how they have overcome it.

Dr.Praveen Kumar from Apollo Hospitals, was part of the panel discussion to answer queries from the audience and fellow-panellists, and to clarify doubts and misconceptions related to running and fitness.

The common thread that resonated from all the accounts shared was that there were lots of myths and misconceptions associated with running and with proper support and supervision from Doctor, many people with serious ailments can not only find running therapeutic, but may also find that their health condition has actually improved over a period of time. So, the Barriers that are there, are actually in the Mind.

All in all, it was a humbling experience and truly an excellent way to spend an evening!!



Wings to fly

- Haripriya Madhavan



**“The sky
is not
the limit.
Your
mind is.**

- Lynette Simeone

The above quote personifies the mindset of a typical Indian woman today.

Certainly, from the days of being shackled by stereotypes of what women should wear and how they should behave, Indian society has now progressed to a stage where women have evolved to carve out distinct identities for themselves and have gained confidence to express themselves freely, both personally and professionally.

As a natural corollary, women have realised that for them to juggle their various responsibilities efficiently, they need to pay attention to their physical and mental health. This is perhaps the reason why today, more and more women have taken to running as a physical activity. And much like the

adage, “A sound mind is in a sound body”, they have recognised that physical fitness paves the way for mental fitness too.

To provide more insights into different aspects of running and fitness for women, a women-only interactive panel discussion “Wings to Fly” was organised by Chennai Runners on June 24, 2018. Ably moderated by Nandini Ashok Kumar – a seasoned runner herself, the panel comprised women drawn from diverse streams – Rajapriya Sivakumar, Dr.Erica Patel, Divya Purushottaman, Deivameena Sundaram and Rekha Sudarshan.

The session kick-started with Chennai Runners officially launching a new category for Chennai Marathon – the 20-miler (32.186 kms).



The panel discussion was kickstarted by Rajapriya who emphasised that women are adept at multi-tasking and all they need is to find a balance. She reiterated that Running should be a passion and gave 4 mantras for women to follow:

PLAN - it is essential to Set Goals, have a 10-year plan and review the plans very often and fine-tune them along the way.

LET GO - women should let go of laziness, spoilers and learn to take unwarranted criticism in their stride.

AWARENESS – women should be aware of personal demographics and the ecosystem that they operate in – go for regular medical check-ups, understand their strengths and weaknesses and what works well for them, know who their well-wishers are.

NAVIGATE – it is essential for women to identify issues facing them, work on alternatives and regularly introspect.



She concluded her talk by urging each woman to have her own journey as nobody can snatch it away from her.

The second speaker was Dr.Erica Patel, who spoke about the effect of physical exercise on female reproductive system. She also dispelled various myths and misconceptions surrounding running during pregnancy and periods. She clarified that it is safe for a woman to run when pregnant or when she is trying for pregnancy. Running during periods reduces pain because it releases endorphins. In case of heavy bleeding, it would be advisable to skip running on 2nd day. For a pregnant woman with no complications or high-risk factors, it is safe to run without increasing the time or intensity of run. In case of normal pregnancy with no complications, running will not cause abortion. An expectant mother can run with same intensity and frequency till 7 months of pregnancy, post-which, it is advisable not to run as it may induce



pre-term labour. For women with PCOD, she recommended a 45-minute aerobic exercise like run/walk/yoga for 5 days a week, as this generally induces 5% of weight loss, relieves stress, regularises periods, brings calmness and aids fertility.

The third speaker, Divya Purushottaman, focused on pre, during and post-event nutrition requirements for women. She pointed out that most women run mainly to lose weight and in any physical activity, initially, the carbs (read, calories) are burnt. However, indulging in any activity without proper nutrition will result in body storing everything as fat and loss of muscle mass. In such a case, even if there is weight-loss, we may end up looking weak and sick. She suggested Banana for an ideal pre-workout food and advised not to have almonds just before run as almonds take time to digest. During a run, she suggested figs as they boost energy levels and to sip water at regular intervals, with about half



a litre of water to be consumed during the first hour of run. Post one-hour of run, body would need additional nutrition with glucose, eg. sport drink, lime water with sugar and salt, etc. Ideal post-workout food suggested by her was oatmeal or bread and peanut butter. Within an hour after the run, she suggested a good protein intake – by way of nuts, cocoa with milk, curd, buttermilk etc. She strongly advised against having coffee as it worsens condition when muscles are already breaking down.

Deivameena Sundaram, the fourth speaker, spoke about ways to bounce back after an injury. She stressed that each body construction is different, but the best way to prevent injuries was to take up weight training under strict supervision of instructors. It is important to start with less intensive training and then progress to more intense forms of weight training. Progressive overloading was important because immediately



after exercise, there will be muscle breakdown. For best results, she suggested that apart from interval runs, HIIT is also required to be taken up. She also spoke about VO2 Max, which is the maximum oxygen any lungs can take, to establish the aerobic endurance of a runner.

And last but not the least, Rekha Sudarshan spoke about running being cathartic and a state of mind. She said that while running, in general, has become stressful these days, it was while running a full marathon that the mind keeps playing games. The Mind, according to her, was either a monkey or a magnet – with the magnet being predominant for the first 15 kms. She touched upon various theories like the Robot and Boomerang Theories. Arguably, the key takeaway from her address for all women out there who run, was that running is a micro in this macro life and will help in winning over the mind.



It has taken me many years and many runs to realize that it's not clothing that makes the girl. It's not the speed at which she runs. It's not how little or how much body fat she has. It's not the Garmin she wears or the running shoes she buys. What makes the girl a runner are the thoughts inside her. Does she think she is a runner? Well, then she is. You are what you want to be!

Truer words have not been said!

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RUMINATIONS OF A REFORMED RUNNER

- RAMKISHORE

So I was this normal, easygoing guy, who loved his fried bhujiyas, bhajjis, farsaan, rosogollas, Sandesh, jalebi, doda barfi, rasmalai and laddoos—not wisely but too well. I also had the well brought up middle -class, middle-aged salaried person's contempt for physical exercise, always holding the opinion that one got enough exercise pulling down one's colleagues in the office aand taking evasive action against being pulled down in turn by the said colleagues. I was, in addition, a prominent denizen of Facebook, that Utopian world where all men are handsome, all women beautiful, all families perfect, and the world made entirely of great food joints and fabulous vacation spots. And in that world, I enjoyed running down running and runners:-

My idyllic life suffered a jolt when a comprehensive medical check-up that I underwent showed high numbers on a host of health parameters. And if you are a well brought up, middle-class, middle-aged salaried person, you are worried only about two sets of numbers--- the numbers on your child's report card going down, and the numbers on your medical report going up. Having reconciled myself to the first, I needed now to confront the second. The doctor asked me if I smoked, drank, kept late nights or was irregular with my meals (I'm not going to give my answers here, on the grounds that no man can be compelled to give evidence against himself!). She ended her examination with an admonition to me to “make lifestyle changes.”

That's when the wife stepped in and made sure that I started some form of exercise. It began with long walks to Elliots' Beach, Besant Nagar, which much to my surprise, I began enjoying, especially once I'd befriended all the street dogs who owned that stretch of the road. And yet, my ambitions did not quite extend to running:-

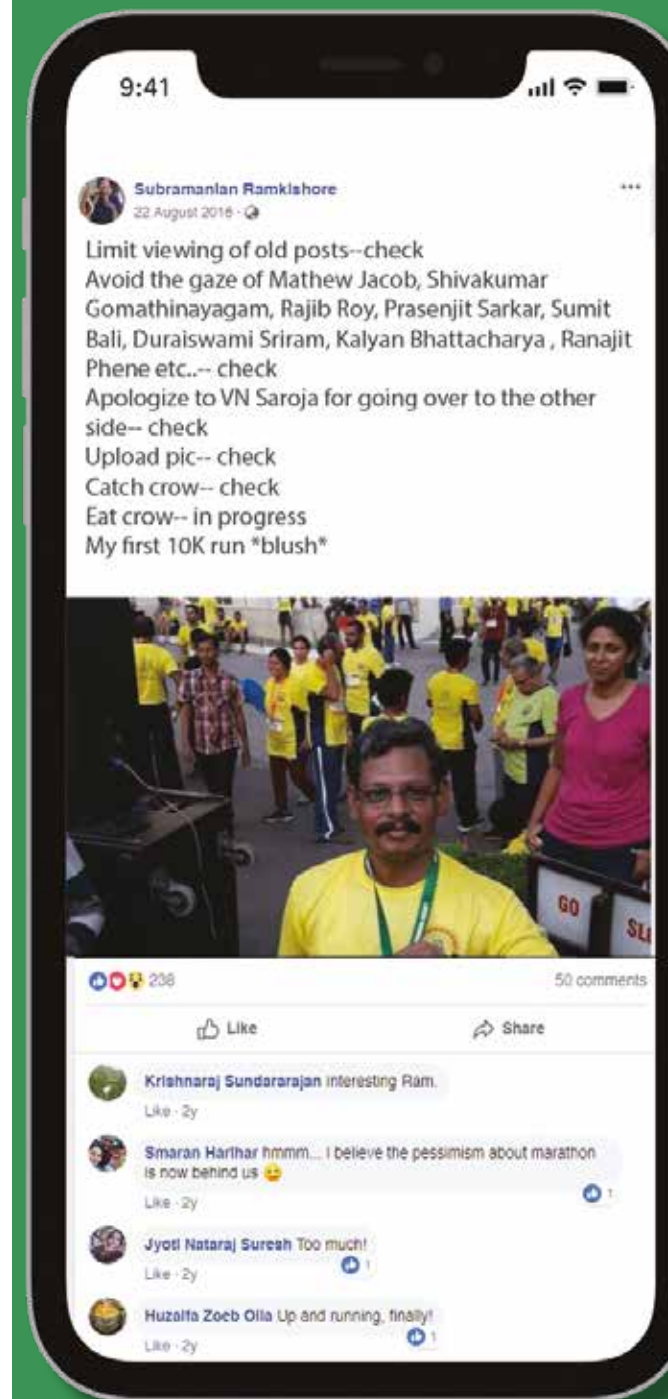
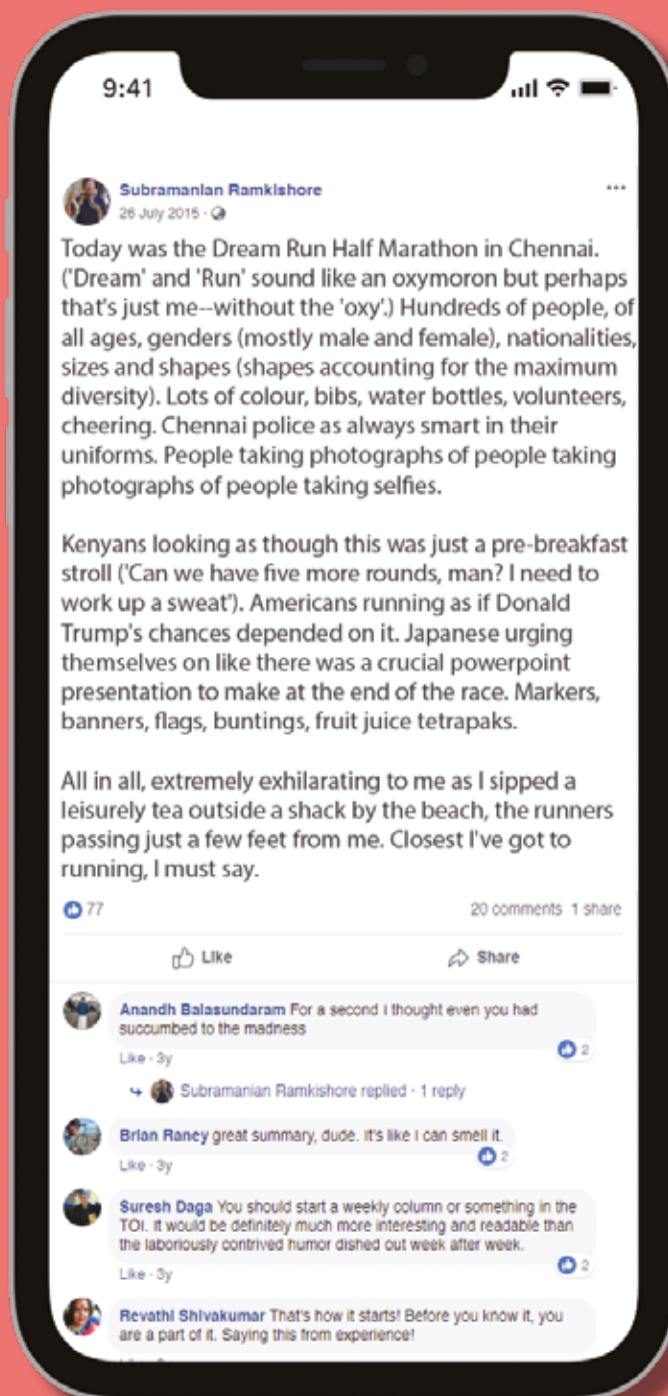
One day, the wife took the next step—going out of the way to waylay a bunch of random men and women busy taking a group selfie at the beach—and demanded that her husband be taken into their group. And thus it was that I joined Bessie Flyers and to coin a new phrase, there was no looking back.

The problem of course was to square-up my new found love for running with all my previous views against it that I had liberally disbursed on FB, which like Old Man Mozz, knows everything and forgets nothing:-

The comments on the above U-turn were many and varied—but having outed myself, so to speak, I felt liberated. And from there on, my future posts featured all my labored 10K runs, each of which, when posted on FB, made me appear like a paragon of athleticism, instead of the slow ambler that I actually was.

Since then, I have run many 10K races organized by Chennai Runners and its various chapters. I find that I now work running into practically every conversation (Sample:- “Capability building in this technology is a long distance event, and one needs to pace oneself suitably, so as to comfortably achieve the year-end targets”). I also glibly talk about the inner liberation I feel when running, when in actual fact what motivates me is adding to my collection of finisher medals and race certificates (middle class, middle aged person, remember?). Sartorially, I have graduated from running in collared T-shirts and Bermuda shorts to swish dri-fit apparel. Along the way, various accessories and apps have attached themselves to me and these churn out a host of data when I run, most of which I can only dimly comprehend. Above all, my vocabulary now contains fancy words and phrases such as “ITBS”, “Shin splints” and “Plantar Fascitis”, where earlier I would say “sharp pain.....dull pain”. In short what was earlier a simple matter of turning up at Bessie and putting forward one leg after another in sequence for about an hour, has now become a bit technological, not unlike flying a B-787.

All stories have a moral, or in corporate-speak, a learning. Mine can be summed up in the old adage—keep your words soft and tender, for you never know when you will have to eat them. And added to that—“Keep your phone updated and charged, for you never know when you will have to take a selfie.”



NUTRITION FOR RUNNERS

- Krish Natesan

Running is the second oldest sport in the world. As we all know, much of what had started as a way of commuting eventually turned in to a sport. More than a sport, running has now become a lifestyle choice. Some pick running for adding variation to their healthy routine in life, some pick running to be a competitive athlete and there are 'N' number of other reasons why many run. But there is one factor that determines the sustainability when it comes to running irrespective of the reasons and it's **NUTRITION!** It is, therefore, vitally essential to understand the importance of nutrition.

Your body goes through rigorous amount of stress when you run. For instance, for every stride that you take, your body exerts three times the amount of your body weight on to your knees while running, all the ligaments in your body are continuously working when you are in motion to support the activity, so many muscles in your body are working to support your run, your heart is working at its peak to support your blood flow going and your lungs are at constant work supporting your breathing and thousands of nerves are supporting all of the above-listed functions. So, to run strong, you need to feed each of these factors inside your body with the right nutrition. Food intake, hydration and in some cases, even supplementation play key roles in making you a better runner.

But first let's take a step back and discuss about

your **WHY!**

Why do you run?

For weight loss?

For building a general healthy lifestyle ?

For passion orto be competitive in this sport?

It's important to know your 'WHY' because that determines the type of nutrition you would need. A competitive athlete addresses the nutritional needs in a much different way than an office goer who is running to maintain a healthy life style. There is no single formula when it comes to nutrition. Each and every one of us has different nutritional needs and your WHY determines the path to be taken because your WHY determines your energy balance.

ENERGY BALANCE

Simply put – It's the relationship between energy in (the food that we eat, the fluid that we drink, the supplements that we take, etc.) and energy out (calories used by our body to support our daily requirements, for example, running or even breathing or just staying still). It is important to

understand this because as runners, our body works like a constant furnace that is burning up the energy inside the body to support our activity levels and without maintaining the energy balance, it is impossible to run effectively. Ever wondered why you had a bad run because you ran

on empty stomach? Look at your energy balance.

Nutrition helps control energy balance in body and as runners, our energy needs change with the phase of the training program we are in.



SOURCE OF ENERGY

*Simply put , there are three sources of energy
or in other words, Macro Nutrients -*

CARBOHYDRATE

FAT

PROTEIN

Do we need all? Yes we do, for healthy living. But how much of each of we need, depends on our priorities, activity levels and medical conditions. For instance, a powerlifter may not need the same amount of carbohydrate as a long distance runner.

Carbohydrate

Carbohydrates are primarily a source of immediate energy for the body. Its easily broken down and stored and almost immediately available for access when our body gets to work. All carbohydrates we consume are digested into simple sugars before they're absorbed by the body, regardless of whether the food source is a simple sugar cube or a plate of dosa or a high-fiber oatmeal. It's just that the "healthier carbs" are digested and absorbed much slower while the "non-healthy" carbs are digested very quickly. From a runner's perspective there are two types of carbs – Simple carbs and complex carbs. Simple carbs are something that we derive from source such as white rice or a race day gel and complex carbs are something that we derive from source such as Roti. Simple carbs are easily broken down and quickly available to the blood stream and complex carbs takes a bit more time to get processed. (Now you know why someone says replace rice with roti if you want to lose weight!). Your body takes more energy to break down complex carbohydrates. But which one is better for running? Both – except that on a race day, I personally prefer an intake of simple carbs, since it gets converted quickly into energy before I start racing. But if you are running for weight loss, complex can be a bit more effective to achieve your goal and by controlling the carb intake and maintaining a negative energy balance, running can benefit anyone who is trying to lose weight.

Fat

Another important source for our body. Plays vital roles by acting as energy resource, regulates hormonal balance,

forms our cell membrane, forms our brains and nervous system, helps in transportation of fat soluble vitamins like Vit D, Vit K, Vit E and Vit A.

But fats - unlike carbohydrates - take time to get processed (Ever wondered why does it take time to lose weight and see visible fat loss?) . Hence, fat takes time to become a fuel source. For a person with a normal diet, the body looks into fat only after depleting the energy source created by carbs. Also, when you are running, your body is not in the best state to count upon its fat-burning efficiency and which is why if you look at an elite runner's food plate, the fat is always moderate and carbs and protein take priority. This does not mean that Fat cannot be used as a fuel for running, it simply takes time for the body to adapt to using fat as a fuel source.

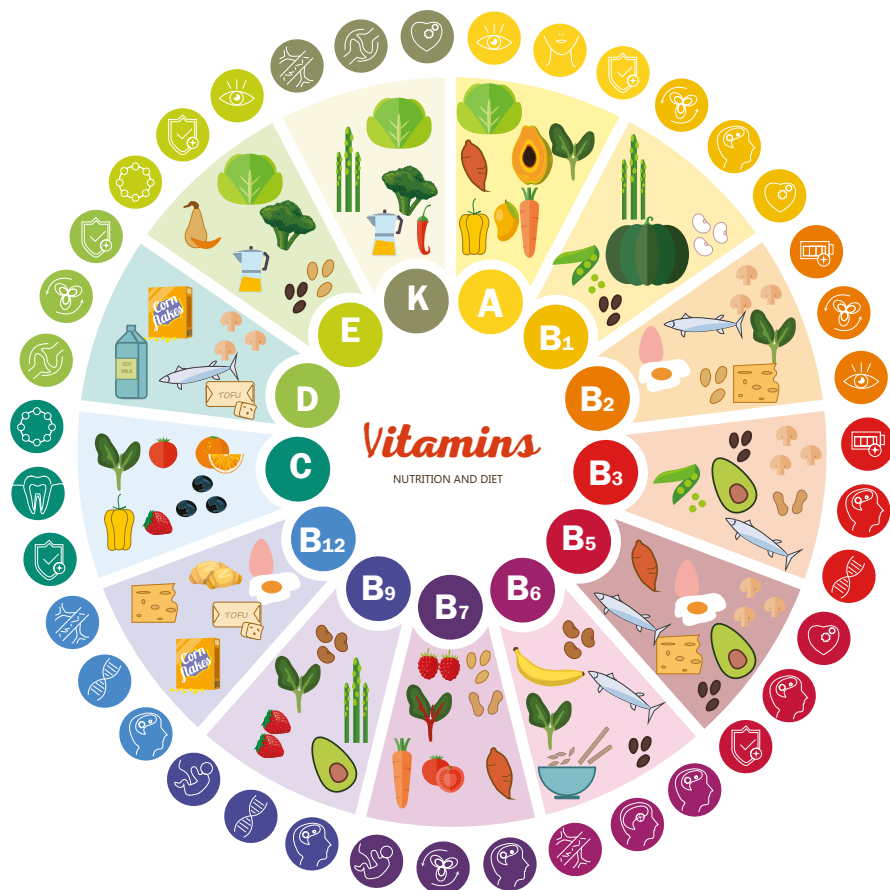
Protein

After those long runs, tearing down of muscles and ligament, you need to fix it back, so you can be ready for the next run. How do you do that? Call upon your friend protein. Proteins are the building blocks of life. During digestion, the body breaks down the protein we eat into individual amino acids which are stored as a reserve in our blood stream. Protein helps replace worn out cells, transports various substances throughout the body, and aids in growth and repair.

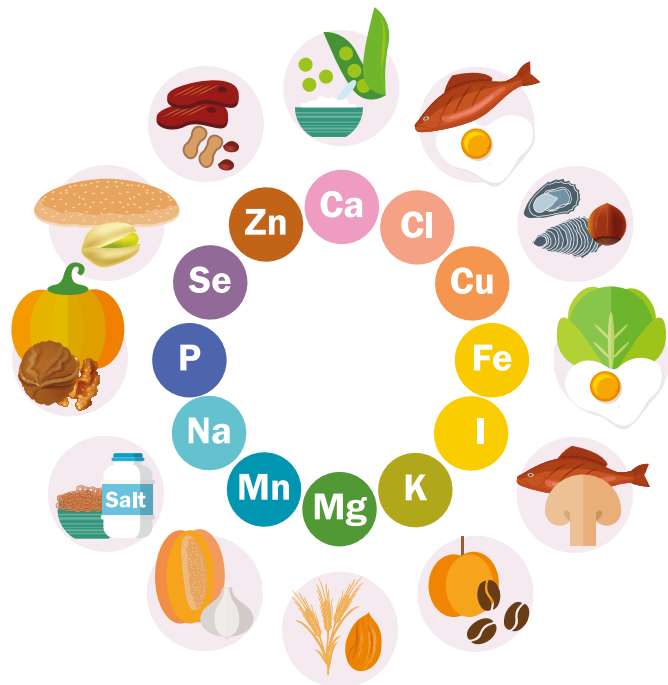
Can protein be a source for running well? Yes and no. Much of protein function for a runner is required after the run where protein helps in muscle recovery. But the body won't look at protein as a primary source of fuel. Protein isn't as easily or quickly converted as carbohydrates or fat, because the thermic effect (the amount of energy required to digest, absorb, transport and store protein) is a lot higher than that of carbohydrates and fat. You had that long Sunday run day? Hit that protein so you can do a recovery run tomorrow.

Vitamins and Minerals
(Also known as Micro nutrients) :

Vitamins: We need vitamins in our diets, because our bodies can't synthesize them quickly enough to meet our daily needs. They are natural components of food and usually present in small quantity, essential for physiologican function (for example,growth, reproduction etc.). What happens when we do not take adequate vitamins? It causes deficiency that leads to some of the following reactions : weakness in extremities, rapid heart rate, swelling, anorexia, nausea, fatigue, and gastrointestinal problems and none of these are good for a human being, especially us crazy runners.



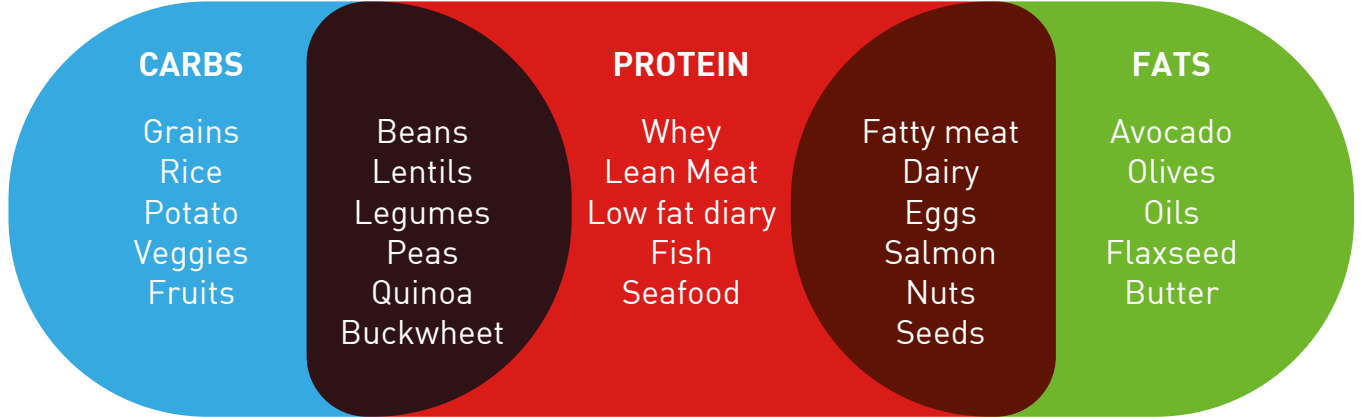
Minerals: Most minerals are considered essential and comprise a vast set of micronutrients. There are both macro-minerals (required in amounts of 100 mg/day or more) and micro-minerals (required in amounts less than 15 mg/day). Why do we need minerals as runners? Minerals such as Calcium help in improving bone density which helps us in becoming strong runners. Minerals such as Iron help in bloodcirculation and minerals such as magnesium help in muscle recovery. Every mineral serves a purpose and most of us who are rigorously training are almost always mineral deficient which makes us more prone to injury.



Real life application of energy source: Let's go for a long run say 15KMs. Now let's apply what we learned from the energy source. Ideally we should look at having a dinner the previous night that are carbohydrate dominated (need to fill the tank with fuel before the long drive right?) so this can get converted into fuel and be stored and readily available. Have moderate

amount of fat and protein so they can perform the normal body functions that they are supposed to perform. Get up the next day morning and have again a carb rich pre run meal (say for example : Toast with Cocoa spread) . We are giving that first drop of the fuel to ignite our engine and off we go. We had a great run, we come back home and now hit a protein rich meal such as (Paneer, Fish,

Chicken, Whey supplement etc.) so that it gets broken down to amino acids and start fixing our body back and help the recovery . Ofcourse, we will need our healthy fats in the meal so it can utilize the fat soluble vitamins which are also essential for recovery (now you know why your grand mom asked you to have that piece of fruit for breakfast!!).







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UNDERSTANDING TRAINING PHASE VS NUTRITION REQUIREMENT:

Whether you are doing your first 10k or a half marathon or a 20 miler or a full marathon you need to get your body apparatus ready for the stress you are going to impose on it. For this article sake, let's take someone who is a beginner, training for a half marathon.

The nutrition requirements vary at every phase of training. For instance, if you are

what your goals are. If you are looking at performance, then you got to have enough carbs to replenish the depleted glycogen (Carbs are stored in body under muscles in form of Glycogen) from body, enough protein for your body to recover, enough fat and micronutrients for supporting various functions of the body. On the other

RETURNING TO ZERO:

You have crossed that finish line with such a high and got that shiny medal around your neck. So what happens right now to your nutrition intake, moving forward? You cannot keep eating like how you were eating during your peak volume phase. You are probably going to return to your base mileage phase again and so your nutrition requirement should. There are chances where you are going to be hungry like how you used to during your peak volume phase

and it's completely normal. Which is why, it's important to gradually reduce your intake rather than cutting out completely. Your body is extremely smart and it can almost always adapt to anything if you give enough time. So take a week or two and slowly return to your normal base phase and bring down the intake. This way, you will be able to maximize your body's conditioning capabilities. Science says body takes anywhere between 3 to 6 weeks to get adapted to anything new in terms of habit so give it that time and don't rush things.

hand, if you are running for weight loss, then you should cut back on the intake of carbohydrate and the overall calorie to create the negative energy balance. But again, this is different from starving. Starving will make you weak and will make running impossible.

So naturally when you are training for a race your food intake will be much more than an average person with a sedentary lifestyle. So it is not wise to compare the calorie requirements of these two.

HYDRATION:

Running and dehydration often go hand in hand as people are only designed to deal with heat or limited water for a certain period of time. Water makes up 60 per cent of your total body weight and performs many crucial functions, including nourishing cells, carrying food through the body, eliminating waste, regulating body temperature, cushioning and lubricating joints and maintaining blood volume and pressure.

Every day we lose fluid by sweating, breathing and urinating. It's the sweating in particular that runners need to pay attention to because as soon as you start to run, you start to dehydrate.

important. For every kilogram of bodyweight you lose, you need to drink one-and-a-half liters of fluid. Try to drink around 500ml in the first 30 minutes after your run and keep gulping every five to 10 minutes until you have reached your target. Again these are general statements and the requirements of each individual vary purely on his/her need and training demands. A sports drink or diluted juice (with a pinch of added salt) are your best options during an after race recovery or after those heavy long weekend runs.

nausea; in extreme cases it can lead to brain seizure and death. So look out for thirst cues or have a carefully planned hydration strategy during a run or a race. Despite the hyponatraemia factor, runners are more prone to dehydration than over hydration. So carefully plan your strategy.

During a marathon – Hydrate every 30 mins with 500 ml of water and with sport fluid every 8 kms if possible, to replace electrolyte. This is a basic thumb rule which will help any one who is getting into running. But the requirement and

About 75 per cent of the energy you put into exercise is converted into heat and is then lost. Your body keeps cool by sweating, which makes the replacement of fluids crucial. Fail to consume enough fluid and your blood will thicken, reducing your heart's efficiency, increasing your heart rate and raising your body temperature.

Dehydration is normal

Modest dehydration is a normal and temporary condition for many runners and doesn't lead to any serious medical conditions. But taking enough care to replace fluids after a run is extremely

Your body has a finely tuned thirst mechanism that lets you know when you need to drink, but how do you know if you're drinking too much? Excessive consumption is also a potential danger and has started to become an issue as marathon running has broadened its appeal to attract more recreational runners. Hyponatraemia means "low blood sodium" and is caused by excessive water consumption, which lowers the concentration of sodium in the blood. In its mild form, hyponatraemia will cause bloating and

need changes based on every runner's race strategy. I personally drink 350 ml of water every 3 to 4 km and sport fluid every 7 to 8 kms. So you need to try and find out what works best for you and do not try this during a race. Try during training runs. Remember, race days are not when you test the tarmac!



CARB LOADING AND ITS IMPORTANCE:

Carb loading is a practice that many runners follow when they are typically chasing Half or full marathon. (anything less than this distance, one really doesn't need to have carb load as a process. A carb-rich dinner would simply do for a 5k or a 10k) .

When you eat a bowl of spaghetti, most of the carbs are stored as glycogen in your muscles and liver. Glycogen is your body's most easily accessible form of energy, but it's not the only source. During a half or full marathon you burn both glycogen and fat. But the latter is not as efficient, which means your body has to work harder to convert it into fuel. When you run out of glycogen during a race you hit "the wall." Your body has to slow down as it turns fat into energy. Proper carbo-loading won't make you faster, but it will allow you to run your best, and, if you race smartly, you could potentially avoid the wall.

Choosing the source :

This is a very tricky area and it usually takes time for one to figure out what really works for them. I personally have rice for lunch and dinner during the race week (EXCEPT for the race day morning. Try avoiding grains on race day morning . It works up your bowels usually and will make you hit the loo more often than you would like to) . Other great sources are pasta (my personal favorite for dinner prior to a race day), Dosa, Idly, Pongal and bread are all great source of carbohydrate. Try to stay away from fat rich food on race week. Try to avoid or reduce intake of creamy sauces, ghee, butter, too much oil. Also go easy on the protein during race week, have just enough to support your recovery prior to the race day but do not over-do it.

When and how to do it:

A lot of runners fall in to this trap. Some start way too early and end up adding more weight to their body on the race day. Like how you do not try to run a marathon without training to run a 5k, 10k and a half, you cannot directly

jump in and start the carb loading. As we discussed before in this article, the body needs time to adapt for anything that is new. 8 weeks prior to race day start practicing carb loading. Increase your carb intake 2 or 3 days prior to your long runs and reduce fat consumption and protein consumption. This will give you a sense of what you would feel like on a race day. A week or 2 prior to race day, draw the plan. I write things down and stick it on my fridge usually. It help me to keep the materials ready for the race day. 3 days prior to race, switch to carbs . Tapering times are great for carb loading. Your muscles are primed up to store glycogen during this phase so take advantage of it. On race day morning, have a carb meal like oats, bread and all that you have already practised. Ofcourse, a lot depends on the time you have between your race time and the time you wake up. To run in Chennai, I usually get up around 2 to 3 am and have my pre-race meal and get to sleep again because I have to be up by 4 and get ready for race. (I know it sounds crazy but it works for me) . So try and see what will work for you and stick to it on the race day.

Race fuel:

Every runner who is trying to cover more than 15km should understand the importance of race fueling. Since we have covered hydration earlier on this article, I am going to talk about the other form of race fuels such as gels, chews etc. on this section. We, as runners, are bound to hit the wall if we keep on going without refueling the depleted glycogen. Gels are an easy way to get the glycogen. They contain simple carbs that readily kicks in upon consumption. Now which Gel to choose is different for every runner. There are some Gels that will not sit well with your stomach so you need to try those during training phase and find out which one works for you. Some runners prefer certain textures on the Gels. For instance, the texture of Maurten is different from the texture of Gu or SIS and race day is not the best time to test

them. Also planning your race fueling strategy also is extremely important. It is important to understand your body. For example, I always know when I race a half marathon, I will need to kick in my fuel between 7th or 8thKM and after that every 6th or 7th KM I take one. If you are feeling good on the 8th KM without the gel, don't assume that you will feel that same way on the 15th Km. You should never take it when you feel depleted and always a little in advance and that's why testing what works for you during training phase is extremely important. There are liquids that could give the same what Gels give too. These liquids are different from electrolytes and primarily carbs driven to give those glycogen. The intake and processing time is quicker than Gels. But I personally stick to gels because that's something that works for me. Many runners think having chocolate is a great mid race fuel. This is a misconception. The excessive sugar in chocolate actually promotes fat production so it can actually bring down your efficiency if you are trying to nail PR time. It's a different case for Ultrarunners. So one should not confuse Ultraruns with other shorter distances.

Nutrition for runners with Medical conditions:

My suggestion is simple. If you have a diagnosed medical condition first check with your physician on your potential restriction and work your nutrition accordingly. Carb loading is a great idea but if someone is a diabetic, this can have a significant impact on their health. This article has suggestions that applies largely to runners with no significant medical conditions. There are some take aways for the ones with diagnosed medical condition, but they must always follow only post their consultation with their physicians.

EACH RUNNER IS DIFFERENT AND THEIR NEEDS ARE DIFFERENT.

RUN SAFE

S Sreeram, founder and chief instructor of the TN Chapter of Krav Maga(IKMF, Israel) and director of Urban Self Defense gives us a comprehensive list of safety tips during running.

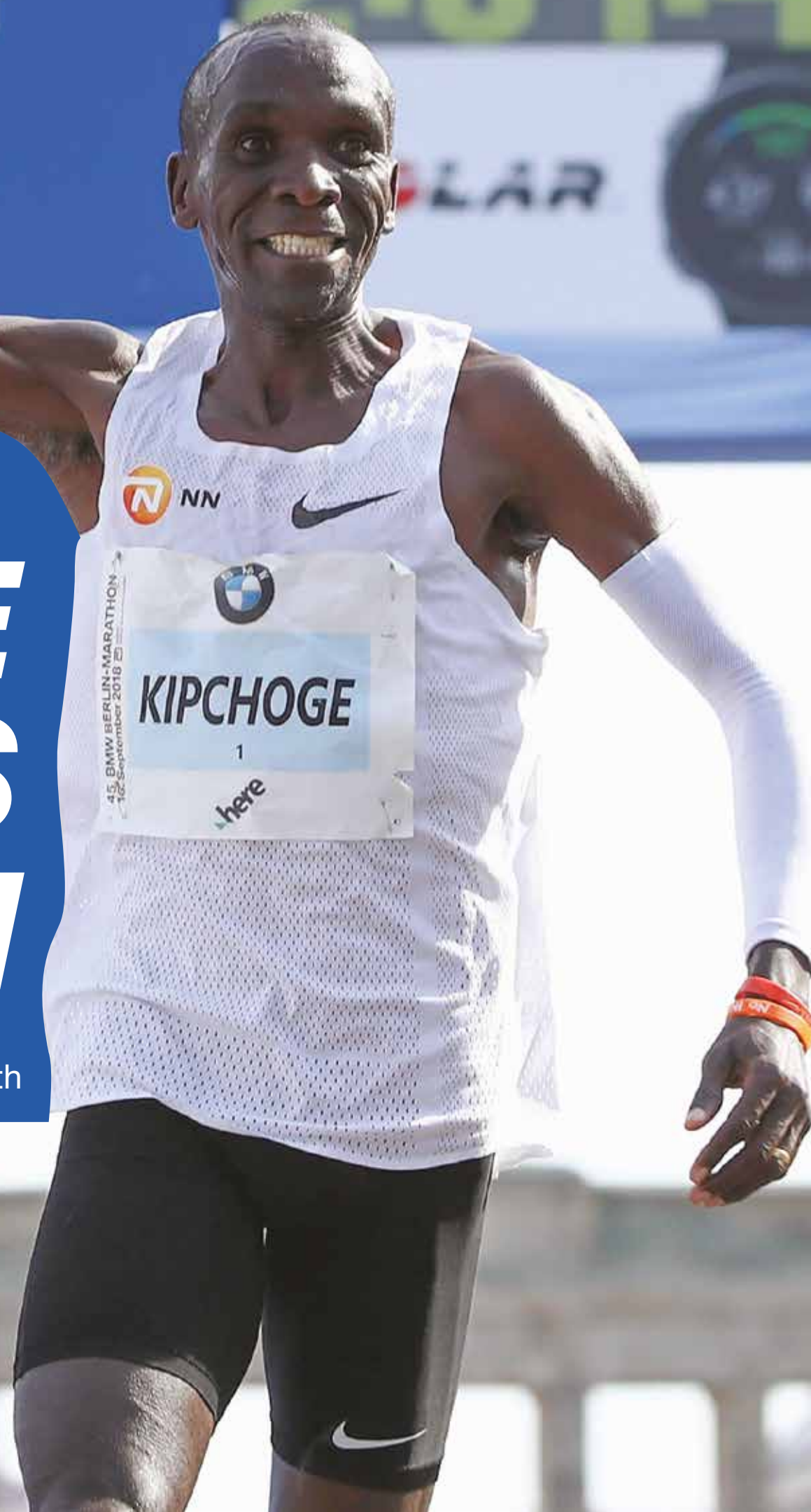
01. Don't wear headphones. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes miss during early morning or late evening runs.
02. Run against traffic so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than when it is behind you.
03. Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
04. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
05. Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
06. Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.
07. Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
08. Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
09. Run with a partner. Run with a dog.
10. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
11. Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
12. Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
13. Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.
14. Practice memorizing license tags or identifying characteristics of strangers.
15. Carry a noisemaker. Get training in self-defense.
16. When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
17. Call police immediately if something happens to you or someone else, or you notice anything out of the ordinary. It is important to report incidents immediately, Install a mobile safety app.

R. Sudhakar,
DCP Traffic Chennai
(South) urges all runners
to install the Kavalan SOS app
launched as a part of the Tamil
Nadu State Police Master Control
Room initiative. In case of an attack,
on activating the SOS button on the
app, an alert is sent to the Police
Master Control Room within the
next 15 seconds. This information
is then forwarded to the
local police and patrolling
units to necessitate
immediate action.



THE BOSS MAN

- Geeta Viswanath



Paris, France - August 31, 2003 – a relatively unknown 18 year-old lad from a modest background in Kenya scorched the race tracks in the Men's 5000 metres finals and set a new Championship record, beating stiff competition from 14 other participants, including the then 1500 meters champion and world record holder Hicham El Guerrouj and 10000 meters champion Kenenisa Bekele.

His name was Eliud Kipchoge and in coming years, the unassuming Kenyan would go on to claim silver and bronze medals at the 2004 and 2008 Olympics, before he would find his mojo in long-distance running in 2012. Since then, he has won an unprecedented 10 out of 11 races over 26.2 miles that he entered in, including an Olympic gold in Rio de Janeiro and three victories in the London marathon.

Berlin, Germany –September 16, 2018 –exactly 15 years after he won the Men's 5000 metres finals, Eliud Kipchoge, already well-known in the Marathon circuit and given a moniker of “the Boss Man” by fellow Kenyans, cemented his place in history by smashing the standing 4-year world marathon record by an unprecedented 78 seconds and completing the marathon in an unbelievable timing of 2 hours 1 minute and 39 seconds.

What made his accomplishment even more astonishing at Berlin was the fact that the 3 pacers assigned to him could not keep pace with him and had dropped off mid-way, leaving him to complete the rest of the 10.5-mile journey all alone! Turns out that Kipchoge ran the best race of his life in the second half – clocking an audacious 60min 34sec – or 4min 37sec per mile

Not surprisingly, Kipchoge is considered to be the greatest Marathoner of all times.

“I lack words to describe this day,” Kipchoge said after the amazing feat. Indeed, all of us who witnessed History in the making that day, will attest to that! As it stands, the only person who is ever likely to break the record is “The Boss Man” himself!

Don't believe it? Take a look at the mind-boggling split timings below:

ELIUD KIPCHOGE BERLIN 2:01:39 RECORD

01KM	00:02:43	00:02:43
02KM	00:05:41	00:02:58
03KM	00:08:34	00:02:53
04KM	00:11:28	00:02:54
05KM	00:14:24	00:02:56
06KM	00:17:18	00:02:55
07KM	00:20:13	00:02:55
08KM	00:23:08	00:02:55
09KM	00:26:03	00:02:55
10KM	00:29:00	00:02:57
11KM	00:31:54	00:02:55
12KM	00:34:49	00:02:55
13KM	00:37:46	00:02:57
14KM	00:40:43	00:02:57
15KM	00:43:37	00:02:54
16KM	00:46:28	00:02:52
17KM	00:49:20	00:02:52
18KM	00:52:13	00:02:53
19KM	00:55:04	00:02:51
20KM	00:57:56	00:02:52
21KM	01:00:46	00:02:51
22KM	01:03:40	00:02:36
23KM	01:06:34	00:02:54
24KM	01:09:28	00:02:54
25KM	01:12:24	00:02:56
26KM	01:15:16	00:02:53
27KM	01:18:07	00:02:51
28KM	01:21:02	00:02:55
29KM	01:23:55	00:02:53
30KM	01:26:45	00:02:50
31KM	01:29:38	00:02:54
32KM	01:32:27	00:02:49
33KM	01:35:19	00:02:52
34KM	01:38:11	00:02:52
35KM	01:41:01	00:02:50
36KM	01:43:55	00:02:54
37KM	01:46:50	00:02:55
38KM	01:49:44	00:02:54
39KM	01:52:37	00:02:53
40KM	01:55:32	00:02:55
41KM	01:58:18	00:02:46
42KM	02:01:08	00:02:50
FINISH	02:01:39	00:00:31

(P.S. You will be forgiven if you mistake the above stats for the flying time of an aircraft ...)



Katherine Switzer

THE WOMAN WHO STARTED IT ALL

- Ramya Ramani

In December 1966, journalism student Katherine Switzer was easily running 10 miles every day. Her coach Arnie Briggs, a veteran of 19 Boston Marathons, would regale her with tough stories of Bostons to inspire her on hard days. The 19 year old snapped one day, "Enough talking! Let's run the damn thing!". "No dame ever ran the Boston Marathon, but if any woman could do it, you could", Arnie replied.

Despite finding nothing about gender in the race's entry rules, Katherine registered under a gender neutral name KV Switzer for the 1967 Boston Marathon. On race day, a few miles into her run, Jock Semple, the co-director of the race appeared out of nowhere and tried to push her out of the race. What happened next changed running forever.

Switzer's all American footballer boyfriend threw a block that knocked Semple out cold, allowing the 20-year old to finish the race in 4:20:02. Semple later disqualified Switzer for 'running with men'. "I wasn't there to prove anything", she said. "It wasn't until Jock Semple attacked me that everything

changed. Suddenly it became a contest of proving women could do it". *

Switzer went on to successfully campaign for the woman's marathon to become an Olympic sport in 1984. "Running had given me everything, and I wanted other women to feel that as well."

50 years later, at the age of 70, she ran her ninth Boston with a time of 4:44:31 and this time around, she was greeted at the finish line with screaming fans, photographers and TV cameras. She wore the same bib number – 261, a number that has become a symbol of hope for women runners around the world.

In 2015, she set up a global non-profit foundation 261 Fearless, a social running network which empowers women to connect and take control of their lives. There are currently 26 different 261 fearless clubs around the world.

"Running my 50th anniversary, I am very lucky that physically I can undertake it", said Switzer. The Boston Athletic Association honoured her by officially retiring bib number 261 post the 2017 Boston Marathon.

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நாம் ஒடிகிட்டே இருக்கோம் காலை, மாலை
நாள் முழுவதும், ஆயுசு முழுவதும், கரியருக்கு பின்னாடி
ப்ரமோஷன்ஸுக்கு பின்னாடி
காதலுக்குப் பின்னாடி குழந்தைகளுக்கு பின்னாடி
பெரிய வீடு, பெரிய காருக்குப் பின்னாடி
புகழ், செல்வம், வசதிகள், பாதுகாப்புகளுக்குப் பின்னாடி
இந்த தடவை பின்னாடி இல்லை முன்னாடி ஒடுங்க.
மத்தவங்களுக்காக இல்லை உங்களுக்காக மட்டும் ஒடுங்க.

வோலினி மேக்ஸ்
உடன் வலியில்லாமல்
ஒடுங்கள்.



VOLINI
MAXX

INDIA'S STRONGEST
PAIN RELIEF SPRAY*

BEYOND BOUNDARIES

Ramya Ramani chats with S Vaidy, co founder of The Ganga Trust, Justin Vijay Jesudas, international para-swimmer, D Annalakshmi, national level para shot putter and Manoj Kumar, state medalist para rifle shooter.

As the five of us settle down in front of the cameras- this is an interview that will be recorded on video, Vaidy also instructs the cameramen to do their jobs and asks for the lights to be moved around and placed correctly. Justin laughs, "It doesn't matter who organises the program, Vaidy is always the director". Perhaps it is this very trait that has helped Vaidy surge ahead on his own terms and set up The Ganga Trust, which supports rehabilitation and enables independent living of persons with spinal cord injuries.

The Ganga Trust was set up in 2009 and one of its earliest initiatives was para sports. Justin elaborates, "Ganga's vision is to use sport as an enabler to bring persons with disabilities back into the community.

Sport is a natural instinct. We play when we are babies. More importantly, we don't need education to play". From having 2 participants with disabilities in the first edition of the Chennai Marathon in 2012, The Ganga Trust fielded a team of over 100 runners in the 2017 Chennai Marathon.

All these athletes discovered their sporting niches by happenstance. Justin, who met with a car accident in

Annalakshmi underwent a spinal surgery in 2001, but something went terribly wrong and the surgery left her a paraplegic. "Lack of awareness about spinal injury rehab, coupled with lack of a support system left me completely shattered. I was completely dependent on others and was unable to take care of myself. I started becoming suicidal." It took her almost eight years to come out of her mental trauma. Finally she decided to start some physiotherapy at

and subsequently shifted to CMC Vellore after 3 months. After 6 months of rehab, he returned home. "As long as I was in the hospital I never felt any different. But after coming home, I was extremely shy to go outside in my wheelchair". His parents pushed him into continuing his education, taking part in marathons and also counselling others who have faced similar injuries. When Manoj attended a camp for Persons with Disabilities, Justin noticed that he had an innate talent for

sure I set an example. It is important to me that other disabled women and their families see that we can occupy public spaces and perform in sports and other activities. There are many women, especially in villages, who simply refuse to step outside their house. The hope is that they see us and realize that it is possible to carry on with their lives".

There are obvious logistical issues as well. Justin narrates an incident where

and logistical barriers, but these stem from an attitudinal barrier in the society. When we see a person with disability, we only see the disability and not the person. As a society, only when we start appreciating the ability of a person will we start looking at things objectively, and this perspective shift will help in bridging many gaps".

The biggest challenge is that persons with disabilities are not integrated into

do not even know they have the choice of sport for fitness or recreation or that they can go on to compete at various levels. We want to create an ecosystem where people with disabilities can simply come in and pick up a sport".

What next? Manoj wants to become a civil engineer. "And also the best rifle shooter"! Annalakshmi talks about moving to the international level in shot put. She also tells us about her fondness



S Vaidy



Justin Vijay Jesudas



D Annalakshmi



Manoj Kumar

2009 and was paralysed neck down, wanted to do some physical activity to build his fitness. He decided to play to his strength of having strong shoulders and try swimming for improving his cardio and stamina. "I started swimming in 2013. One thing led to another and I started participating and winning at various levels and now represent India at the international level. Nothing compares to wearing the country's jersey!"

home which showed positive results. "My life turned around in 2014. I saw an ad for physically challenged persons to participate in runs. I went for it despite opposition at home and completed the 10K run. I also picked up shot put, javelin throw and discus. I now represent Tamil Nadu in the national level".

Manoj was 5 when he fell into a pit and a rock fell on his back injuring his spine. He was rushed to a government hospital

rifle shooting and took him to YMCA for further coaching. Manoj is now a state level rifle shooter with silver medals under his belt. At 15, he is also one of the youngest peer mentors in the country.

Surely none of this has been as simple as they make it sound? "Not at all", says Annalakshmi. "Being a disabled woman comes with its own set of challenges and prejudices. But I want to make

he put together a group of people that planned to meet every week for a round of basketball. "There were around 7 of us on the first day, in the second week only 4 turned up, in the third week only 2 of us were there, and the second guy only turned up because his house was next to the basketball court. Public transportation is a huge challenge and a lot of sporting arenas don't have inclusive facilities. But attitudes must change. Sure there are architectural

society. "The World Bank estimates around 40-80 million people with disabilities", says Vaidy, "but how often do we see them when we go to a movie theatre or a restaurant? Bringing them back into the community needs to be the primary focus. More than 50% or population with disabilities are yet to be brought into the educational system. Sport can give confidence and can open doors to education and employment. But millions of persons with disabilities

for marathons because a distance run was the very first event in which she participated. She promises us that she will run the Chennai Marathon soon! Justin and Vaidy want a fitter, stronger, healthier population of persons with disabilities and a much more inclusive world.

"Sports is the way", says Vaidy. We all agree.

ஜாஸியாக ஓடுங்கள்!

- ஷான்

என்னால் எளிதாக எவ்வளவு வேண்டுமானாலும் நடக்க முடிகிறது. ஆனால் ஓடுவதற்கு சிரமமாக இருக்கிறது என்று சொல்கிறார்கள். ஓடினால் நிறைய மூச்சிறைக்கும். இதயம் நிறுத்தச் சொல்லி கெஞ்சும். அது இயற்கைதான். ஏனென்றால் ஓட்டத்துக்கு நம் உடல் தயாராக இல்லை. திடீரென்று ஒரு நாளில் பழக்கமில்லாத வேகத்தில் துடிக்கச் சொன்னால் இதயம் மறுக்கவே செய்யும். ஏன். பல ஆண்டுகள் படுக்கையில் இருக்கும் ஒருவரை நடக்கச் சொன்னாலும் அப்படித்தான் இருக்கும். இது கிட்டத்தட்ட அப்படித்தான்.

ஆனால் உடற்பயிற்சியையும் தாண்டி, ஓட்டம் என்பது ஒரு விடுதலை. துள்ளித் திரிந்த நம் பால்யத்துக்குத் திரும்பும் சிறு வாய்ப்பு. அதை ஒரு முறை சுவைத்து விட்டால் உங்களைத் திரும்பத் திரும்ப இழுக்கும். அப்படி ஆசை இருப்பவர்களுக்கு சில யோசனைகள்.

1. முதலில் உங்கள் ஸ்மார்ட் போனிலோ அல்லது ஸ்போர்ட்ஸ் வாட்சிலோ உங்கள் தூரம், வேகம் போன்றவற்றை அளவிடத் தொடங்குங்கள். ஸ்ட்ராவா, ரன்கீப், ரன்டாஸ்டிக் என்று நிறைய ஆப்கள் கொட்டிக் கிடக்கின்றன. ஆனால் இந்த அளவிடல் அவசியமானது. இப்போதைய நிலை தெரிந்தால்தான் நாளை இலக்கை நிர்ணயிக்க முடியும்.
2. நாம் முதலில் ஓடத் தொடங்கும்போது, குறிப்பாக பெண்களுக்கு, ஊரில் உள்ள அத்தனை கண்களும் நம்மையே வேடிக்கை பார்ப்பது போல் ஒரு எண்ணம் உண்டாகும். பருமனான உடல் உள்ளவர்களுக்கு இன்னும் அதிகம் இந்த தன்னுணர்வு இருக்க வாய்ப்புண்டு. ஆனால் உண்மையில் யாருக்கும் நம்மைப் பற்றி கவலை இல்லை. இரண்டு நொடி பார்வைக்குப் பிறகு அவரவர் கவலைகளுக்குத் திரும்பி விடுவார்கள்.

தவிர கவலைப்படும் அளவுக்கு அவர்கள் முக்கியமானவர்களும் அல்லர். எனவே, எதைப்பற்றியும் கவலை கொள்ளாமல் ஓடுங்கள். சிறு குழந்தையைப் போல ஓடுங்கள். உங்கள் ஓட்டம் உங்கள் தவம்.

3. ஐந்து கிலோமீட்டர் சிரமமின்றி நடக்க முடிகிறதென்றால் நீங்கள் தயார்தான். ஓட்டத்திற்கு மாற படிப்படியான முயற்சி தேவை. முதல் வாரம் ஒவ்வொரு கிலோமீட்டரினும் 100மீ ஓட்டம் - 900மீ நடை என்று ஆரம்பிக்கலாம். ஓட்டம் என்றால் நீங்கள் நடக்கும் வேகத்தில் இருந்தாலே போதும். கை கால்களின் இயக்கம் மட்டும் முதலில் நடையிலிருந்து மாறட்டும். அடுத்த வாரம் 200மீ ஓட்டம் - 800மீ நடை என்று அதிகரிக்கலாம். மெல்ல மெல்ல நடையிலிருந்து ஓட்டத்துக்கு மாறுவீர்கள். தொடர்ந்து செய்தால் நம் உடல் தானாகவே இதை நிகழ்த்தும்.
4. முன்னேறிய ஓட்டக்காரர்கள் இதயத்துடிப்பை அளப்பார்கள். ஆரம்பத்தில் அதெல்லாம்

தேவை இல்லை. ஓடும்போதும் நடக்கும்போதும் உங்கள் சுவாசத்தைக் கவனியுங்கள். பக்கத்தில் இருப்பவருடன் பேச்சுக் கொடுத்தபடி செல்லும் அளவுக்கு உங்கள் சுவாசம் இருக்க வேண்டும். அதைத் தாண்டிச் செல்லும்போது நீங்கள் வேகம் குறைக்க வேண்டும் என்று பொருள். அதிகம் மூச்சு வாங்குகிறதென்றால் விரைவில் களைப்படையப் போகிறோம் என்று பொருள். ஓட்டத்தை நிறுத்தி, நடந்து மூச்சு சமனடைந்த பிறகு ஓடுங்கள்.

5. இலக்குகள் முக்கியம். ஏதாவது ஒரு மாரத்தானில் பதிவு செய்து கொள்ளுங்கள். இப்போது பெருந்துறை தொடங்கி பாஸ்டன் வரை மாரத்தான்கள் நடப்பது ஒரு சவுகரியம். நடந்தாவது அந்த தூரத்தை கடக்க முயற்சி செய்யுங்கள். சக ஓட்டக்காரர்களை கவனியுங்கள். உங்களுக்கு நிறைய உத்வேகமும் பாடமும் கிடைக்கும்.
6. உங்களுக்கு நீங்கள் மட்டுமே போட்டியாளர். நேற்று நடந்ததை

விட இன்று அதிகம் நடந்துவிட்டாலே நீங்கள் வெற்றியாளர். இன்னொருவருடன் போட்டி போடுவது தேவையில்லை. ஆபத்தானதும் கூட. நாற்பது வயதுக்கு மேற்பட்டவர்கள் புதிதாக ஓட்ட அல்லது விரைவு நடைப்பயிற்சியையோ துவங்குவதற்கு முன்னர், தங்கள் உடல் நலத்தை ஒரு முறை பரிசோதித்துக் கொள்வதும், தங்கள் மருத்துவரை கலந்தாலோசிப்பதும் நல்லது. மற்றபடி வயது, பாலினம், இடம், பொருள் எதுவும் தடையில்லை.

7. உங்கள் உடல் சொல்வதைக் கேளுங்கள். வலிகளை கவனியுங்கள். தேவையென்றால் ஓய்வெடுங்கள். ஆனால் அவ்வப்போது அதன் எல்லையைத் தாண்டி சிறிது சிறிதாக செலுத்திக்கொண்டே இருங்கள். நீங்களே வியக்கும் அளவு அது ஒத்துழைக்கும்.

மகிழ்ச்சியோடு ஓடுங்கள். ஏதாவது ஒரு சாலையில் சந்திப்போம்.

GETTING RACE READY

- ARAVIND KUMAR

TAPER

The last 2-3 weeks leading up to the event is called the taper phase, where runners typically reduce their mileage, to allow the body to recover & benefit from the workouts done during the training.

Resist the urge to compensate any of the missed workouts/long runs in the final phase. While you keep up the intensity of the plan, reduce the mileage closer to race day. Allow the legs stay fresh without any fatigue. A typical taper phase can range from 1-3 weeks based on the distance of the event & intensity of training & mileage/week

HYDRATION

It is very essential to stay hydrated, leading up to the event. I would recommend to increase daily intake by 0.5- 1 litre/day the normal intake can range from 2-5 litres/day. If you are not sure of your hydration requirements, target to have at least 1 litre of water for every 25kgs of body weight.

For example, if your weight is 75 kilos, you would approximately need 3 litres of water everyday

For those who prefer to use sports drinks, I would recommend an isotonic drink that contains about 4-6% of carbs in the entire content

NUTRITION

Carbohydrates is our primary source of fuel & hence it is essential to load on carbs not only during the day before the event but also during the week , leading up to the event.

I would suggest everyone to stay away from processed food & stick to home made food . Regular sources of carbs include rice, sweet potatoes , most vegetables & fruits.

I would also suggest to avoid trying any kind of new cuisines or food to reduce any kind of allergies/problems

Fun Fact: Have you ever wondered why runners hit the wall at 32kms during a marathon. The human body has the capability to hold 2000 calories & a km of running approximately burns 60-70 calories. Runners who typically run the distance without any nutrition bonk at 32kms after their glycogen sources are depleted.

EXPO

After spending a lot of time training, you certainly dont want to spend a lot of time , walking around the expo to induce fatigue. Get to the expo, pick up your bibs & head out quickly.

Do spend some time on the expo, to understand the route, aid stations, bag deposits, location of toilets etc, to ensure that there is no last min panic

RACE DAY NIGHT

Set your entire running gear ready & get to bird early & plan to get at least 7-8 hours of sleep before the race. If you have a log of your training , do go through them once and re-visiting the entire hard work put in, during the course of training can re-inforce your belief in your goals & ability to achieve them.

THE RUN

Reach the start early & spend at least 10-15 mins warming up. You may not get enough space to warm up once you reach the respective corrals.

It is very easy to be get carried away with the electric feeling on race day. However start slow and stick to your race plans. Have a PLAN A, PLAN B & if required PLAN C.

Use the aid stations wisely. They are typically placed every 2-3kms. Alternate between water & electrolytes in every alternate aid station. Plan to drink atleast 400-500ml of fluids every hour. Based on the climate & sweat rate, this may vary from individual to individual.

DO NOT DO ANYTHING NEW ON RACE DAY/ WEEK.

Stick to what you have done in training.

There is absolutely no harm in throwing the towel, if things go haywire. Events may come & go but running is for life. The age old Saying NO PAIN NO GAIN is a myth & does not make any sense. If it hurts, stop running. Seek medical help if required.

Cherish your finish & enjoy the post race fesitivities. Thank all the volunteers for putting up a great show & most importantly, be a responsible citizen & do not litter. Dropping the paper cup on the road, saving those 3 seconds is not going to cost you the podium.

If Camille Herron, the 100 mile world record holder can act responsible, All of us SURE CAN

ALL THE VERY BEST!!

Pro Tip: Use an excel sheet or go the old school way & use paper/pen to track your training & record your feelings every day after the run. Going through the log on race day, after a great season of training, can be a great confidence booster

INFORMATION FOR ALL RUNNERS

Race Day : Sunday, January 6, 2019

Start Location : YMCA, Nandanam.

Race Flag-off time : 4.00 am* (Full Marathon & 20 Miler)
4.30 am (Half Marathon)
6.15 am (10k)

Finish Location : VGP Beach Resort (Full Marathon, 20 Miler & Half Marathon)
CPTI IPL Ground (10k)

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

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



Parking

Vehicles can be parked at YMCA, Nandanam. Vehicles will not be allowed to parking area without vehicle pass. Vehicle pass can be collected at EXPO.



Traffic Restrictions

Please refer the race website <http://www.thechennaiamarathon.com> & the SPCM Facebook page for latest parking and road closure information.



Baggage Check

The start area 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.



Aid Stations

Adequate water will be provided in all aid stations and alternate aid stations will be stocked with energy drink, water, bananas and salt. Please refer the route map for exact locations.



Womens' Aid Station

It will be marked by a placard which says WAS. It would be part of a regular aid station as a separate section having the following – Sanitary napkins, painkillers, electrolytes to ease cramps, a chair to sit on, wet wipes, water to wash, disposable underwear, a place to change and a woman



First Aid

First aid support will be provided by Alert volunteers at all aid stations.



Medical Assistance

Apollo Hospitals, our health-care partner, will provide adequate medical assistance for runners along the route at the aid-stations. The finish area also will house a fully equipped medical tent & ambulances.

Cut-off Times

Full Marathon

1st cut off - 21km - 3hr 10mins
2nd cut off - 32km - 4hr 30mins

Post cut off, runners will be picked by a sweeper vehicle.

GENERAL INSTRUCTIONS

* Race registrations are non-transferrable • Remember to fill the emergency information at the back of your bib • Plan to reach the start point early • 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 website (<http://www.thechennaiamarathon.com>) within 3 days after the event • Please co-operate with volunteers along the route • In case of cancellation of the event, no refund will be provided



Travel in Metro

Train service starts at
4.00 am on 6th Jan 2019



AG- DMS	03:55:00	4:10:00	4:25:00	4:40:00	4:55:00	5:10:00	5:25:00	5:40:00	5:55:00
Teynampet	03:57:57	4:12:57	4:27:57	4:42:57	4:57:57	5:12:57	5:27:57	5:42:57	5:57:57
Nandanam	04:01:24	4:16:24	4:31:24	4:46:24	5:01:24	5:16:24	5:31:24	5:46:24	6:01:24
Saidapet	04:03:32	4:18:32	4:33:32	4:48:32	5:03:32	5:18:32	5:33:32	5:48:32	6:03:32
Little Mount	04:06:35	4:21:35	4:36:35	4:51:35	5:06:35	5:21:35	5:36:35	5:51:35	6:06:35
Guindy	04:08:54	4:23:54	4:38:54	4:53:54	5:08:54	5:23:54	5:38:54	5:53:54	6:08:54
Alandur	04:11:10	4:26:10	4:41:10	4:56:10	5:11:10	5:26:10	5:41:10	5:56:10	6:11:10
Nanganallur Road	04:14:05	4:29:05	4:44:05	4:59:05	5:14:05	5:29:05	5:44:05	5:59:05	6:14:05
Meenambakkam	04:16:12	4:31:12	4:46:12	5:01:12	5:16:12	5:31:12	5:46:12	6:01:12	6:16:12
Airport	04:19:26	4:34:26	4:49:26	5:04:26	5:19:26	5:34:26	5:49:26	6:04:26	6:19:26

AG- DMS	03:55:00	4:10:00	4:25:00	4:40:00	4:55:00	5:10:00	5:25:00	5:40:00	5:55:00
Teynampet	03:56:56	4:11:56	4:26:56	4:41:56	4:56:56	5:11:56	5:26:56	5:41:56	5:56:56
Nandanam	03:58:55	4:13:55	4:28:55	4:43:55	4:58:55	5:13:55	5:28:55	5:43:55	5:58:55
Saidapet	04:01:51	4:16:51	4:31:51	4:46:51	5:01:51	5:16:51	5:31:51	5:46:51	6:01:51
Little Mount	04:04:27	4:19:27	4:34:27	4:49:27	5:04:27	5:19:27	5:34:27	5:49:27	6:04:27
Guindy	04:06:51	4:21:51	4:36:51	4:51:51	5:06:51	5:21:51	5:36:51	5:51:51	6:06:51
Alandur	04:09:51	4:24:51	4:39:51	4:54:51	5:09:51	5:24:51	5:39:51	5:54:51	6:09:51
Nanganallur Road	04:11:59	4:26:59	4:41:59	4:56:59	5:11:59	5:26:59	5:41:59	5:56:59	6:11:59
Meenambakkam	04:15:34	4:30:34	4:45:34	5:00:34	5:15:34	5:30:34	5:45:34	6:00:34	6:15:34
Airport	04:19:39	4:34:39	4:49:39	5:04:39	5:19:39	5:34:39	5:49:39	6:04:39	6:19:39

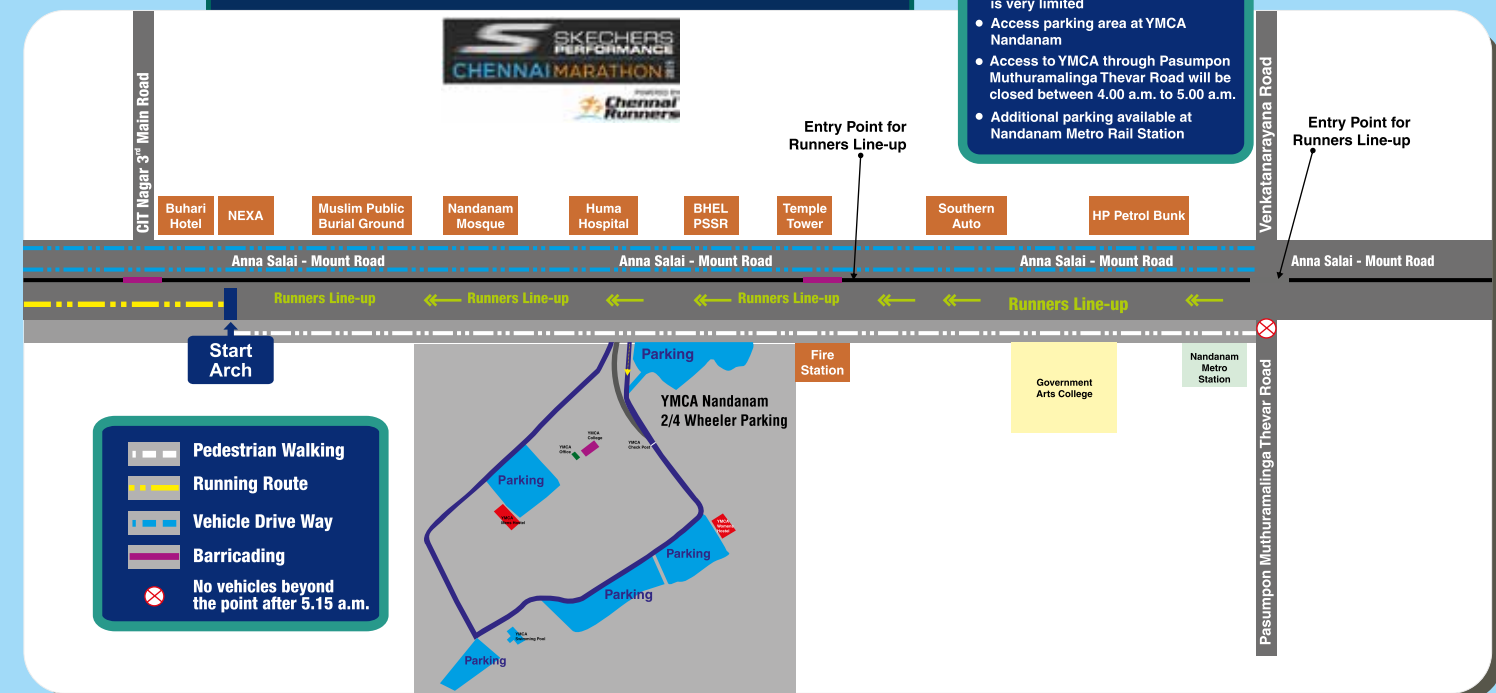
Chennai Central	03:59:45	4:14:45	4:29:45	4:44:45	4:59:45	5:14:45	5:29:45	5:44:45	5:59:45
Egmore	04:02:38	4:17:38	4:32:38	4:47:38	5:02:38	5:17:38	5:32:38	5:47:38	6:02:38
Nehru Park	04:04:47	4:19:47	4:34:47	4:49:47	5:04:47	5:19:47	5:34:47	5:49:47	6:04:47
Kilpauk	04:06:32	4:21:32	4:36:32	4:51:32	5:06:32	5:21:32	5:36:32	5:51:32	6:06:32
Pachaiyappa's	04:08:32	4:23:32	4:38:32	4:53:32	5:08:32	5:23:32	5:38:32	5:53:32	6:08:32
Shenoy Nagar	04:10:57	4:25:57	4:40:57	4:55:57	5:10:57	5:25:57	5:40:57	5:55:57	6:10:57
Anna Nagar East	04:13:09	4:28:09	4:43:09	4:58:09	5:13:09	5:28:09	5:43:09	5:58:09	6:13:09
Anna Nagar Tower	04:15:14	4:30:14	4:45:14	5:00:14	5:15:14	5:30:14	5:45:14	6:00:14	6:15:14
Thirumangalam	04:16:59	4:31:59	4:46:59	5:01:59	5:16:59	5:31:59	5:46:59	6:01:59	6:16:59
Koyambedu	04:20:34	4:35:34	4:50:34	5:05:34	5:20:34	5:35:34	5:50:34	6:05:34	6:20:34
CMBT	04:23:18	4:38:18	4:53:18	5:08:18	5:23:18	5:38:18	5:53:18	6:08:18	6:23:18
Arumbakkam	04:25:47	4:40:47	4:55:47	5:10:47	5:25:47	5:40:47	5:55:47	6:10:47	6:25:47
Vadapalani	04:28:06	4:43:06	4:58:06	5:13:06	5:28:06	5:43:06	5:58:06	6:13:06	6:28:06
Ashok Nagar	04:31:06	4:46:06	5:01:06	5:16:06	5:31:06	5:46:06	6:01:06	6:16:06	6:31:06
Ekkattuthangal	04:34:33	4:49:33	5:04:33	5:19:33	5:34:33	5:49:33	6:04:33	6:19:33	6:34:33
Alandur	04:37:05	4:52:05	5:07:05	5:22:05	5:37:05	5:52:05	6:07:05	6:22:05	6:37:05
St. Thomas Mount	04:41:21	4:56:21	5:11:21	5:26:21	5:41:21	5:56:21	6:11:21	6:26:21	6:41:21

St. Thomas Mount	04:03:00	4:18:00	4:33:00	4:48:00	5:03:00	5:18:00	5:33:00	5:48:00	6:03:00
Alandur	04:05:53	4:20:53	4:35:53	4:50:53	5:05:53	5:20:53	5:35:53	5:50:53	6:05:53
Ekkattuthangal	04:08:14	4:23:14	4:38:14	4:53:14	5:08:14	5:23:14	5:38:14	5:53:14	6:08:14
Ashok Nagar	04:11:53	4:26:53	4:41:53	4:56:53	5:11:53	5:26:53	5:41:53	5:56:53	6:11:53
Vadapalani	04:14:44	4:29:44	4:44:44	4:59:44	5:14:44	5:29:44	5:44:44	5:59:44	6:14:44
Arumbakkam	04:16:59	4:31:59	4:46:59	5:01:59	5:16:59	5:31:59	5:46:59	6:01:59	6:16:59
CMBT	04:19:28	4:34:28	4:49:28	5:04:28	5:19:28	5:34:28	5:49:28	6:04:28	6:19:28
Koyambedu	04:22:12	4:37:12	4:52:12	5:07:12	5:22:12	5:37:12	5:52:12	6:07:12	6:22:12
Thirumangalam	04:25:50	4:40:50	4:55:50	5:10:50	5:25:50	5:40:50	5:55:50	6:10:50	6:25:50
Anna Nagar Tower	04:27:35	4:42:35	4:57:35	5:12:35	5:27:35	5:42:35	5:57:35	6:12:35	6:27:35
Anna Nagar East	04:29:39	4:44:39	4:59:39	5:14:39	5:29:39	5:44:39	5:59:39	6:14:39	6:29:39
Shenoy Nagar	04:31:51	4:46:51	5:01:51	5:16:51	5:31:51	5:46:51	6:01:51	6:16:51	6:31:51
Pachaiyappa's	04:34:18	4:49:18	5:04:18	5:19:18	5:34:18	5:49:18	6:04:18	6:19:18	6:34:18
Kilpauk	04:36:17	4:51:17	5:06:17	5:21:17	5:36:17	5:51:17	6:06:17	6:21:17	6:36:17
Nehru Park	04:38:03	4:53:03	5:08:03	5:23:03	5:38:03	5:53:03	6:08:03	6:23:03	6:38:03
Egmore	04:40:11	4:55:11	5:10:11	5:25:11	5:40:11	5:55:11	6:10:11	6:25:11	6:40:11
Chennai Central	04:44:45	4:59:45	5:14:45	5:29:45	5:44:45	5:59:45	6:14:45	6:29:45	6:44:45

Start point is 400 meters away from Nandanam Metro station

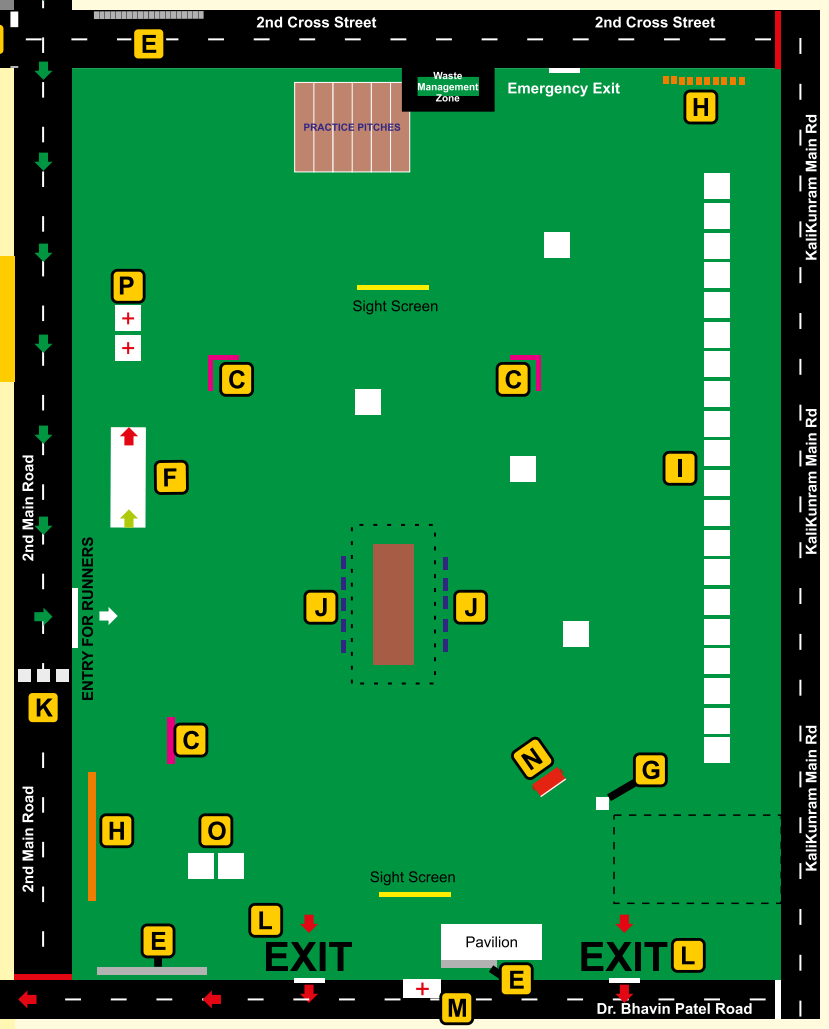


SPCM 2019 START AREA LAYOUT



CPT / IPL GROUND 10KM FINISH AREA LAYOUT

- A - Finish Arch
- B - Barricade
- C - Water & Refreshment Point
- D - Medal Distribution Counters
- E - Rest Rooms
- F - Volini Recovery Zone
- G - Control Room
- H - Wash Basin
- I - Breakfast Counters
- J - I Finished Backdrop
- K - Baggage Collection
- L - Exit
- M - Ambulance
- N - Stage
- O - Sponsor Marquee
- P - Medical Counter





HALF MARATHON

Distance: 21.097 km
Reporting Time: 4.00 am
Run Start Time: 4.30 am
Run Date: 5 January, 2019

LEGEND

- Start Point
- End Point
- Running Route
- Aid Station



32.186 KM / 20 MILER

Distance: 32.186 km
Reporting Time: 3.30 am
Run Start Time: 4.00 am
Run Date: 5 January, 2019

LEGEND

- Start Point
- End Point
- Running Route
- Aid Station

CONNECTING CHENNAI CITY BETTER



Metro partner
for SPCM2019

