

THE RUNDOWN

For private circulation only

AN INITIATIVE OF THE CHENNAI RUNNERS

ISSUE #6 DECEMBER 2014



ROUTE MAPS
AND OTHER
IMPORTANT RACE
INFORMATION
INSIDE

THE **WIPRO**
CHENNAI
MARATHON 2014

an event by  **Chennai Runners**

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THE
RUNDOWN
AN INITIATIVE OF THE CHENNAI RUNNERS

THE WIPRO
CHENNAI
MARATHON
2014
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Dear Reader,

You are — in all probability — holding this magazine because you are all set to run! Tomorrow... We, at The Rundown, are excited as much about the run as we are about The Rundown's second anniversary. Two years ago, about a month before the big day — The Wipro Chennai Marathon (TWCM) — the Chennai Runners' very spirited, and enterprising core team mooted the idea of The Rundown, as a book that will allow participants a glimpse into the goings-on of the event and its backstage drama along with some relevant information about running and its matters.

From that idea, The Rundown has journeyed into a standalone avatar of its own — a quarterly magazine for runners, on running — attempting to collate meaningful running/runner-centric content and above all, celebrating the human spirit — to run, to endure, to cope, to challenge, to win, to lose, to train, to transform...

The central story of this edition is a narrative of two runners — both full marathon winners at The Wipro Chennai Marathon (TWCM) — one from Uganda, another from the Nilgiris, one man, one woman. What binds them together is not their ability for endurance or their

winning streak but also their honesty that we hope will tug at your heart the way it did at ours.

Aside this, we promise you this issue is power-packed with information — all race-related; TWCM 14-pertaining — that will come in handy on the big day. To stick to our format, and ensure a sense of continuity, we have re-crafted the content and ensured even our regular columns — Mr Know It All, Doc Talk, Health, LOL, Gizmosis — are race-centric and relevant.

As always, fun is an integral aspect of our creation. The highlight in this edition is also a feature called Chapter Selfies, wherein Chennai-based chapters of the Chennai Runners — share with us a selfie!

The big day is a few hours away. Put your feet up; grab a bowl of pasta, turn on some music, and read The Rundown.

Tell us what you think; you can now find us on Facebook.

Good luck and happy running

Akhila Krishnamurthy



Dear Fellow Runners,

It gives me immense pleasure to welcome you on behalf of the Chennai Runners to the third edition of The Wipro Chennai Marathon.

'There is a runner in you' is the theme for this year, and is an attempt to include folks from all walks of life into our fold. Over the past six to eight months, in the lead up to Race Day, we have had a plethora of activities that have engaged runners in various forums ranging from Facebook to specialized training sessions, and the response has been nothing short of amazing. Our event has grown really well this year, and we thank every one of you for the faith you have reposed in us.

There are many highlights to this year's event. First of all, the 'Star Runners' program is back. We have identified several deserving runners with help from the Tamilnadu Athletic Association and have invited them to our event. Watch out for these speedy men and women on the course, to appreciate first hand the depth of talent in India! We wish that they scale new heights and put India on the distance running map in the years to come.

Every finisher at TWCM will receive a high quality medal — as is standard practice in running events these days. This year, we partnered with The Hindu Young World and conducted a medal design contest for children back in July. You will be extra proud to receive the finisher medal designed by young school student Ajit Clement, on race day!

In line with our theme of inclusiveness, we identified four citizens of Chennai who had no background in running, and trained them to run the 10K race.

Padma, Mangala, Ravi and Girija have diligently worked with us through a 'couch to 10K' training program, and The Hindu Metro Plus carried weekly stories of their trials, tribulations, and triumphs over the past ten weeks, as a 'Reality Series'. Be sure to pat these Super Stars on the back on Race Day!

Regular stretching sessions, Sunday morning chats on running form, nutrition, and strength training, special events for women runners — registered TWCM participants have enjoyed this and so much more, thanks to our sponsors and partners this year. Our bib-collection expo on Dec 6th has grown as well, with The Hindu presenting it as part of a first-of-its-kind 'Health & Fitness Expo', where all things related to exercise, fitness, and healthy living will be under one roof in a fun-filled yet informative atmosphere.

Orchestrating a timed race for tens of thousands of runners in a busy metropolis like Chennai is not an easy task — the city administration including the Corporation and the Chennai City Police, not to mention the volunteers, have been working tirelessly with us, to ensure that TWCM14 is a grand success. A heartfelt thanks to them.

Tomorrow is all about you, the runner. At this point, you have reached the end of months and weeks of training and preparation, and have made your goals for the race. Race Day is special for each and every runner, and I am confident that Sunday, December 7th will be a day filled with fantastic memories and soaring achievements for every single one of you!

V P Senthil Kumar



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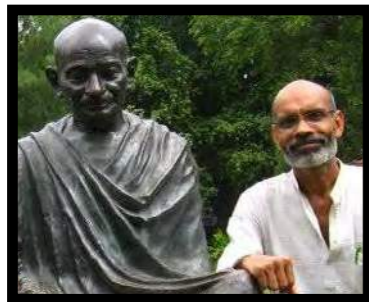
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LAVANYA KARTHIK writes, runs and parents in Mumbai. She also draws comics about her misadventures in writing, running and parenting, some of which you can read at <http://mayabizarre.tumblr.com/>. A lifelong couch potato, she began running mostly to try and understand what the fuss was all about - two years later, she is hooked. Running remains a challenge and she is still muddling her way through with absolutely no goals, mantras or success to report— other than the sheer pleasure of hitting the track and seeing how far her feet can take her.

ASHWIN PRABHU discovered the joys of distance running ten years 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 four times a week and considers himself a Chennai Runner for life. His dream is to run all the World Marathon Majors before he turns 40 (he's halfway there, in terms of number of races, not age!) and to then go and discover a completely new sport of which he knows nothing about.



VISHWANATHAN JAYARAMAN is an Electrical Engineer from IIT Kanpur and works for the Indian Railways. He started running to kick his smoking habit of over 16 years. He started with short distances and now regularly runs upwards of 30km per day. He has run in all the major marathons in India. He is a great fan and admirer of Gandhi; he runs barefoot and wears khadi while running.

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 (BCCI) for South India and the Sports Medicine Specialist for the Chennai Super Kings, IPL team. He is also the Medical Specialist for The Tamil Nadu Cricket Association, The Tamil Nadu Basketball Association. He is also the Sports Medical Advisor to the Sports division of various banks and Public Sector companies based in Tamil Nadu.



PREETI AGHALAYAM, Professor, IIT Madras is passionate about running, writing, teaching, and Math, among other things. A member of the Chennai Runners core team, she has been a contributing author at The Rundown in previous editions as well. This avid runner is training currently for several half and full marathon appearances in the upcoming months. She lives with an exercise-freak of a husband and ten-year old daughter, and hopes she could have more than 24 hours in a day so she can write more!

JYOTHI RAVICHANDRAN is a psychologist and psychotherapist at CHILD Clinic, National Sports Medicine Centre, Mylapore. She works with children, adolescents and young adults with behavioural and emotional issues and is inspired everyday by their resilience and will to live up to their dreams. She is an active advocate of furthering emotional literacy in schools and develops curriculum content and research protocols to bring in evidence-based practice in the field. She enjoys running with her husband and slowing him down every few minutes to catch her breath.



RAVI MUNDOLI'S ancestors are from Trichur, but he considers himself mostly a Vizagite. He decanted into Madras via a somewhat torturous route involving stops at IIT-M, Amherst, Boston and Hyderabad. Once here, in Chennai, in a moment of insanity, he founded Nadhi (www.nadhi.in), which he helps run now. Or more accurately, it runs him now. His running career started with a bang, a full marathon in the US but he has since learned that ambition is the surest path to ruined sleep (much-prized) and so he consoles himself with a few sedate HMs (half marathons) every year. A wise old runner once told him that the best advise he could give was actually a Prabhu Deva homily from the mid-90s, "Take it easy." And he's been doing it religiously ever since.

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10 km RUN ROUTE

Distance: 10 km
 Reporting Time: 6.30 am
 Run Start Time: 7.00 am
 Race Day: December 07, 2014

Aid Station	Timing Point	Location	Distance in kms
AS2	TS2	Start Napiers Bridge	0
A7		Opp - Queen Mary's College	3
A6	T6	Mayor Ramanathan Chettiyar Hall	5.5
A3		Opp - Fortis Malar Hospital	7.5
A2		Madhya Kailash	9.5
AF	TF	Finish Line - CPT Ground	10

A_: Aid Station | T_: Timing Mat

LEGEND

- Running Route
- Start Point - Napiers Bridge
- Finish Point - CPT Ground
- Distance (km)
- Route Direction
- Aid Station
- Timing Point



INFORMATION FOR 10K RUNNERS

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

Race Day: Sunday Dec 7, 2014

Start Location: Napier's Bridge

Race Flag-off time: 7 am

Finish Location: Central Polytechnic Grounds, Taramani



Easy access Public Transport (MRTS Trains) can take you from the Finish point to Island Grounds, after the race. MRTS coupons are available free to all registered runners, collect them in the Finish area.

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 based on your estimated finish time provided during race registration. Please co-operate with the race officials and volunteers who will help you figure out your corral.

With the large number of runners in this event, there can be up to a 10min 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 your friends, you will be allowed into the slowest corral in your group, only.

Corral/Zone	A	B	C	D	E&F
10K-estimated finish times	30mins - 45mins	45mins - 55mins	55mins - 65mins	65mins - 75mins	>75 mins

BAGGAGE CHECK

The start areas will have baggage check locations clearly marked. We recommend using the clear plastic TWCM goody bag provided to you at the Race Expo for check-in. 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.

AID STATIONS

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

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.

CUT-OFF TIME

The final cut-off time at the finish line for TWCM 2014 is 10 am. Traffic restrictions will be eased along the route starting at 8:30 am.

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.

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

GENERAL INSTRUCTIONS

- Remember to fill the emergency information at the back of your bib
- Plan to reach the start point early — Note that the 10K 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 bags provided for the purpose, only
- 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
- Photographs will be available within 4 days after the event at www.veloscope.in
- Race registrations are non-transferrable

HALF MARATHON ROUTE

Distance: 21.1km
 Reporting Time: 4.45 am
 Run Start Time: 5.15 am
 Race Day: December 07, 2014

Aid Station	Timing Point	Location	Distance in kms
AS1	TS1	Start OMR - Kasturba Nagar MRTS	0
A1		Tidel Park	2
A2		Madhya Kailash	4 / 21
A3	T6	Opp - Fortis Malar Hospital	6 / 19.5
A5		Mayor Ramanathan Chettiyar Hall	7.5 / 17.5
A6		Opp - Santhome Auditorium	9 / 16.2
A7		Opp - Queen Mary's College	10.5 / 14.8
A8	T3	PWD House	12.5
AF	TF	Finish Line - CPT Ground	21.1

A.: Aid Station | T.: Timing Mat

LEGEND

- Running Route
- Start Point - Kasturba Nagar MRTS Station
- Finish Point - CPT Ground
- Distance (km)
- Route Direction
- Aid Station
- Timing Point



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FULL MARATHON ROUTE

Distance: 42.195 km
 Reporting Time: 3.30 am
 Run Start Time: 4.00 am
 Race Day: December 07, 2014

Aid Station	Timing Point	Location	Distance in kms
AS1	TS1	Start OMR - Kasturba Nagar MRTS	0
A1	T7	Tidel Park - Turn Around	2 / 41.5
A2		Madhya Kailash	4 / 39
A3		Opp - Fortis Malar Hospital	5.5 / 12 / 37
A4		5th Avenue Besant Nagar	7.5 / 9.5
	T1	Murugan Idli Turn Around	9
	T2	MRC Nagar	14
A5	T6	Mayor Ramanathan Chettiyar Hall	14.5 / 35
A6		Opp - Santhome Auditorium	16.5 / 33.5
A7		Opp - Queen Mary's College	17.5 / 32
A8	T3	PWD House	19.5 / 30
A9	T4	Swami Sivananda Salai	22.5 / 28
A10	T5	Near Fort Gate	25
AF	TF	Finish Line - CPT Ground	42.195

A.: Aid Station | T.: Timing Mat

LEGEND

- Running Route
- Start Point - Kasturba Nagar MRTS Station
- Finish Point - CPT Ground
- Route Direction
- Distance (km)
- Aid Station
- Timing Point



THE WIPRO CHENNAI MARATHON 2014
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INFORMATION FOR HALF AND FULL MARATHON RUNNERS

(START POINT: KASTURBHA NAGAR STATION, OMR)

Race Day: Sunday Dec 7, 2014

Start Location: Kasturba Nagar Station, OMR

Race Flag-off time: 4 am* (Full Marathon) & 5:15 am (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 based on your estimated finish time provided during race registration. Please co-operate with the race officials and volunteers who will help you figure out your corral.

With the large number of runners in this event, there can be up to a 10min 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 your friends, you will be allowed into the slowest corral in your group, only.

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

BAGGAGE CHECK

The start areas will have baggage check locations clearly marked. We recommend that the clear plastic TWCM goody bag provided to you at the Race Expo be checked into the baggage counters. 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.

AID STATIONS

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

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.

CUT-OFF TIME

The final cut-off time at the finish line for TWCM 2014 is 10 am. Traffic restrictions will be eased along the route starting at 8:30 am.

SLOW RUNNERS & CUT-OFF TIMES

Please note that we have several cut-off times that are applicable in TWCM 2014 for full marathon runners. Race volunteers will request you to board the recovery vehicle if you don't meet these cut-off times.

• 28 Kms (FM) : 8 am • 34 Kms (FM) : 9 am
 Furthermore, the city traffic restrictions will be partially eased at 8:30. The entire race route will be open to vehicular traffic starting at 9:30 am. Our aid-stations and volunteer support will be available to runners up to 10 am, which is the final cut-off time for TWCM 2014. We solicit your support and co-operation in ensuring that we can keep our commitments towards the city administration.

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.

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

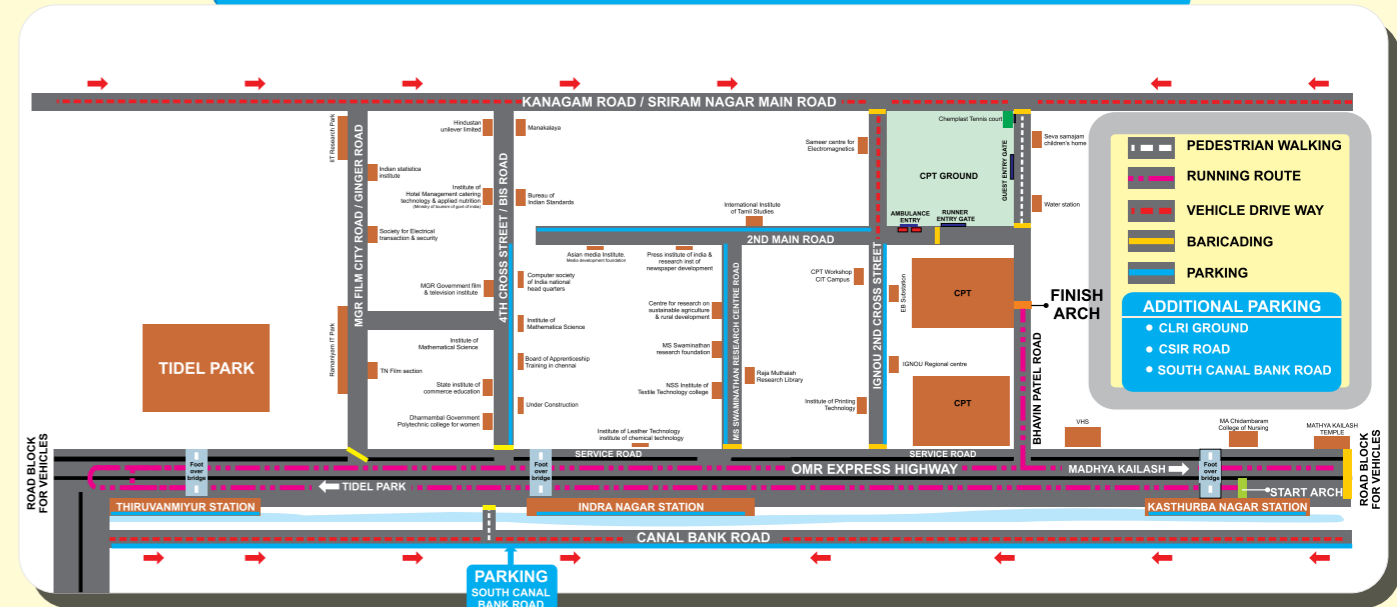
GENERAL INSTRUCTIONS

- Remember to fill the emergency information at the back of your bib
- Plan to reach the start point early — Note that the start point of the Half and Full marathon race start point is different from the 10K start point.
- Co-operate with us in ensuring effective waste management - do deposit all the trash in trash bags provided for the purpose, only
- 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
- Photographs will be available within 4 days after the event at www.veloscope.in • Race registrations are non-transferrable



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

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



- PEDESTRIAN WALKING
- RUNNING ROUTE
- VEHICLE DRIVE WAY
- BARICADING
- PARKING

ADDITIONAL PARKING

- CLRI GROUND
- CSIR ROAD
- SOUTH CANAL BANK ROAD

- A - Timing India Marquee
- B - Finish Arch
- C - Baricaded Entry for Runners
- D - Medal Distribution Counter
- E - Medical Center
- F - Prize Distribution Stage
- G - I Finished Backdrop
- H - Stretching Area
- I - Breakfast
- J - Water & Refreshment point
- K - Sponsor Marquee
- L - UWC Marquee
- M - Baggage Collection
- N - Rest Rooms

FINISH AREA CPT / IPL GROUND LAYOUT



RUNNING ETIQUETTE

A running event has thousands of participants who are looking for an enjoyable experience. While the organizers and volunteers have worked hard towards ensuring 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 rules:

- Collect your running bib and goody bag in person at the expo, unless there are extraordinary circumstances. Remember to carry the appropriate ID and Age Proof to the expo, as you would need these for bib collection. Running expos are events by themselves, and you get to meet fellow runners, exchange tips, and pick up some goodies.

- Do not hand over your bib to someone who has not registered for the event, or exchange your bib with someone else. This is the most common, and most serious, no-no. Each bib is linked to your personal medical and emergency contact data. If anything untoward were to happen during the race, your bib no. is the only way race organizers know who you are and whom they should contact.

- Familiarize yourself with the race route, and the support available (water, sports drinks, first aid, toilets, etc.).

- Get all your gear for the race laid out and ready the evening before the race. Pin your bib to your t-shirt. Ensure you are all kitted out when you leave for the race venue.

- Plan your race day transport well in advance. Parking at most race venues can be tight and many roads may be closed for the race. Use public transport as much as possible.

- Report at the start point at least 30 minutes in advance of flag-off, and drop your bag (if any) at the baggage check well on time. Do not run with shoulder bags — they can be distracting and disruptive, besides slowing you down.

- Note down your starting corral on race day. This information is an alphabet (A-F) which is printed on your bib. You will only be allowed entry into your designated corral. Corrals are meant to group runners based on running pace. Volunteers manning the corrals will check this information at the time of entry to the corral. Please cooperate. If you want to run with your friends who are in different corrals, always enter the slowest corral.

A running event has thousands of participants who are looking for an enjoyable experience

- If you want to walk or take a break during the run, carefully move to one side of the road. Don't form a shoulder-to-shoulder chain of friends on the road. At all times, be aware of runners behind you and ensure that you don't obstruct them.

- If you run with a pacing team, choose a target pace you have trained for. Do not be over ambitious and choose too fast a pacing team. You will ruin your race.

- When you reach an aid station, don't push through to grab supplies. You could hurt someone or get hurt. There's enough for



everyone, and there are multiple volunteers available at each aid location. Don't shout at and frazzle the volunteers who are trying hard to help you. After you get your supply, thank the person who helped you.

- Please throw away your water/electrolyte cups, banana peels, gel/candy wrappers, etc. only at trash bags, which are placed after each aid station. Carry your trash with you till the next available disposal location. Don't trash up the roads and inconvenience the volunteers, the runners behind you, and the general public.

- If you feel any discomfort during the race, or if you feel you may not be able to continue for whatever reason, please approach the nearest volunteer for help. They can arrange for medical help, and transport you to the race finish area if necessary. There is absolutely nothing wrong or dishonorable about dropping out of a race. You have one body - don't risk injuring it. There are many more races you can participate in.

- Everyone who finishes the race, gets a medal. Guaranteed. Do not push past other runners or hassle volunteers. Await your turn. Similarly, all runners will get breakfast. Do wait in line.

- Once you collect your medal, keep moving and clear out of the finish area quickly, so you don't obstruct other finishers or the finish line volunteers. Some runners may need medical help at the end of a race and it is very important to keep the finish area clear. Selfies and group pics can wait.

THE PACER BUS

Read on to get familiar with the concept of pacers and the team at TWCM...

What is a pacing team?

You have trained hard for TWCM. You may have a time goal for your race, or may just be one of those social runners who likes running with a group. A good pacing team on race day can help you either way! A pacing team is anchored by experienced runners, who are committed to reaching the finish line in a pre-determined time. Their job on race day is to help runners run a smart race, meet their time goals, and have an unforgettable race experience!

Why you should join a pacing team?

If you are a first-timer and have trained for a particular time goal, joining a pacing team will go a long way in helping you meet those expectations. One common mistake, for example, is starting out too fast thanks to the race day adrenaline rush. The experienced pacers will ensure that you conserve your energy, pace yourself well, and finish strong. As we the Chennai Runners often say 'Running is better with company' and the pacing team becomes

your running group on Race day, and help you pull through the tough portions. Make sure to be reasonable in setting your time goals, and look ahead to enjoying the group camaraderie of your pacing team!

What is on offer at TWCM?

At TWCM, we have pacers for both the Half and Full Marathon races for a handful of finish times. You can meet these awesome men and women on Expo day (Saturday Dec 6th), and choose to run with them on Race day.

1 HOUR 50 MINS

Amit Samarth:

A seasoned marathon runner, Ironman triathlete and 1st Dan Black Belt in Taekwondo, he is the Founder of ProHEALTH, an organization to promote sports and physical activity especially among children and youth. Amit is the founder of the first ever rural marathon in Tanjore.



Anirudh Pandya:

Anirudh Pandya, one of the Founding members of the Hyderabad Marathon is an active marathoner, triathlete, and the Race Director for the upcoming Tanjore marathon.



Erick Haskell:

Erick Haskell has been running marathons for over a decade. With a personal best timing for a full marathon at 2 hours and 59 minutes, he takes a keen interest in motivating fellow runners. He has been a pacer for the Delhi half-marathon and the Bengaluru Marathon.



2 HOURS

Rajesh Vetcha:

One of the founder-members of the Hyderabad Runners chapter, he's been running marathons since 2003. He believes that running has given him everything — friends, health and strong sense of commitment to both his personal and work life.



Kastoori Thakuri:

A podium finisher in the Airtel Hyderabad half marathon in 2013 in the 10 km category, she's run 2 Olympic Triathlons, a Duathlon, and 4 half-marathons. She has also been a pacer at the Airtel Hyderabad Marathon 2014.



Balaji Vishwanath:

A member of the Hyderabad Runners, Balaji Vishwanath has been running for the past 2 years with a strong focus on running shorter distances. This runner, who has been active in sports since school days, has 2 half marathons, and 4 full marathons to his credit.



HALF MARATHON PACING TEAM

2 HOURS 15 MINS

Dr Linga Dwaraknath:
Dr Linga Dwaraknath runs with the Pillar Pacers chapter of Chennai Runners. A keen runner, who finds group running infectious, he has completed 10 half-marathons so far with a PB timing of 1:53.



Mahesh Kumar:
Originally a short-distance runner, Mahesh signed up for his first formal race in the 10K category during last year's TWCM. Since then, he has been a regular with the Chennai Runners - TNagar Trend Setters group.



2 HOURS 45 MINS

Kavita EK:
Kavita ran her first half marathon in the year 2008, and has 16 half marathons and 4 full marathons to her credit. Overcoming multiple injuries, this focused and committed runner feels that her running journey has just begun.



Rekha Sudarshan:
A Psychologist, Childbirth educator and a Lactation Consultant, Rekha Sudarshan wears multiple hats besides her runner persona. A proud finisher of 2 full marathons, Rekha today is confident of bringing home the 2:45 bus on time.



Radha Rangarajan:
Radha Rangarajan, a regular with the Dream Runners group in Besant Nagar, couples her running with adequate strength training to avoid sports-related injuries. In 6 years of running, she has completed 4 full marathons, and continues to enjoy her run days with her group.



Vidya Krishna: A seasoned half-marathoner and triathlete, Vidya Krishna, is a regular runner with the Chennai Runners Bessie Flyers chapter. This strong lady combines her love for fitness and running with fund-raising for various causes as well.

Uday Kiran:
Uday Kiran runs with the Chennai Runners — Bessie Flyers chapter who runs mostly for the feel-good factor that it offers.



Balaji. S:
Balaji, has been running for nearly 34 years now - starting off his formal running at Auroville, where he did a HM in 2011, and is active member of the Chennai Runners — Pillar Pacers group. He believes that running is the easiest and the best form of exercise, especially for people over 40.

2 HOURS 30 MINS

Jai Rajappan:
One of the founders of the Coimbatore Road Runners, Jai Rajappan's running journey started when he was inspired by his brother finishing the Chicago marathon. He is also an organizing member of the increasingly popular Coimbatore half-marathon.



Karthikeyan Padmanabhan:
Karthik runs with the Coimbatore Road Runners group. He originally started running short distances to combat Diabetes but has since progressed to running full marathons.



Manjunath:
A strong believer that running is a personal journey, Manjunath, a Senior Manager at Elgi Equipments Ltd is a regular in the Coimbatore Road Runners group.



FULL MARATHON PACING TEAM

4 HOURS

Peter Van Geit:
Founder of the Chennai Trekking Club, Peter Van Geit is a familiar name in the Chennai running scene. Peter focusses on long distance trails in the hills, he combines running with camping in scenic natural locations, and also takes to biking and swimming actively.



Abhijit Shome:
Abhijit Shome, a sports enthusiast and passionate runner, has been running for the past 10 years. His most notable runs are the 100 Km Nilgiris run, where he secured the 4th place overall, and the Bangalore ultra in 2013.



Nagaraj Harsha:
A strong believer that running is a personal journey, Manjunath, a Senior Manager at Elgi Equipments Ltd is a regular in the Coimbatore Road Runners group.



4 HOURS 30 MINS

Pritpal Dang:
Pritpal runs with the Chennai Runners — Nungambakkam chapter, and started his running journey in the 2009. He has participated in several events including a local 50Km race.



Neville J. Bilimoria:
Neville needs no introduction to the running community. The founder of Dawn to Dusk marathon, he is a true inspiration to all. He has run countless marathons and ultra marathons, and is a champion rower and cyclist as well.

Vilva Natarajan:
This quiet member of Chennai Runners has progressed from 10Km runs to half and full marathons, and even a 50Km run, over the years. He uses his running time to catch up on his favorite music, and to connect with his soul.



4 HOURS 45 MINS

R. Srikumar:
A former Chennai First division cricket player, Srikumar has countless kilometers of running to his credit. Running with the Cool Runners group in Chennai, Srikumar believes in running for one's own self.



Karthik Babu:
It was Karthik's perseverance that brought him back on track after a road accident that met with couple of years ago. Karthik runs with the Cool Runners group in Chennai and has finished 12 Full and Ultra marathons so far.



Ashok Daniel:
Ashok is based in England and has come a long way since his first tentative run-walk on the treadmill — now he can run for days! He has many ultra marathons to his credit, and it is that electric feeling at the finish lines that keeps him going during a race.



5 HOURS

Aravind Kumar:
A familiar name in the Chennai Runners circles, Aravind is the youngest Indian finisher of the 89 Km Comrades marathon in South Africa. Starting with a humble 2 km run in Dec 2011, this runner has come a long way indeed.



Tanvir Kazmi:
Since his first Half Marathon at Delhi in 2005, Tanvir has been a passionate and consistent runner. Founder of Delhi Runners, he has run 14 marathons, 12 half-marathons, and 8 ultras, including the Comrades marathon in 2010.



Kannan Sundararajan:
An active Badminton player, has covered almost 5000 km, and has 3 ultra marathons, 5 full marathons and 12 half marathons to his credit since 2011. Kannan takes to running for the energy, motivation and inspiration that it offers...



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5 HOURS 30 MINS

Jayaraman Balasubramanian:
Better known as Bib Bala, Balasubramanian is a very familiar name in the running circles who has inspired many. While an open-heart surgery would mean limited physical activity to some, here's a strong-willed man, who started running to beat that myth. In the past 6 years, Bala has some incredible number of running achievements to his credit through his discipline and commitment.



Praveen Kumar:
Praveen Kumar runs with the Chennai Runners — Marina Minnals chapter. Having started running primarily to lose weight, he has covered a maximum of 50 km so far. Today, running has become a routine activity that he looks forward to more for fitness and as a means of connecting with friends.



Anil Sharma:
Anil, is a running addict who is not even sure how and when exactly the running bug hit him! Starting his long distance running with the 2009 MARG Chennai half-marathon, he is a part of the Chennai Runners - Velachery group, and participates in several marathons and triathlons.



6 HOURS

Venu:
Often considered a "running encyclopedia", Venu's keen insights on form and techniques have been of immense benefit to many Chennai Runners. This 'forever young' runner has a personal best time of 4:05 for the full marathon.



Arun Krishnan:
Arun Krishnan started running 40 years ago!! An active triathlete, he has completed many marathons since 1987. With a PB timing of 3:34, it's running that he seems to enjoy the most among other activities that he actively pursues.



BR Hariharan:
"HH Ran" as he is called, started running at the age of 59 years, in 2007. Since then, this Hyderabad Runner has completed 63 marathons, 42 Half marathons, and 31 ultra marathons! He finds that running is a continuous learning process that leaves him feeling young and energetic.



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TWCM 2014 PRIZES

This year, we are happy to announce that we will be awarding 5 prizes each for the top finishers in the Full and Half marathon open categories and 3 prizes each for the top finishers in the veteran Half and Full marathon categories.

FULL MARATHON

	1st	2nd	3rd	4th	5th
Female	₹50000	₹40000	₹30000	₹20000	₹20000
Male	₹50000	₹40000	₹30000	₹20000	₹20000
Veteran Female (45+)	₹30000	₹20000	₹15000		
Veteran Male (50+)	₹30000	₹20000	₹15000		

HALF MARATHON

	1st	2nd	3rd	4th	5th
Female	₹30000	₹20000	₹15000	₹8000	₹8000
Male	₹30000	₹20000	₹15000	₹8000	₹8000
Veteran Female (45+)	₹15000	₹12000	₹10000		
Veteran Male (50+)	₹15000	₹12000	₹10000		

With a total purse of nearly ₹5 lakhs, we hope that our speedy runners will provide each other a great competitive atmosphere in the race.



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BLAST FROM THE PAST

Last year, on December 1st, the city witnessed a revolution. A running revolution! More than ten thousand people from across corners of the city — and many from across India, and abroad — participated in The Wipro Chennai Marathon 2013. On their part, the organisers ensured the race and its management, were a class apart! We at The Rundown believe that a celebration of the present is incomplete without a homage to the past! Blast from the Past, this photo story, is just that — moments that will allow you to re-capture a massive event that went by!



LET'S TAKE A SELFIE

A photo, says a thousand words! This Selfie story is a summation of the stupendous growth of the Chennai Runners across the city; there's a chapter in Porur, yet another within the Great Lakes Institute of Management campus, a chapter in the city's IT Corridor and a vibrant chapter that runs along the beach... There are many more... See to believe! Which chapter are you from?



Pillar Pacers (K K Nagar)



Bessie Flyers



OMR Trail Blazers



Marina Minnals



Tower Twisters (Anna Nagar)



Gazelles Bolted



T Nagar Trend Setters



Vibrant Velachery



Porur Racers



Pettai Rappers (Alwarpet)



Chrompet Cheetahs

boost your run

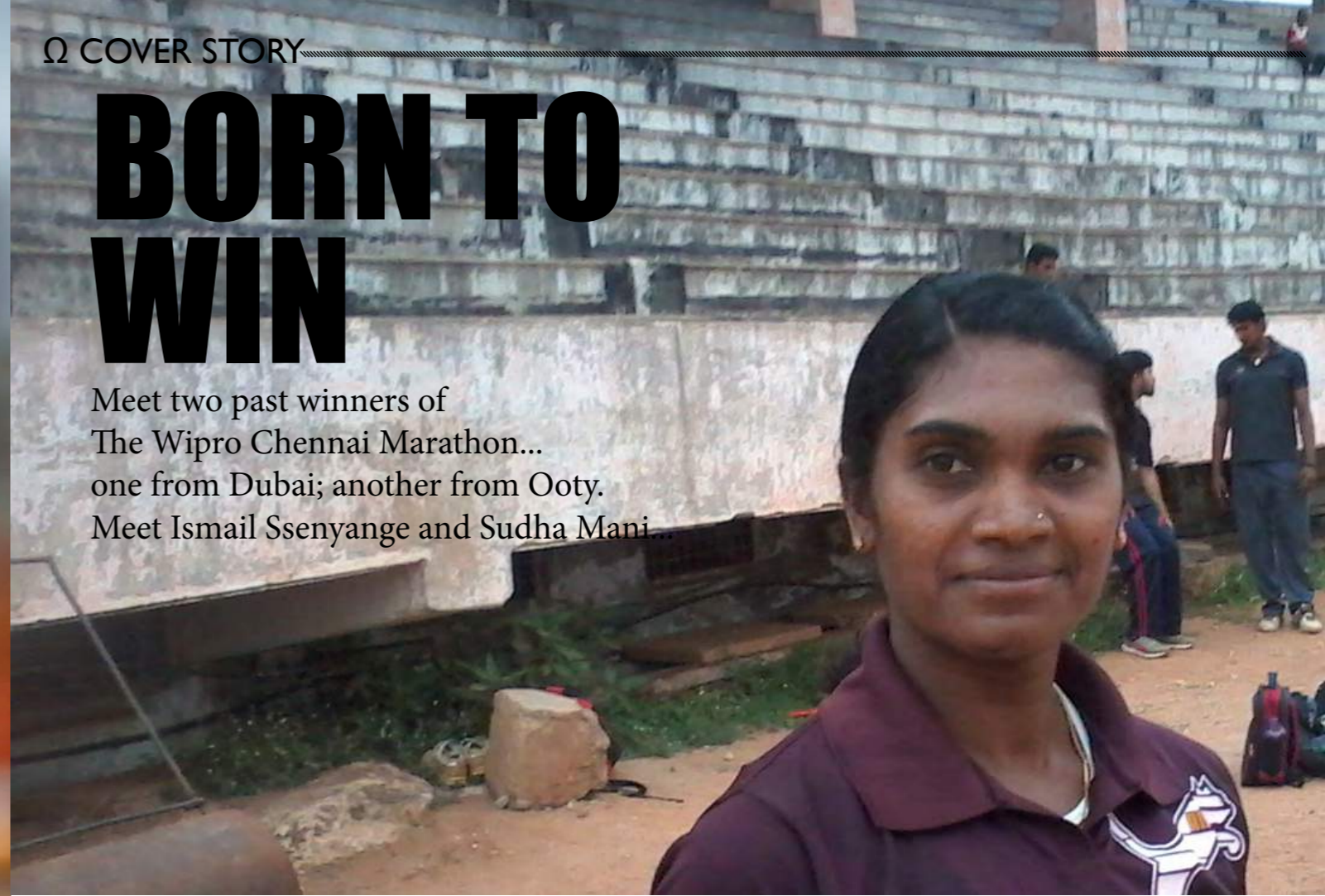
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BORN TO WIN

Meet two past winners of
The Wipro Chennai Marathon...
one from Dubai; another from Ooty.
Meet Ismail Ssenyange and Sudha Mani...





RUN ISMAIL RUN

“To be recognised feels good no doubt,” admits Dubai-based, Ismail Ssenyange, two-time consecutive winner of the full marathon at The Wipro Chennai Marathon (2012 and 2013), “But when you think about maintaining the same status year after year, then it becomes tricky because it’s not simple. The way I get treated in most of the local races is not the same like it was when I just started running in Dubai.” Excerpts from an elaborate and candid interview over e-mail, with *Akhila Krishnamurthy...*

Brand ambassador of Skechers, Middle East, this Uganda born and raised runner who lives with his family in an international residential neighbourhood in Dubai, has consciously — from a very young age — chalked out his journey in running to reach where he is, now: “If I go two or three days without running, I feel as though my breathing is changing; I begin feeling very uncomfortable.” In a detailed interview he responds to a questionnaire allowing us, readers, a peek into his life in running — past, and in the now...

Did you always want to be a runner? When, and how, did you discover your love for running? Tell us a specific story, or anecdote pertaining to that?

I started running in my primary four; I remember there was an inter-house competition in Mbarara (a small town in Western Uganda), and they were selecting a team to represent the school in the District competition. I ran, and finished third, overall. I still remember I was way ahead of many runners — many older and taller than me. Needless to say, I qualified automatically with my position to be on the team. Unfortunately, our Games teacher said I was too young to compete at that level and that I would get scared of the other runners from other schools. So I missed the bus!

And then, what happened? You gave up? Lost hope?

No. Fortunately, that didn’t stop me from running. But I realised I had to prove to everyone that I really loved what I was doing. My father was an engineer and he was transferred to another district in Eastern Uganda called Tororo, where I joined the Elgon View primary school for my class 5. I started running there and wanted to do what I could to ensure I was always the first and the fastest in school. However, there were two other really strong students in the higher classes who always beat me, and until I was in class 7, I was always finishing third in a race. But class 7 onwards, things changed; I began representing my school in district competitions and always finishing first.

It must’ve felt great, right?

You bet it did! It was a game-changer. I realised how much I loved running and how good I was at it. Unfortunately, when I stepped into secondary school, for about four years, running took a backseat until I joined Kibuli Secondary School (in Kampala, Uganda) for high

school. Kibuli Secondary School was fortunately very active in running. And I did my best! It was in University though at Kyambogo for my UG degree that my career in running took on another level. It was in University that I realised that good performance would open an avenue of opportunities for me. I did what it took to become the fastest distance runner and made sure I secured a spot for all leading championships and races across Africa. You can say that my actual training to be a professional distance runner began there!

“Back then, I still remember I would go running for almost everything — I’d run to fetch water so I could avoid the long queue at the well, I’d run to the grocery store when our mother asked us to buy some stuff...”

What was your childhood like? Describe to us your home in Uganda, your growing up years?

I was a lucky child! I went to school regularly and never missed a class. I loved playing football and was almost always on the school grounds kicking the ball around. At that point, running wasn’t much of my priority but as time went by, I started hating football because of the substitutions they make. Before I could even warm up, they would substitute someone else in your place. That, I realised was never the case with running. So, as I fell in love with running, I fell out of football.

Back then, I still remember I would go running for almost everything — I’d run to fetch water so I could avoid the long queue at the well, I’d run to the grocery store when our mother asked us to buy some stuff... Looking back, I wonder if that is probably how I built my endurance for the school races because back then, in the place I grew up, there was nothing like training for a race. It is only when

you qualify that schools began investing in training, etc.

Is running in your blood? Does anyone else in your family run; did anyone run before?

My mother was a runner during her school days; apart from her, in my father’s side of the family, there is no runner but almost everyone in the family — including my father — plays football.

When did you actually realise you had the potential to be a runner? Share with us that story...

When I competed with other students who were in classes higher than mine, and finished ahead of them, I knew I had the talent and the potential. I have never looked back since.

Why did you persist running? What happened to you every time you ran?

I love to travel, and running was my ticket to go wherever I wanted to. Plus running, you see, is a one-man show; you put in effort into your training and God rewards you accordingly. When you go to the start line, if all goes well, there is no concept of substitution like in football.

What about long distance running? What excites you about it?

Distance running is most interesting; you don’t have to ever panic about speed because it’s all about how long and fast your legs carry you. When I set out for my long distance runs, I start imagining the places and view I will find on my way, the villages I pass and that alone gives me the pleasure to always travel the mile...

What brought you to Dubai? When did you move?

Like I said before, travel is my passion and my ultimate motivation to run. I have always thought and seen running outside of Uganda as a way to freedom and happiness. I have always wanted to step out of Uganda and compete. I got an athletic scholarship to the United States but I failed to get my visa. I always wanted to go to the US for my higher studies like most of my friends. Not getting the visa really upset me. I swore never to go to the US... And then, I got a fully sponsored trip from Wipro Technologies to run at the Wipro San Francisco marathon 2013. In October 2011, I heard of a recruiting company taking guys to Dubai for work, I decided to give it a shot; I knew that it would also help me scale up my running career.



ISMAIL PLEASE

RUNNING MANTRA:

Train hard and Win easy
Role-models: Haile, Kenenisa Bekele and MoFarah. I love watching their videos on youtube and look upto what they have achieved. It really motivates me to run like them

RUNNING ALONE:

“In Uganda, I learnt how to train alone; I have no problems with training alone because all the records that I have set for myself have all been based on the individual training methods I used. My GPS watch acts as my training partner.”

RUNNING IN A GROUP:

“I love running in a group but sometimes, you have to deal with a lot of disappointments with groups as some people may not show up and you end up training alone.”

TRACKING ISMAIL



• IRELAND CHARLEVILLE INTERNATIONAL HALF MARATHON 2013 and 2014 — 2nd place in both occasion 2013/2014
1hr:6min:04sec

• SCOTLAND EDINBURGH MARATHON FESTIVAL 2014 — 7th place 2hr:28min:25sec

• BRISTOL, UK BRISTOL 10KM ROAD RACE 2014 — 4th place 30min:45sec

• MILTON KEYNES, UK SKECHERS MILETON KEYNES HALF MARATHON 2014 — 1st place 1hr:08min:39sec

• SOFIA, BULGARIA, SOFIA MARATHON 2014 — 8th place PB 2hr:26min:57sec

• SPICE COAST HALF MARATHON 2014 1st place 1hr:15min:15sec

• ABU DHABI STRIDERS HALF MARATHON — 1st place

• ABRAS MINA 10KM RACE — 1st place

• ASCIS 12K ROAD RACE — 1st place

Did it?

Yes. I reached Dubai in December that year. I went scouting for running clubs and ended up meeting Jameel Humayun, Manoj Kuriakose and Terry, former Chairperson of the Dubai Creek Striders running club. I would say, since then, my running has been revolving around these people and I'm proud and happy to have met them!

What was it like to run in Dubai?

You must know that running in Dubai was not the start of my running career. By the time I reached Dubai, I had already represented my country in the World University games in Serbia in 2009. I had also represented the country in an all-Africa University Games hosted in Uganda where I won both Gold and Silver in 10,000m and 5,000m respectively on the track. I won a silver medal for my university in the East African University Games hosted again in Uganda. Running

in Dubai was like a wake-up call to my running and I'm happy to confess that I was de-motivated with all the problems I had to face with my security job. Running allowed me to prove to everyone that I was serious about what I was doing and after a period of two tough years, life changed.

And now, tell us about your experience of running The Wipro Chennai Marathon (TWCM)?

The Wipro Chennai Marathon (TWCM) was my first international event after I moved to Dubai. I was a little scared of the distance also because I was invited a little late for the marathon by a close friend, Jameel.

But you aced it?

Yes; I have won it twice in a row but the feeling was not the same. The first time I just wanted to run and finish the run but I ended up winning the race. I took the

lead from the start and I thought maybe someone was going to catch up with me but there was no one close enough to give me a hard time. The second time I was scared of losing my title; I had come with a friend from Dubai — I train with him and I was scared if I made a mistake, he would take over — but the weather wasn't great and the strongest would have to be the one who prevailed and that was yours truly! So yes, there I was defending my title...

Did you like running in Chennai?

Running in Chennai was also the first time I stepped into India; I had heard so much about India and this was my chance to visit. Chennai and Dubai are completely different. Dubai is generally flat with less or no potholes on the road and rarely will you find dogs on the streets like you do in Chennai. I loved the crowd and the support of everyone on the road as I ran my race...

SOLITARY REAPER

The real story of a strong and earnest runner from the hills... *Akhila Krishnamurthy* narrates



The first time I call her, she is in practice. “Na track le irrukke, Ma’m (I’m on the track, Ma’m),” she says, after I introduce myself and tell her why I’m calling. The second time I call her, some ten days later, she answers my phone, instantly — she has saved my number, and it is almost as if she was expecting my call: “Ippo Pesala Ma’m (We can talk now, Ma’m), Room le da irrukke (I’m in the room) Innikki yennoda rest day (Today is my rest day).” I can sense excitement in her voice; a faint smile on her lips...

We speak — in Tamil - for fifteen minutes; she is a woman of few words — preferring to respond to my rather long questions — that will help me get a good sense of her life and journey on the road — with crisp, straightforward, one-liners that are, from a journalist’s perspective, not enough to fill a story with enough meat but are packed with an honesty that is as poignant as it is powerful.

The third time I call her, she is on the track again. This time, I’m trying to pin her down for some high-resolution photographs. It is ironical — I think later - that a runner of her calibre hardly has any. Organisers obviously haven’t invested enough in archiving good photographs of a winner, and the runner, I suspect, couldn’t be bothered. Yet, to make me happy, she says she has tried her best. “Ippo da Ma’m, hostel le modem seriya achi (Just now the modem in the hostel started working),” she says, “I’ll send you a few.” I know she is saying the truth. In the background, I can hear the sound of traffic, cheery voices of young women chatting away, and a faint hum of an old Tamil song blaring on a radio...

Classic hum of hostel life.... Sudha has been hopping hostels — Ooty (UG), Chennai (PG), Coimbatore (PG) — over the years, and is accustomed to its way of life. It has also made her fiercely independent, strong, resilient and tenacious. Those who have seen her run — and win — will agree it is those very qualities and emotions she shows on the road; seven out of the eight times that she has run a half marathon in Chennai, she finished first. Her last best timing for a half marathon here, in Chennai, was 1:18. The first time she ran a full marathon ever, was in Chennai, and she finished first at 3:45.

She is now a post graduate student of Physical Education at Coimbatore’s Bharathiar University. Last month in Bangalore, she won the second place in the Bangalore’s Celebration Run; she finished a full marathon at 3:16. It isn’t her PB (Personal Best), she quickly clarifies, telling me her best so far was at the Delhi Mawana Marathon where she finished at 3:04. She has been running full marathons for three years now; investing time, energy, effort to better her running and further her running career...

If you look at her strides, and her speed, you could say Sudha Mani was really born to run! But the real story is quite the contrary. With Sudha’s lilting, tribal accent and intonation, I’m transported to the Nilgiris; to a small village in Kothagiri, where Sudha was born and raised, attending a local school with no awareness or exposure whatsoever to sports or running. In college, getting admitted to study History, Sudha found her calling in running. A local physical education teacher encouraged her along with a few others to train, and following her success at a University meet in Coimbatore in the 5K, 10K and 21.1K categories, Sudha began training regularly at a ground in Ooty.

The morning sun, you know, doesn’t rise early in the hills. But well before sunrise, at 5.30am, a young Sudha, would wake up to her mother’s call. Sometimes it would be a cup of tea, at others, a glass of ragi kanji, and at 5.50, Sudha would begin her walk to the only and the nearest local bus stand to board a bus to Ooty’s central ground for practice and training. For 3 years, every morning and evening, Sudha religiously followed a training regimen that straddled an array of endurance, strength and cross-training techniques. After the practice, at 10.30am, Sudha would empty the remaining glass of ragi kanji and a banana, both of which she’d carry from her home. To fill her stomach, she would buy a few vegetables — cucumber, carrot — and a bowl of sundal (channa) from a local store, and eat them. “Heavy workout na, oru glass badam milk (If it’s a heavy workout, one glass of badam milk),” she remembers, drifting away to her time in the hills.

She would get home at 1pm and set off

for training, again, at 3.30pm. Walk. Bus. Train. Bus. Walk. Home. Sleep. Training helped. Sudha ran her way, slowly, and steadily, out of the hills, to see places, and get a taste of success. She remembers running a cross-country race many years ago, and finishing second. But importantly, running gave her exposure and experience. “It was great to see so many people,” she says, “I felt more and more the need to run well.”

She did. And after a series of wrong choices and some disappointments, Sudha heard from a friend of a friend about the Chennai marathon. It was 2007. A 100m runner called Vigneswaran took her under his wing and introduced her to his trainer, Rajashekar. That introduction also helped her get admission in the Sports Quota for a Masters’ Degree in Public Relations at Chennai’s MOP Vaishnav College for Women.

Mornings in Chennai meant training at the Nehru stadium. Chennai opened up an avenue of accolades for Sudha. “I participated in the All-India Open Nationals in Delhi, Punjab, Bhopal... I represented the State in State Meets... I also represented the Madras University in an all-India University Meet in Trivandrum where I won the third place in a cross-country race; it was amazing to be recognized; to become someone, many people knew about.”

That training set her on the road, and Sudha admits there has been no looking back. Sudha went on to win accolades aplenty across races in Mumbai, Delhi, Chennai and Delhi. After Chennai, Sudha spent three years in Ooty, training with focus to bring home, many medals, and make her village swell with pride. And then, last year, Sudha decided to go back to college to study Physical Education in a city near her home. Up in the hills, some two-and-a-half-hours away, her mother, Sarojini, still works in the estate. “How has running transformed you? (Running naale unguulu kul enna matrum?)” I ask Sudha before hanging up. Pat comes the reply, “Adha la onnum ille, Ma’m (Nothing like that, Ma’m),” she says, “Na Kaasu ku daan odaren (I run for the money. Yenga Amma ve naan da paathukanum (Only I need to look after my mother.)” And then I think of her mother, a solitary reaper, plucking tea in the hills... Singing, perhaps? I hope!

Introducing CHEF RATHNARAJ JOSEPH

ADVT

The Executive Chef at Westin Chennai Velachery, Rathnaraj Joseph is both an immensely-talented culinary expert as well as a sound businessman. He is consistently working towards creating a modern business model, and is open to exploring new ideas and innovations in the hospitality industry. He is also keen to find ways to pass on his knowledge and expertise to the generations to come. Professionally, he believes in and strives towards achieving two predominant principles — to create experiences for diners that they will remember for a long time to come, and to share and spread his passion and love for food.



Chef Joseph began his career in Bangalore as a Chef De Partie and since then has proven his abilities time and again through his work experiences with eminent names like the Taj SATS Air Catering Ltd, Radisson Blu GRT Temple bay, and the Radisson Blu GRT Hotel, to name a few. That apart, he has served across the globe — Mediterranean, Middle East and Asia — in hotels, cruise lines and airlines. With a rich experience of over 20 years, Chef Joseph joined the Starwood family in May 2014.



DRINK N RUN

Choco Banana and Berry Smoothie - A post marathon smoothie

Ingredients:

- 50 gms Almond
- 1 cup low fat milk or regular milk
- 1 tsp Cocoa powder
- 10 ml – Melted chocolate or chocolate syrup
- 1/4 Cup Frozen Blueberries
- 1 Ripe Banana
- 2 Dates, pitted and soaked (if hard)
- 1 tsp Coconut Oil
- 1 tsp Mace Powder (opt)
- 1 tsp Vanilla Powder (opt)
- 4 Ice-cubes

Method:

Blend all ingredients in a high-speed blender until well combined. Enjoy!

MARATHON MUNCHIES

Spaghetti Vongole - A pre-race high carb dish

Ingredients:

- 140g spaghetti
- 500g fresh clams in shells
- 2 ripe tomatoes
- Olive oil
- 1 fat garlic clove chopped
- 1 small or half a large fresh red chilli finely chopped
- Splash white wine (about half a small glass)
- Chopped parsley

Method:

1.Put the water for the spaghetti on to boil. Rinse the clams in several changes of cold water. Discard any that are open or damaged. Cover the tomatoes with boiling water, leave for 1 min, then drain and slip off the skins, Remove the seeds and chop the flesh.

2.Cook spaghetti according to pack instructions. Meanwhile, heat the oil in a large pan, add the garlic and chilli, and then fry gently for a few seconds. Stir in the tomatoes, then add the clams and a splash of wine, salt and pepper and bring to the boil. Cover the pan and cook for 3-4 mins, until the clams are open. Drain the pasta, then tip into the pan with the parsley and toss together. Serve in bowls with bread for mopping up the juices.



Ω CELEBRITY SPEAK



A CEO STORY

Managing Director and Bank CEO, J P Morgan Chase, Madhav Kalyan, is gearing up to run The Wipro Chennai Marathon (TWCM), 2014. Amidst a very busy schedule, taking a few minutes off, while waiting to board a flight from Delhi to Mumbai, he talks to **Akhila Krishnamurthy** and answers a few questions...

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How does it feel to return to The Wipro Chennai Marathon (TWCM)?

Great; this is my third TWCM. I ran the half marathon in 2012; the full marathon in 2013 (my debut Full Marathon) and I look forward to my 2014 full marathon. My favourite parts of the TWCM course are the Marina and running within the IIT campus that is full of deer.

That's great; so you are a familiar face at TWCM?

Yes; in fact TWCM holds a special place for me since it was my first full marathon in 2013. I did it in 5:42.

After that, what has your running course been like?

Since then, in 2014, I have done three more full marathons (in Mumbai, the Kaveri Trail Marathon and Amsterdam). Timings have improved during the year and I did the Kaveri Trail Marathon in September this year in 4:48 and Amsterdam in October this year in 4:45.

What about a half marathon? What is your PB?

My half marathon PB is 2:06 at the Satara Hill Marathon in August 2014.

Tell us about your training...

I train 5-6 days a week and do about 60K on average each week. My runs include intervals, hill runs, tempo runs, relaxed runs and long weekend runs. I cycle one day each week, as cross-training.

How often do you run a race?

I run a race every 30 - 45 days. These

include full marathons or interesting half marathons. This year, for instance, including Chennai, I would have done four full marathon and four half marathons (F1 circuit Noida, Aarey Mumbai, Satara Hill Half Marathon, Hyderabad Half Marathon) races. Having a race to look forward to every few months, keeps me in constant training and prevents me from slacking.

But your job must be quite busy and may involve a lot of travel too, right? How do you manage?

Yes, I travel quite a bit, both locally and internationally and run wherever I travel - Washington D C, New York, London, Dhaka, Colombo, Singapore, Hong Kong. Locally I travel to most metro cities.

“Having a race to look forward to every few months, keeps me in constant training and prevents me from slacking”

Okay, are there any special spots where you love running, both in India and abroad?

I love running in Delhi around the India Gate and at Lal Bagh in Bangalore. My favourite run is along the Washington “Mall” - the area from the Capitol to Lincoln Memorial with the Washington Monument along the way.

When did your running journey begin?

I started running in August 2011 and my first race was the Standard Chartered Mumbai Marathon (SCMM), where I ran a half marathon in January 2012. Since then I have run about 20 races.

Do you run with a group?

I train alone and run my races alone. I'm not a part of any running group. Running is my “me time” and an early morning ritual that is almost spiritual and meditative. I don't listen to music on my runs, preferring to think and plan my day during my runs.

What's on your mind when your running?

My thoughts tend to dwell on the day ahead and I use the time on the road to think through my priorities for the day. Sometimes the focus is on running form, breath, pace, foot strike, etc.

Do you have any role-models in running?

Running inspirations are friends like Kiran Solanki of Mumbai, who has run the Comrades and did the 100K Bangalore Ultra and Pankaj Rai, a friend in Bangalore, who has been a long time seasoned runner. Daniel Vaz is my running guru.

What has been your greatest takeaway from running?

Running has been a transformative experience; it has made me test my emotional and physical limits and boundaries. It has made me more disciplined, determined and more committed to improving myself constantly.

CHENNAI-BOUND

We chat with five runners from across India, who are packing their bags to run TWCM, this year...



C J Mathew , Cochin

C J Mathew used to run regularly, and then after a hiatus, he returned to running in February this year. And with a bang! A member of Soles of Cochin, a growing community of runners, Mathew, considers TWCM, a must-do race in every runner's calendar. “I've heard so much about the group of runners who organise the run, and about the race itself,” he says, “From a runner's point of view, a good race is one with well-manned hydrating stations and a culture of people who make you feel at home. I've heard TWCM is like that. And I hope to meet and grow my circle of running friends.”

Dr Prabhakar Singh, Surat

An IVF Consultant based in Surat, Dr Prabhakar Singh is packing his bags to travel to Chennai, and run TWCM. “It's my first time here,” he says, “And I can't wait.” Dr Prabhakar has been running for the last four years and has since then also been travelling to different cities in India to soak and experience different running ambiances. “Different roads too, you know,” he adds, “I like the whole idea of running a race in a different city. It's very rejuvenating.” He says he has been tracking TWCM's presence on social media and finds the entire publicity charming, and inspiring at the same time. “This is the peak season, so to say, in terms of races,” he says, “Hyderabad, Delhi, Mumbai, Goa. I intend to add Chennai to my calendar, every year.”



Tanvir Kazmi, Delhi

He is a seasoned runner; the founder of the Delhi Runners. Just last week, he ran his tenth half marathon in Delhi. But as far as TWCM is concerned, it's his first and Tanvir Kazmi is most excited. “The last I visited Chennai was 15 years ago,” he says, “And apart from the Marina, I have no specific memories of the city; so I'm really looking forward to December 7th.” His decision to run Chennai this year was also prompted by the positive comments and feedback he has been hearing about TWCM, its organisation, and the people behind it. “I've heard it's among the elite four-five runs that happen across India,” he says.





Patrick Pitchappa, Bangalore
 Runners in Chennai, and regulars at the Chennai marathon, will recognise Bangalore-based runner, Patrick Pitchappa. Since 2012, Patrick has been travelling to Chennai to be a part of the race, see and meet more runners and “discover the joy of running”. In his own words, the city, holds a special place in his heart. “First and foremost,” he says, “I am a ‘son-in-law’ of Chennai; so I get treated royally here. Also, I know that Chennai is a frontrunner in leading the running revolution in India with dozens of running groups coming up in the city every year. I can always find a running group or partner to run with whenever I am in Chennai.” Then of course there is the food and the culture, he adds. What about TWCM? What are his impressions of the run. “TWCM takes the cake when it comes to running events; I love the organisers, the route, the aid stations, the volunteers, the traffic management and the December weather... It’s just awesome!”



Divya Vivek, Mumbai
 “I ran my first 10K on December 2nd, 2012,” remembers Divya Vivek, who moved to Mumbai in June this year, “It was the most exhilarating experience, beginning of the awareness that there was a runner in me, and the start of my running journey.” TWCM 2014 is special to her also because it is her only half marathon this year and returning to run in Namma Chennai with friends and the running community, is something she is eagerly looking forward to. Commenting on TWCM, she says, “TWCM has been instrumental in changing the face of Chennai in the early mornings with the number of people taking up running every year increasing exponentially. TWCM and Chennai Runners have played a major role in making Chennai a running city.”

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STRETCH MARK!

Dr Madhu Thottappillil reiterates the importance of dynamic stretches, before a run

Stretches! Much has been written about them but one can still not emphasize enough! People somehow overlook its importance. They think it's significant to focus more on the actual running than what is in fact actually required to prepare the body for a run. Our bodies have a mind of their own. One cannot expect the body to cooperate after having subjected it to the rigors and demands of modern living. They aren't, after all, what they used to be!

Have you ever watched someone play the guitar? If you have noticed, they'd tune it first, adjusting the keys to which the strings are tied. Loosening or tightening according to the pitch required. One cannot just start playing a tune or chords without

tuning it first as it wouldn't be in sync. If the strings are too tightly wound, and you try to play anyway, it will snap.

This is the closest one can come to describing the idea of putting the body through the motions of running without the much-required, mandatory stretches! In my opinion, most of the problems that crop up in people who have started running could have well been avoided if they had paid it its due credence!

Another example could be a new rubber band. If you try to stretch it, it'll feel tight and constricted. But over a period of time, once it is stretched well, and you have used it a couple of times, it becomes pliant and flexible and easier to use.

The body needs stretches to prepare itself for the arduous demand one is going to put it through in the form of running. A dynamic stretching workout before running and working your muscles through some of the ranges of motion they'll need, is what recent research suggests, is the best step towards preparation.

It is essential for runners to target the muscle groups used for running.

Before the stretches are undertaken, make it a point to warm-up. Typically a warm-up should encompass extension and flexion of the legs, lateral movements of the hip since that is the area of the hip where the flexors of the hip, quadriceps, hamstrings and the psoas come together.



Hip Circles: Stand with your feet wide apart with your hands on your hips; rotate your hips in circles in a clockwise and then counterclockwise pattern ten to fifteen times in each direction.

Butt Kicks: While walking forward, kick your heels slowly behind you towards your gluteus muscles. Repeat this ten times for each leg.



Leg Swings: Swing one leg to your sides, then back and to your front. This sequence should be performed ten times on each leg. Please ensure that you are holding on to a partner or an object while performing these stretches.



Monster Walk: While walking a distance of 20 metres, kick one leg up in the air to a comfortable height while trying to touch the toe with the opposite arm. Repeat for the full distance. This works stretching the hamstrings.



Knee Hugs: While walking, bend one knee up into your chest. With the same side hand hug the knee across to the opposite shoulder. The opposite hand should be used to help pull the knee across at the shin. Repeat as many times alternating for about 20 metres. Care must be taken not to twist the knee. This stretches the Gluteals.



Walking Lunges: While stepping forward with a long stride, drop your back leg towards the ground. This should be performed slowly while walking. Care should be taken keeping your front knee aligned vertically over the ankles. This stretches the Hip flexors.

These dynamic stretches build intensity before the actual run and help your body prepare for the run. For the long run, the body will thank you for it!

Photos: courtesy: Dr Madhu Thottappillil



MENTAL MOJO

“Allow yourself to sync into the rhythm of your running with that of your breath, allowing pace and your mind to rest lightly in the here, and now,” advises *Dr Jyothi Ravichandran*



Running is so much more than a sport, wouldn't you agree? Seasoned runners as well as amateurs are frequently seen surrendering themselves to the experience that they consider so much larger than themselves. Becoming aware (painfully!) of muscles and joints which hadn't made their presence felt before that first run around the block, getting over sore muscles and tackling the road day after day in order to gradually increase one's mileage and speed, contribute to a heady sense of achievement and well-being.

As important as a rigorous training regime, is the need to equip oneself psychologically to take on a marathon. Surely, one cannot merely imagine their way to victory with suboptimal fitness and training but one can definitely render their training ineffective with self-doubt and emotional fatigue. So, let's reflect a little about the ways in which we can “psych” ourselves before a run.

PROCESS OVER PRODUCT

Training for a marathon can be gruelling in more ways than one. It challenges limits of physical endurance, of motivation and of commitment. Even so, this period can be a harbinger of great personal growth. Since it entails pushing your capabilities constantly, it sets a condition to break out of one limit after another. It also presents one with the risk of setting unrealistically high expectations of oneself, leading to excessive training before your body is ready and losing confidence and motivation due to lack of improvement. The chances of such an event presenting itself are increased when we set our sights on the end product (for instance, winning a particular race or running a certain distance within a limited period of time, etc). Experienced trainers opine that it is more effective to focus on the process of training rather than the end goal, meaning, paying attention to what your body is capable of, what you should be doing everyday to improve your fitness in sure; gradual steps and giving your body enough rest in order to prevent exhaustion and burn-out.

On race day, it is important to keep your realistic capabilities in mind and strive to have a good run, respecting the limits of your body. One can then start

the next training cycle by building on the existing fitness level and work towards getting closer to the goal time. Contrast this approach with a runner who sets an end product and trains to achieve it no matter what, by constantly pushing the body over its limit at every training session and sustaining injuries that break the cycle contributing to stagnant results. Both these scenarios are witnessed constantly and it is easier to see which approach is sustainable in the long run!

Many runners recovering from an injury tend to pick up training at the level that they left off before the injury, without scaling their training to suit their current fitness level. Here comes the importance of progressive goal setting, where it is to your benefit to focus on the next logical step of your training to achieve improved results.

COMBATING ANXIETY

It is common for people to attach a great deal of importance to how they perform in a run and equate it with how good they feel about themselves. A poor performance may lead to excessive anger, disappointment and self-hate, emotions which eventually settle in as anxiety before the next run. An important factor in maintaining motivation and staying calm is the talking we do with our minds. These messages to self can range from encouraging self-talk to harsh, critical conversations. It is important to keep in mind the utility of balanced self-talk that takes into account the facts of the matter. For example, at a moment of frustration, thinking, “I cannot do this anymore! I'm not cut out for this!” may push one to be discouraged, set unfairly low expectations of self and even force someone to quit. A more balanced message to send to oneself would ideally be something like, “I must have been tired today; a single training session does not accurately predict my capacity.”

A rational appraisal of the situation helps us look for the cause of trouble and work towards rectifying that rather than blaming and quitting based on an emotional reaction to the situation. Isn't it ironic that the very thing that many people do to overcome stress is what is causing anxiety when it comes to a marathon?

Trust your training, yourself and the magnanimity of the road. Allow yourself sync into the rhythm of your running with that of your breath, allowing pace and your mind to rest lightly in the here, and now. Running can elevate many of us to a state of meditateness. It is this quality of the sport that is going to draw you back again and again... Give in to it and success will be inevitable. Have a great run!

MENTAL MOJO RECKONERS

- Set a routine that accommodates your training in a way that doesn't overwhelm you

SET SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND TIMELY GOALS (SMART GOALS)

- Set process goals for yourself such as committing to at least 15 minutes of supplementary strength training six days a week, eating healthy when you go out, etc

- Take support from other runners to stay focussed

- Practice mindfulness while running by focussing on the physical sensations, the sights and sounds around you and immerse yourself in the moment. Self-doubts and anxiety will automatically fade away

- Stay patient and kind to yourself. Your biggest source of support has to be you

- Replace negative, self-defeating thoughts with balanced, rational ones

- Maintain a journal to chronicle your improvements, both on the road and on the personal front. It's a great way to monitor yourself

Let the endorphins do their job! Enjoy the run!



THE RACER'S EDGE

By Blade Runner
Ravi Mundoli

It's that time of the year in Madras again. The snail is on the thorn and the lark is airborne, so to speak. If you listen carefully, you might be able to faintly make out the sound of Mountbatten Mani and Gnanambigous Caterers taking their wet grinders through a dry run, in anticipation of sabha season, more importantly saapaad season. This is also the time of the year when that motley crew, the Chennai Runners gets together to organise their annual orgy, The Wipro Chennai Marathon (TWCM). The Chennai Runners, for those who came in late are a cult club to be a member of which the main skill set you need to have is to be able to get up at 3:30am. The TWCM is the flagship event for these #LetsPretendThatWakingUpAt330IsFun FUNFUN!! folks, and it is a smashing production organised with great vim and vigour. Energy enough to propel a small aircraft carrier has been expended in making arrangements. In this issue of The Rundown, we've invited the Chennai Bladerunner to help our readers with any questions or concerns they may have with respect to TWCM.

Assorted Thaathas and Paatis and Maamas and Maamis are starting to talk about the dew and the morning mists with perfectly serious faces. The Age of the Leopard-Print Earmuff is at hand!

Winter is coming.

P.S.: The Chennai Bladerunner is neither a scifi movie hero, nor a (formerly) inspirational athlete. He is merely a runner who likes to put blade. Any advice he dispenses that you follow, your "mileage" may vary.

Q: This is my first TWCM. How do I get ready for the big day? — Running Runganathan

A: Machaan, the last week of November is kinda late to be asking this question, no? Oh well, let's see. Since you don't have a lot of time left, best would be to do a crash course which helps you acclimatise to the conditions. For this you need a very small treadmill (1 nos), pressure cooker (1 nos), a sewer (1 nos), Alice's magical shrinking cake (1 nos). Work up a nice steam inside the pressure cooker. The temperature should be set to "Chennai Peak Winter Early Morning"; 36 degrees C should do nicely. Humidity of course 300%. Once these balmy conditions are obtained, put the treadmill inside the cooker. Swallow some of the cake, shrink to the desired dimension, and slip yourself in as well. Have a friend float the entire apparatus down the sewer, and start running like a mental fellow. Voila, welcome to Chennai running.

Ey, wait!! Did you remember to take Alice's magical expanding potion into the cooker with you? Damn, too late. He seemed like a nice guy...

Q: Can you tell me the route that the course will take so that I can input it into my Garmin?

— GPS Goundamani
Of "course". Get it? "Course"? Ha ha. This one is so bad my sense of humour is trying to strangle me... Actually, even the CRs don't know the answer to this one. It may or may not start and finish in Taramani, is all I can say. The manner in which this course is plotted and measured is one of the Chidambara rahasyams of this event.



Usually it's a judicious mix of OMR, Adyar, Marina and IIT. The highlights include running by what was the "Buckingham Canal" but now is the "Bucking hell! This was a canal?", over the Adyar Sewer, and along the briny beach. The Marina stretch is controversial, you will hear several cribs about headwinds and gusts. It's like everyone is not a runner any more, but a 747.

Q: Will there be any celebrity runners at TWCM? I would dearly love to get some autographs. — @I<3YoYoHoneySing

Yo, thevayaa? Pesaame odu ya... In English, what I'm trying to say is, of course there will be celebrity runners. That's the point of the whole thing, isn't it? I mean, the entire reason why we wake up at 3:30 a.m. and compete with street dogs of inner Kotturpuram and deepest Kilpauk is on the off chance that once a year, some glamour star may or may not be persuaded to drop whatever it is glamour stars do in December to come and run a few dozen kilometres in the pleasantest city in the subcontinent, and (oh bliss!) we may get to rebreathe the air that they breathed.

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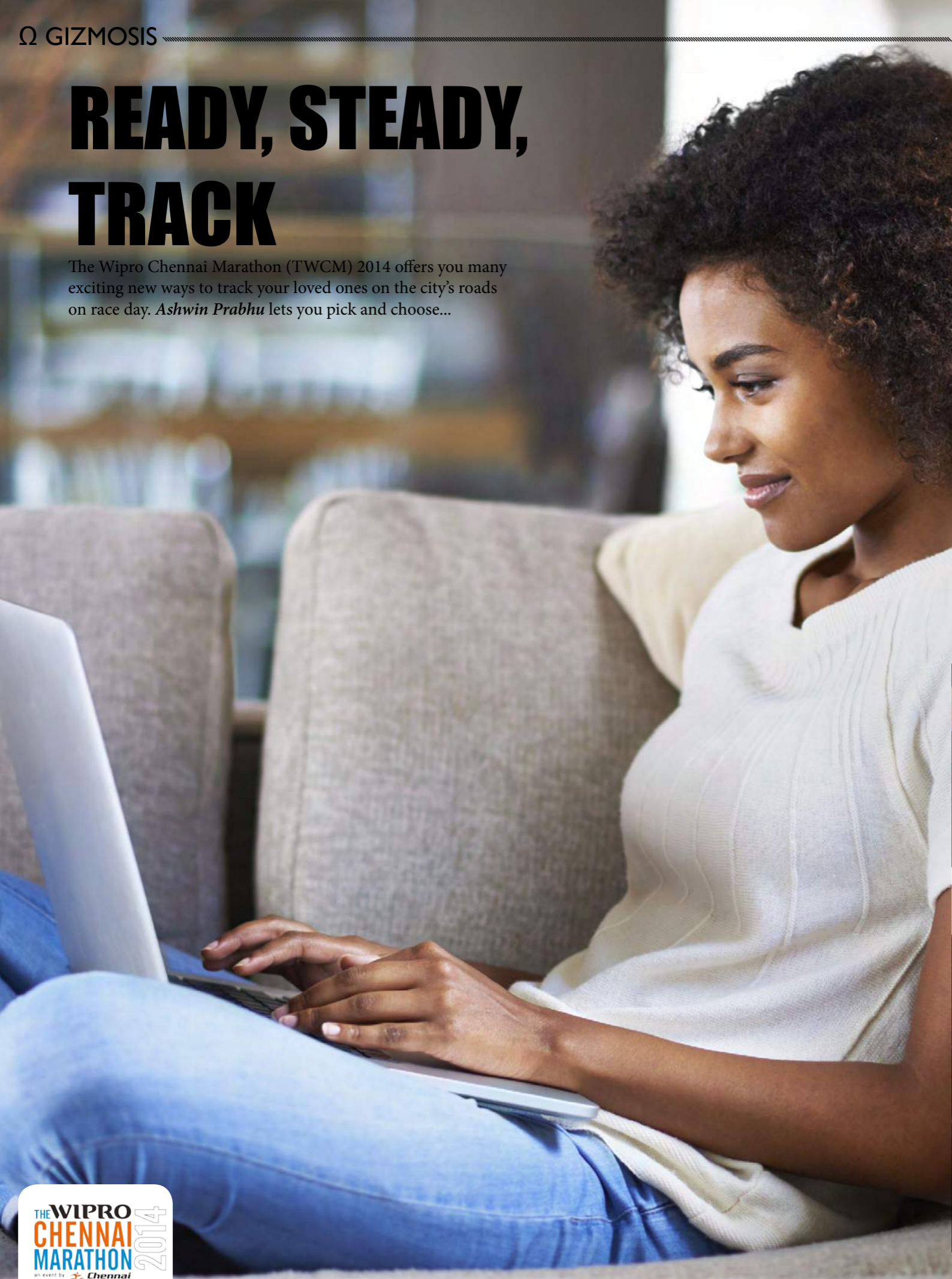


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READY, STEADY, TRACK

The Wipro Chennai Marathon (TWCM) 2014 offers you many exciting new ways to track your loved ones on the city's roads on race day. *Ashwin Prabhu* lets you pick and choose...



Technology has been the recreational runner's best friend for some time now, allowing runners to log their distance, monitor running pace, heart rate and keep track of their daily mileage. Now, multiple other technologies (Radio Frequency Identification - RFID, SMS, Mobile apps) are being harnessed to provide a great race day experience not just for the runners but for their friends and family too. Below are options you can choose from...

SMS - SIMPLY THE BEST:

TWCM13 surprised runners by sending them a congratulatory note and their finish time on SMS as soon as they crossed the finish line. This year, we have extended this popular SMS service to the runners' loved ones as well. A runner registered for TWCM14 can simply login to his user account at www.thewiprochennaiarathon.com before race day and input up to three mobile numbers of friends and family

members. The finish time update will be sent on SMS to these mobile numbers as well informing them that their runner has finished the race successfully. Enjoy!

WEBSITE - WINDOW TO THE WORLD:

TWCM will offer real-time live tracking of runners for the first time on the www.thewiprochennaiarathon.com website this year. All one has to do is to visit the Runner Tracking section on the website any time during the race on December 7th, 2014 and input the runner bib number to see live updates on the progress (distance covered, time taken, expected finish time) of the runner until she/he crosses the finish line. Final race results of 2014 as well as previous years can also be viewed on the website after the event.

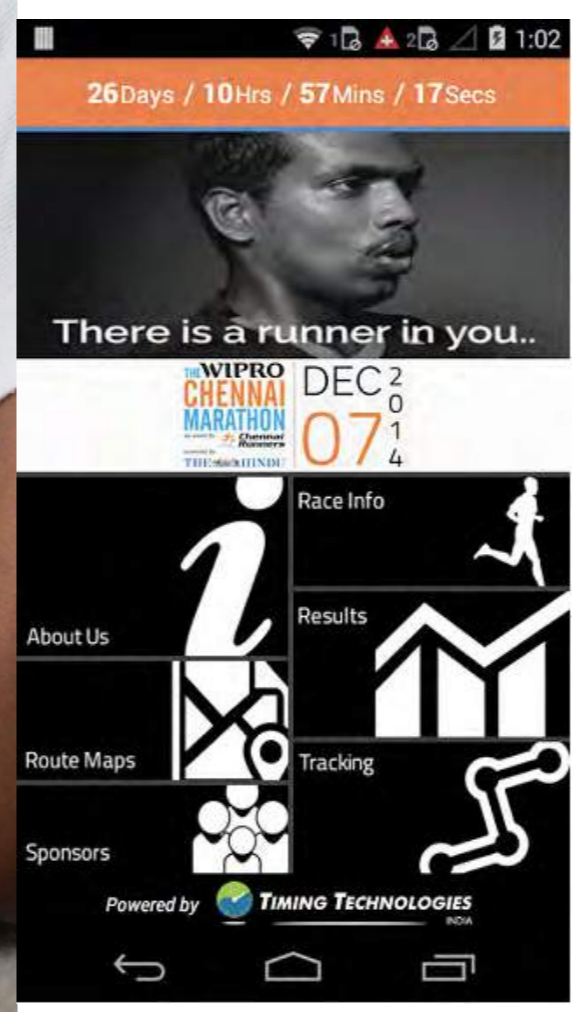
MOBILE APPS - WITH ME ALWAYS:

Runners can also be tracked by anyone using handy Android or iOS mobile apps,

easily downloadable on either the Google Play store or the Apple iTunes store (search for The Wipro Chennai Marathon). These apps, similar to the website, will provide real-time updates of the runner's progress on the course. Be prepared for some cool user interfaces and screen transitions. Apart from race day tracking, you will also find useful information like race day weather, route maps, final race results and FAQs on these apps.

SOCIAL MEDIA - SOCIALLY YOURS:

Runners who thrive on social media will now have a way to automatically post their race split timings real-time to their loyal Facebook following. If you're a runner, remember to simply login to your user account on www.thewiprochennaiarathon.com before race day and authorise TWCM to publish live updates to your Facebook wall. All your friends will now be able to cheer you on race day right on your Facebook wall.



All the tips they give you to beat the pre-race jitters.....



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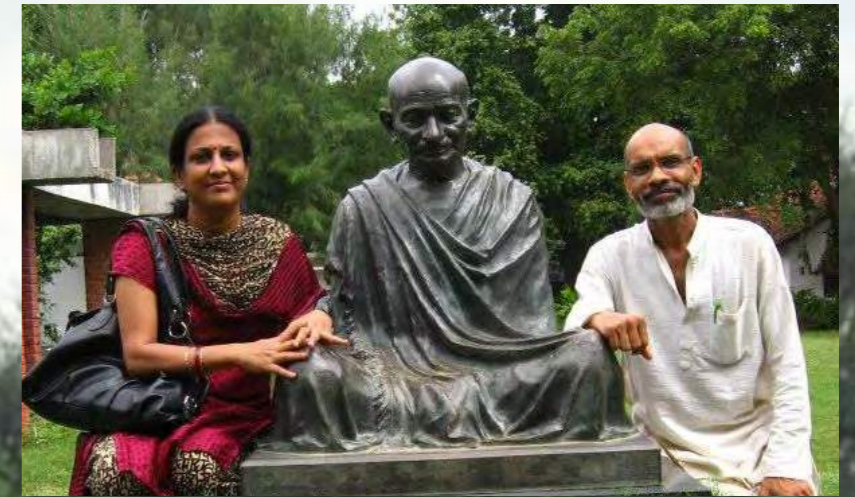
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“ANYONE CAN RUN”

Candid confessions by Bangalore-based Ultra Marathoner, *Vishwanathan Jayaraman*, a.k.a the Hubli Express, as he narrates moments from his journey in running — the story of how through running, he quit smoking, discovered Gandhi, turned barefoot and Vegan...

I had all the makings of falling prey to the machinations of the Lady Nicotine. Belonging to a middle-class south Indian family and brought up in the north Indian cow belt, there was always a pressure to live down the religious mark on the forehead and the south Indian accent. Added to this was my innately high strung nature. I used to take it out on my finger nails. The first time I had full nails on both my hands was when I got them busy delivering Nicotine to my lungs. While it was all there waiting to happen, the surprise was how I stayed off it till the fourth year of college. The trigger was a dare from my batchmate after dinner on Republic Day of 1984, that I could never overcome my Tam-Brahm, Lower Middle Class Hangover! I took the challenge and left my guru behind by miles. While he remained a casual smoker, I had now arrived on-the-scene. I graduated from a cigarette a day to countless cigarettes which were rolled, to avoid keeping count!

Kicking the habit and in the process finding my passion in life...
Mark Twain says, "Quitting smoking is very easy, I have done it many times!" And it is true. I tried to give it up many times. To no avail; my affair with Lady Nicotine lasted for 16 years! The aid of Chewing/Patch tobacco supplements also proved futile against the charm of the Lady Nicotine; she had me in her death grip! Every failed attempt made the next attempt even more difficult to contemplate. My wife's and daughter's pleas notwithstanding, I was in a mode of

rationalising my smoking habit.

I had taken part in the 52 kilometer run in college before I started smoking. On August 10th, 2000, a day I remember quite well, I ventured into yet another quit attempt. What was different this time was that I took up a physical activity to assist the quit attempt. Initially, I could not even run 100meters. Gradually, it took me a few years to run the half marathon distance. I ran my first half marathon in 2008. I became addicted to running. What started out as an antidote for smoking became a full time passion in my life.

Marathoner to the world of Ultra Marathoner...

I started taking part in various long distance running events. I have run in all the major marathons in the country many times, viz., Delhi, Mumbai, Hyderabad, Chennai, etc. My best timings for the full marathon are 3:38 at Chennai and 3:36 in Mumbai. To challenge myself further, I progressed to distances beyond 42.195 and entered the world of Ultra-marathons. I have run the 100K Ultra at Bangalore in 2011 and Ooty in 2013.

Turning to Gandhian ways and Khadi...

Along the way, I started reading about Gandhi and the books written by him. His thoughts and ideas made a deep impact on me. So, I adopted his ways after visiting the Sabarmati Ashram in 2010. I learnt how to spin yarn using a Charkha there and took to spinning. I initially started wearing Khadi made from the

yarn spun by me for work. It was so comfortable. Thus, I threw out the dri-fit clothes that I used to wear for running and switched to wearing khadi since 2012.

Born to run; turning barefoot and Vegan...

Inspired by a talk by Barefoot Ted McDonald before the Auroville Marathon of 2012, I decided to turn barefoot. I found my speed going up and my recovery times becoming far lesser after turning barefoot. Finally, aiming to breach Gandhi's last frontier to give up milk and troubled by an article on ill-treatment of milch cattle in The Hindu newspaper that appeared on May 12th 2013, I gave up all dairy products and turned Vegan. I now regularly run upwards of 30K on a daily basis and try to run a marathon on weekends and holidays.

Running has transformed my life...

I find the process of running very spiritual. During the runs, I find solutions to a lot of the issues I face at work and life in general. I have made a lot of friends across the country, and abroad and friends of every age group. It gives me a lot of joy to run with different running groups whenever I visit a place either on business or for pleasure. After getting to know so many fellow runners who have battled various odds in life and work through running, I can say with all the confidence at my command that it makes sense to run. Anyone can run!

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