

THE

# RUNDOWN

AN INITIATIVE OF THE CHENNAI RUNNERS

JANUARY 2023

For private circulation only

## ***RUNNING WITH TYPE 1 DIABETES*** - ADITI MUKHERJEE



**NAMMA CHENNAI. NAMMA MARATHON.**



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## **EDITORS'S** *Note*

Hello dear Runners,

The end of the pandemic has ushered in a new era of healthy living.

And the Chennai Runners' way of making it official and celebrating this beginning is by organizing and hosting the most awaited run of the year – The Freshworks Chennai Marathon.

A new title sponsor is just one of the novelties of the 11th edition of the Chennai Marathon. This time after two years of running on the Irungattukottai Motor Tracks, we are back on the Chennai roads. The routes for the various distances – 10K, 21K, 32K and 42K start from the prominent Napier's and Elliot's beaches and traverse through the main arteries of the city covering landmark monuments before finishing on the scenic ECR.

Besides health benefits, Chennai Runners has always contributed to philanthropic initiatives through its running events. The Freshworks Chennai Marathon 2023 is dedicated to creating awareness about Type 1 Diabetes (T1D) and to raise funds to benefit children from economically backward families suffering from T1D.

This year's Rundown magazine edition is a manifestation of our energy and optimism for a healthy future achieved through an active lifestyle and made possible because the world has once again become accessible post the lockdown restrictions. So many from our Chennai Runners' fraternity have gained national and international acclaim in the past year. Through interviews and short excerpts of their accomplishments and training methods, we have attempted to celebrate their achievements, while also learning from their practice. There are also several interesting articles by runners on their musings on running through the rolling terrains of South Africa, historic streets of Berlin, the mighty Himalayas, their local neighbourhoods and much more.

Read to live their experiences.

Live the runner's high!

Cheers,

Aditi Mukherjee



## **RACE DIRECTOR'S** *Note*

Dear Runners,

The desire to enable an international level marathon running experience to our runners is what initially drove us to organize our first Chennai Marathon in 2012. Over the years, this landmark event initiated by Chennai Runners has seen a massive upturn in running and brought together runners from all across the country as well as internationally. In fact, Chennai Marathon has the prestigious acclaim of being the only running event to be conducted uninterrupted in the last decade. Throughout our journey, our previous partners – Wipro and Sketchers have been a huge support in conducting our earlier editions.

The 11th edition of the Chennai marathon is all set to hit the roads of Chennai with an all-new official title sponsor, Freshworks Inc. - the global Software As A Service company from namma Chennai. The brand and the marathon share a common passion for the city of Chennai and have the ambition to make our city a world-class destination. With this event, we are looking to further raise the benchmark for running events in the country by bring in innovation in event running infrastructure, experience, and safety.

Regards,

V P Senthil Kumar





## PRESIDENT'S *Note*

Chennai Runners has now stepped into its 17th year - a group that was started with just a handful of runners now has 17 chapters spread across the city. The small ECR runs have grown into the magnificent Chennai Marathon with around 25000 participants.

Charity and Chennai Runners go hand in hand. A few years back, we had decided to make our runs count by running for charitable causes. We have supported para-athletes, even at the national and international level, conducting training camps (Thiramai) for them and ours has been the only event to have inclusive participation. Water has always been precious to Chennai and we undertook the lake restoration work with the Environmentalist Foundation of India. This year, we will be raising monies to support children with Type 1 Diabetes. In appreciation of and to reciprocate the support of the administration for facilitating an event of this magnitude, we have installed CCTV cameras for the Chennai city police.

In 2021, we had started an initiative to support long distance female runners where the founders of Chennai Runners along with accomplished women runners started mentoring women runners to run half, twenty miler and full marathon distances in the 10th edition of Chennai Marathon. This mentoring program continues this year too.

Additionally, the CR MALT (medical advisory liaison team) was set up to help runners understand health issues, overcome injuries and be present as support staff in all events. Further, to equip runners to handle medical emergencies on road, in association with TACT, we conducted a first aid certification for around 70 runners. This will be an ongoing engagement.

Going forward, we hope to associate with many more new initiatives and be actively engaged with various agencies to make running a pleasant experience.

Regards,

Dr. Lakshmi Sundar

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From one marathoner to another, let's all unite on the **8th of January** and run for the greater good at the Chennai Marathon (An initiative to raise funds in aid of children affected with T1D - Type 1 Diabetes).

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To know more about the event, visit [www.thechennaiarathon.com](http://www.thechennaiarathon.com)

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# RUNNING THE COMRADES – AN EXPERIENCE, A LEARNING!

**ERIKA PATEL IN CONVERSATION WITH  
ADITI MUKHERJEE**



She giggles like a schoolgirl, then starts to ponder. It would be a mistake to dismiss this iron-lady from her child like demeanour and delicate frame. Erika Patel is a fertility expert by profession, a mother of a two-year-old and now an ultra-marathoner – having finished the Comrades Ultramarathon, the world's largest and oldest ultramarathon race; an 89 km rolling terrain stretching between Pietermaritzburg and Durban in South Africa.

She rushed in for the interview, still dressed in her blue hospital suit and was scheduled to return to the hospital for her next appointment.

Here is an excerpt from our chat:

## **When did you start running and how did the idea of attempting Comrades occur to you?**

Like a lot of other women, I began running in 2016 to lose weight. Comrades was suggested to me by my trainer. He was quite confident about my ability to finish the race. And as if I had waited for someone to recommend it to me, I was quick to sign up for it.

## **How long did you train for the Comrades?**

I trained for a year and a half. This included the qualifier training for Comrades which is running a full marathon distance anytime less than 4 hours and 50 mins. I ran the Jaipur marathon clocking the distance in 4 hours 28 minutes which gave me a confirmed slot in Comrades even though it placed me only in the second last row.

## **What was your training schedule like?**

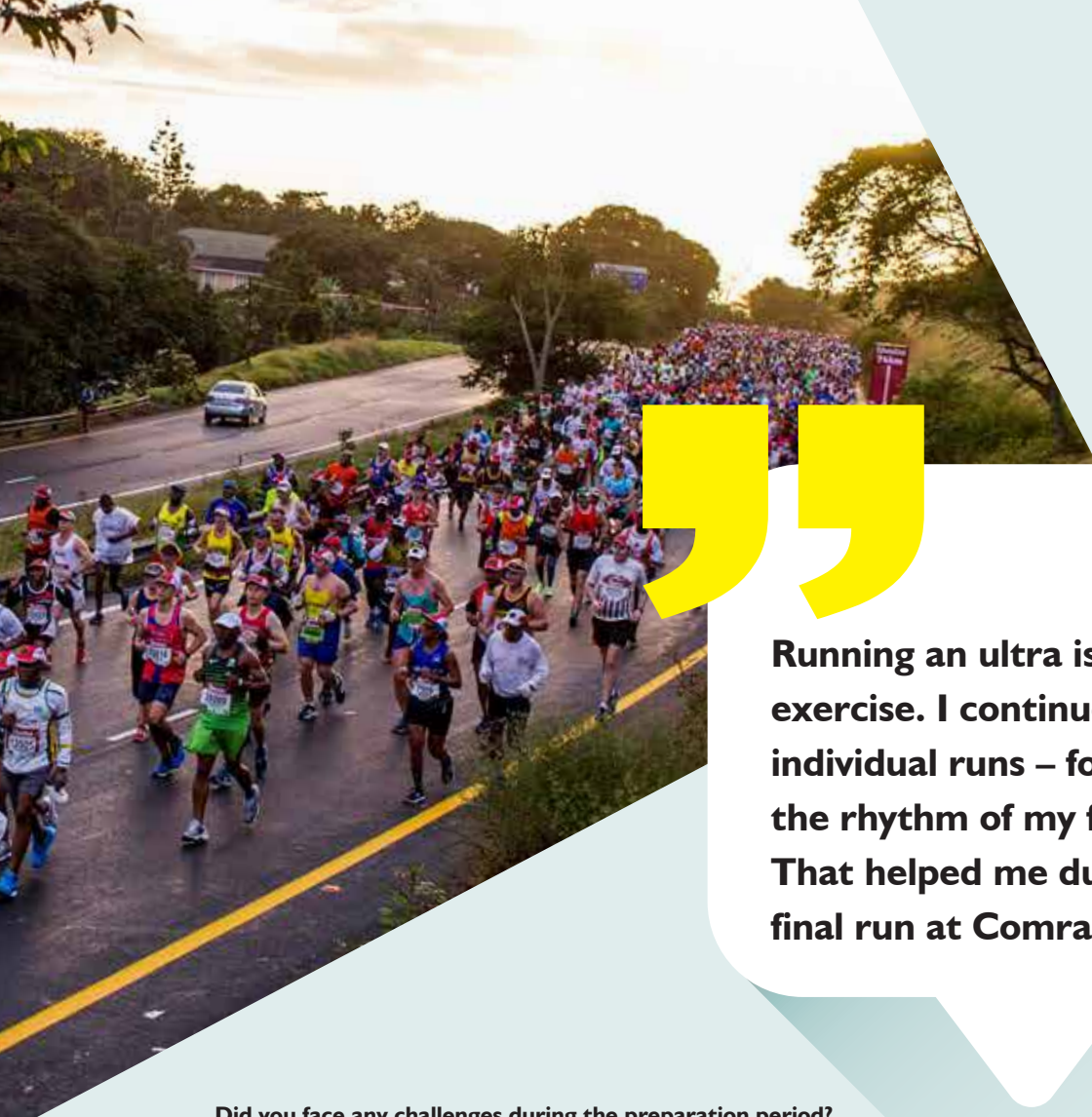
My profession consumes a lot of my time. My trainer took that into account when planning my training schedule. Typically, I trained for around 4 days a week in varying distances and speeds. Most of my long runs did not exceed 35kms, and I did my two longest runs of 50-60kms in the hilly terrain of Yercaud, Tamil Nadu. I also did a lot of night runs.

## **What support did you get during your preparation and was it enough?**

My biggest support were my family and friends and ofcourse the nanny to my son. (She laughs!). The Chennai Runners community was very supportive and many members planned their runs around my schedule and also travelled with me for my hill training. My family was also completely aligned with my vision. However, occasionally my early nights and even earlier mornings did interfere with my social life. We have to understand and accept that such sacrifices are necessary when the goal is of the Comrades scale.







**Running an ultra is a solitary exercise. I continued to do my individual runs – focusing on the rhythm of my footsteps. That helped me during the final run at Comrades.**

**Did you face any challenges during the preparation period?**

I fell sick a few times – the final time, just a month before Comrades. Sometimes, my son was unwell. At those times, I had no option but to cut my runs short or skip run days. Another challenge was the eve teasing I encountered on the roads while running alone since it isn't possible to find a running companion every time. So, I improvised - changed routes, tried running in groups whenever possible. But running an ultra is a solitary exercise. I continued to do my individual runs – focusing on the rhythm of my footsteps. That helped me during the final run at Comrades.

**There is a lot of talk about you running and strength training while being pregnant!**

I am a doctor. As medical practitioners, we advise pregnant women to continue with workouts and exercises that they are used to before their pregnancies provided there are no complications. I had been running and strength training before I was pregnant. Hence, I continued with those activities after consulting with fellow doctors. There are a lot of misconceptions about women and strength training. By doing those activities with proper precautions, I wanted to bust those myths and normalise pregnancy running and strength training.

**Tell us about the event and your run at the Comrades**

At the start line, it was freezing cold and I had butterflies in my stomach. My fellow runners from Chennai – Elango, Venkatesan, Rose, Satyashil and Srikanth were assigned different rows, so I was pretty much alone. The energy around was electrifying, also a little intimidating. This is a gun time ultra (your time starts when the gun goes off) and it took me a good 7 mins to reach the mat from where the actual distance starts. My trainer had warned me about this but as the clocked ticked, I did get anxious. Once we started running, everyone was pretty much on their own. By the time, I had finished 60

kms, I had gotten rid of all the additional layers of clothing. But then it started to rain and I was freezing again. A lot of it is a blur now but I remember struggling to run between the 65th and the 75th km. After that the exhilaration of being close to the finish line took me through the rest of the distance.

**Now that you have completed the run, what aspects of your training program do you believe helped you the most?**

For an event such as this, I think having a coach is absolutely imperative. My coach specialises in training pregnant women and those in postpartum. He created training plans that closely simulated the terrain and weather conditions for me. Additionally, I trained with similar hydration and nutrition support that was likely to be offered at the event. Listening to the Comrades anthem was part of the mental preparation and helped me get into the zone.

**Did this experience change you in any way? What are you planning next?**

Running Comrades has made me a confident person. I am more focused and disciplined and have developed greater ability to endure.

I do wish to run the Comrades once more but I also want to explore the ultra-marathons in our country and there are so many – Ooty ultra in our state, Malnad ultra in neighbouring Karnataka and Munnar ultra in Kerala. Up north, the La Ultra and Silk Route in the Himalayas are also quite challenging and worthy of consideration.

**What is your advice to Comrades aspirants?**

Focus and train and never entertain the idea of giving up. There will always be problems and challenges but if I can finish it in time while managing a hectic job, an infant, occasional sicknesses and family, so can you. Enjoy the process of training, listen to your body and recalibrate when necessary. That way, no matter what the distance, the finish line will always be in sight!



**Erika Patel**

**Typically, I trained for around 4 days a week in varying distances and speeds. Most of my long runs did not exceed 35kms, and I did my two longest runs of 50-60kms in the hilly terrain of Yercaud, Tamil Nadu. I also did a lot of night runs.**



# RUNNING WITH TYPE 1 DIABETES

- ADITI MUKHERJEE

Talk to Sridhar about his runs and he responds like he was just waiting to be asked.

"I did a 2-hour run in the Trackathon in the morning and a little more in the evening, flew to Pune the same night and took cab to Satara where I ran a half marathon the next day, hitting a 5k and 10k PB despite being on back-to-back running days."

Except when he runs with the declaration 'I run in insulin' boldly inscribed on his tee or unless he reveals it during a purposeful conversation, it is impossible to tell that Sridhar is Type 1 Diabetic (T1D). An advocate of running to manage diabetes, he has successfully managed his condition for 23 years now and has in fact inducted quite a few people with T1D into running.

"Managing T1D is like learning to drive," simplifies Sridhar. "A doctor can tell you the basics, but you alone through trial and error will be able to figure out how to best manage it." An active participant in school varsity sports, Sridhar became even more involved in athletics particularly long distance running after his T1D detection.

"During a long or a fast-paced run, your heart beats faster and your leg muscles need to adjust to the faster pace

which means they require more energy. These signals are sent to the brain and the brain releases stored glycogen which is then utilized both by the heart and the leg muscles. For most people, insulin is released to absorb the glucose but with people with T1D, this insulin must be supplied through external resources," Sridhar explains the science behind it. All this knowledge is self-acquired and has been a part of the quest for leading a normal life despite his T1D.

Sridhar is the Charity Ambassador of Freshworks Chennai Marathon 2023 and was the only Indian national to have been exclusively chosen to be a part of 50 people with Type 1 Diabetes to run the New York City Marathon in 2022 by Beyond Type 1, the official charity partner for the event. It is he who introduced T1D siblings Meena and Rahul Panwar into running. Meena is the younger of the two.



Type 1 Diabetes



**Sridhar is the Charity Ambassador of Freshworks Chennai Marathon 2023 and was the only Indian national to have been exclusively chosen to be a part of 50 people with Type 1 Diabetes to run the New York City Marathon in 2022 by Beyond Type 1, the official charity partner for the event.**



A Crypto Analyst by profession, she was in the fifth grade when excessive and sudden weight loss, frequent urination and constant fatigue became the concerning signs that resulted in the discovery of her being T1D. Within a few years, her brother Rahul, elder to her by two years was also detected with the same medical condition.

On their doctor's advice and through encouragement from parents, both siblings learnt to stay active – walking and running being the primary means. However, the focus stayed on simply learning to inject the prescribed units of insulin before every meal and living under the shadow of T1D. Running succumbed to academic pressures and to the discouraging knowledge that it would not cure their form of diabetes.

But after a decade of hiatus, the duo returned to it through Sridhar and the running group. Both Rahul and Meena swear by the benefits of running. Rahul calls it – the pinnacle of all fitness activities and while he has made peace that nothing will not cure his T1D, he strongly believes that running has helped him manage his diabetes much better. Regular running can also reduce the need for insulin, he advocates.

“T1D is not complicated at all. It is just about calculating and intaking the right measure of insulin before meals and workouts. This understanding develops with experience and by observing your body's reactions to varying amounts of insulin intake,” adds Meena who is now preparing for Freshworks Chennai Marathon 2023. As preparation, during her long runs, she never starts without her food and insulin.

A quick lesson or two can be derived from these go getters of life.

- Stay active specially if you have any form of diabetes. It doesn't necessarily have to be running. But it must be something significant. Exercise is important for the overall wellbeing of both the body and the mind.
- Seclusion is the worst response to any medical condition, more so for T1D. There is so much knowledge out there that T1D fighters and survivors are waiting to share with you. Reach out - for conversations result in solutions.

**Chennai Runners has taken up T1D as this year's charity cause. Reach out to the Freshworks Chennai Marathon 2023 team for queries regarding T1D running.**

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# Perched men of the Puliya

~ Varsha Misra Varma

*Musings of a female runner:*

*Filmmaker, M. Night Shyamalan says that if you pay heed to it, they are 'signs' and if you choose not to, then they are random forgettable incidents. I choose to pay heed to them and let these 'signs' spin stories for me. This is one such musing while running in the town of Lucknow recently.*



The day: 23rd May, 2022.

## Perched men of the 'puliya':

Today I completed a 5x5, as it is called in runners' language. A 5x5 happens when you run 5km for 5 consecutive days. I pretty much ran in the same neighbourhood in Lucknow around my parents' house during my week-long visit. Every day I passed through few of the many raised culverts, 'puliya's' as they are called in Hindi. A line of older and middle-aged men sit on the parapets on either side of the 'puliya'. A row of men perched on high seat is such a perfect embodiment of a position of entitlement! Passing through this puliya, a few times during my run I catch bits of their conversations. From judging their neighbours' actions to their much-convinced views about the current mosque- temple issue, they speak from a place of great comfort. During all of this, they do not cease to stare at me. That gaze of entitlement says a thousand words. Here I am, a middle-aged woman running alone in trackpants seemingly unaffected by them. And there, in their homes, they were probably served 'chai'<sup>2</sup> by their wives or daughters before they set out on their walks. Someone had to stay at home to do such jobs and unquestionably, it had to be the women.

I mostly see only men out for morning walks. Occasionally I also see a groups of 5-6 women huddled together like a 'jhund'<sup>3</sup> rather than walking in a row or two. It appears they are shielding and protecting each other from similar fates. Each one of them is vulnerable like a grape but together they appear like a bunch of grapes, relatively robust. They gaze at me that reminds me that I do not belong to this

'jhund'. I feel deeply saddened. I am clearly an outsider. Whether I really want to be a part of it will be another story. The swirling 'dupattas'<sup>4</sup> and 'pallus'<sup>5</sup> have a mysterious air about them. I see earnest conversations with one voice louder than the rest offering suggestions and solutions which belongs to the leader woman. Few of them walk with a sideways gait so characteristic of the typical Indian middle-aged woman. Years of walking and working in the processing lines of bedroom to kitchen, kitchen to main door, living room to terrace/yard does not allow their bodies to experience different movements. The limbs get used to the limited range of motion and the 'no questions asked' standard traditional food eaten in standard traditional potions sets them up to be susceptible to a variety of ailments that reflect in their gait, body structure and beliefs of life. It seems these women gain temporary respite in this sisterly cloud from the ravages of their lives.

Then there are these couples. The man walks five steps ahead of his wife. He seems to be in

control as if he has exhibited his superior knowledge at home about health benefits of walking that has drawn his wife out. He looks overtly at me and so does his wife. He wishes me away. He wants no one to question the status quo. He worries that he may have no answer if he is exposed to a situation other than the one he knows. The wife gives me a kind of wonderful condescending look. She, like her husband, also does not want to know of a reality where women exist anywhere other than the circle drawn by the imaginary reins held by the man at the center.

And rarely, I encounter a man, not necessarily out for a walk but could be in his car or riding a bike. He sends out a vibe of unabashed attraction and respect. I say vibe, because it is not a stare and it is not an overt gaze. It feels more like an honest communication on the lines of 'I get it, I feel the same'. And I understand that in his life, that man is living by his convictions. What is important is that he may not have achieved it all but is on the path and he knows it. I feel happy on the reaffirmation of my beliefs. By the way, this is the man to watch out for when the world is ending or getting attacked by aliens. The underdog who will save us all!

“

**Years of walking and working in the processing lines of bedroom to kitchen, kitchen to main door, living room to terrace/yard does not allow their bodies to experience different movements. The limbs get used to the limited range of motion and the 'no questions asked' standard traditional food eaten in standard traditional potions sets them up to be susceptible to a variety of ailments that reflect in their gait, body structure and beliefs of life.**

”



Occasionally I come across a retired couple of my parents' age. Walking together side by side, they even talk to each other. Instantly my mom's numerous examples of their 'nicer' verandahs, 'better' furniture, 'more interesting' daily routines and 'many' outstation trips flash through my head. From my own experience, I know that these families keep what they want to do in life as the top priority and overcome daily household and bodily challenges to achieve the same. They want to live a particular way. My mom feels it is possible to live that way when she talks of them but feels she is too deeply stuck in a marsh created by herself that prevents her from leading her life her way but is it? I wonder who is stopping her? Since the time I was a little girl, I have noticed such families and unknowingly observed them. They had nice spaces in their homes, they looked attractive and their homes had unconventional food eaten in unconventional ways. As a child, I envied them. Growing up, my conviction deepened about how living in a small town need not deprive you of anything. You can still top a competitive examination, you can be well read, you can have the best hair and clothes, you can be abreast with the latest movies and music, you can have Adidas shoes and good sports gear, you can definitely have a good body and so on.

I don't have most of this. And I may be completely wrong about the impressions I carry about my morning road friends. But that's my reality and I continue running through its maze.

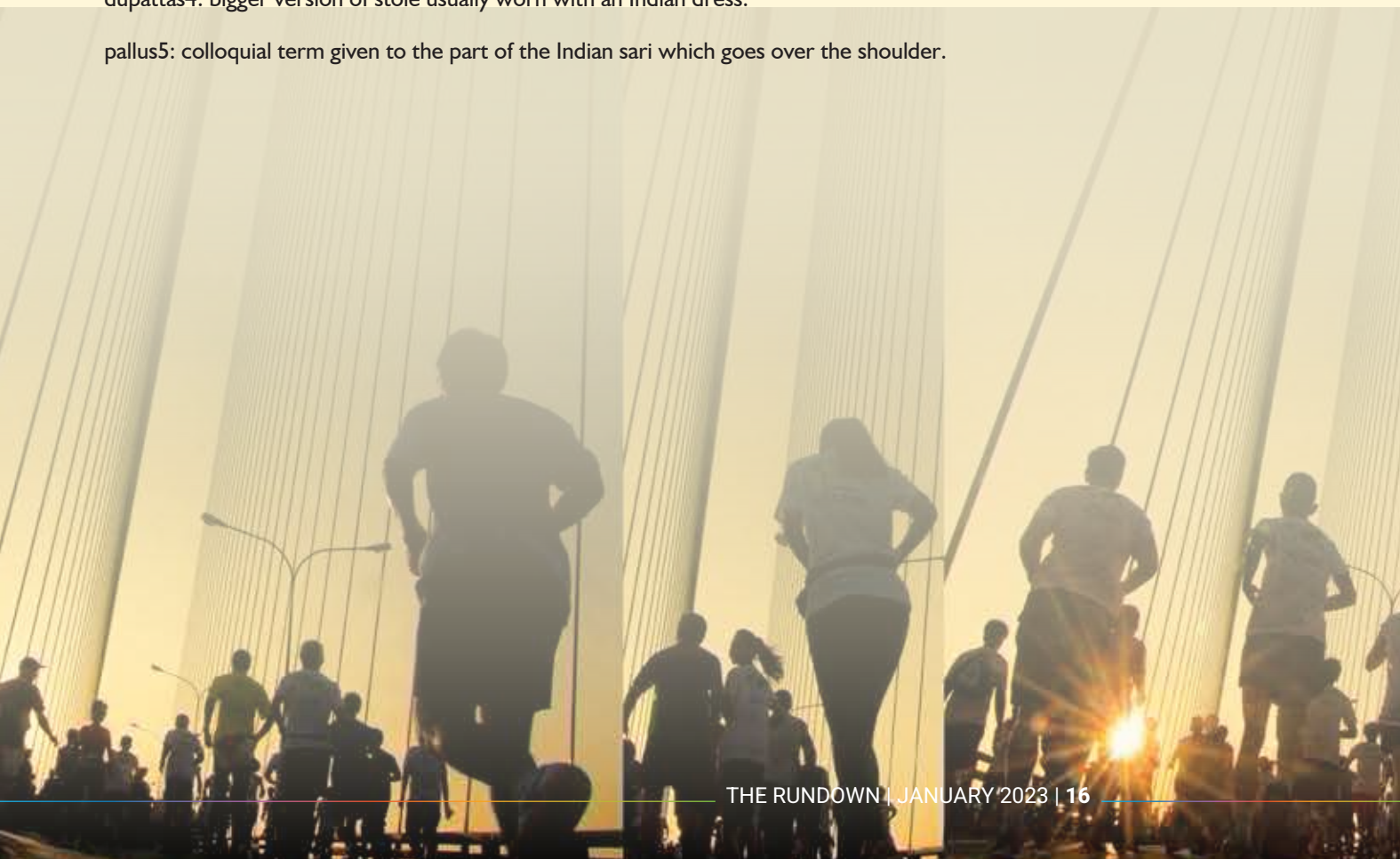
puliya<sup>1</sup>: raised part of road over a storm water drain usually with low walls or parapets on both sides.

chai<sup>2</sup>: tea, traditionally made with milk and water.

jhund<sup>3</sup>: group of people in no specific order.


dupattas<sup>4</sup>: bigger version of stole usually worn with an Indian dress.


pallus<sup>5</sup>: colloquial term given to the part of the Indian sari which goes over the shoulder.



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# ROAD TO BOSTON - Narayanan

*There is a lot more encapsulated in those numbers and cannot be reduced to the expression PB – a lot more emotion, a lot more than of few hours of running, as though chasing nothing. I am happy I ran my fastest in ideal conditions, though there was always room to improve. I felt confident when I jogged over the finish 400 metres past the Historic Gate that I qualified for Boston 2024 as well.*



The excitement of getting through the lots, booking tickets, getting the visa endorsement, hours of talking about the trip... and the agony of missing workout plans under the impact of the Chennai summer – temperatures ranging from 85+ through 90+ with high humidity – I left all of them behind when the cab pulled up at my gate, midnight Sep 22 2022.

On Friday the 23rd, I woke up at 4 and sat in the silence of the lobby with a cup of black coffee – just visualizing the Gate, the Finish – chatting now and then with a War Veteran who manned the hotel lobby in the wee hours. He shared his experience of running 20 kms with a loaded backpack and a gun, when he served Fatherland. Later in the morning, after breakfast, I trammed and trained to the Tier Garten – with Kartik, Vandy, Naga, Priya, Abhishek. Helped in getting a feel of the environment, the air and to loosen up awhile. A lovely reminder this morning was of the weather in store, and my mind was abuzz already! Nice meeting Vandy and Abhishek.

Thanks to Ash's reminder, I chose to visit the Tempelhof Airport the evening of arrival (Thursday the 22nd), had collected my Bib and chip, giving myself time to visit all the interesting stalls on display – Adidas, Maurten, CEP, a local running store that had all

brands, and a few interesting accessory stalls – just provided for time to return on Friday with Kartik and Abhishek.

## Race Day

Kartik, Naga and I followed a few runners from our hotel to the start point, alighting at the Brandenburg Tor after one train change! Priya and Abhishek had more time to start. There was a message going around that it was going to be the ideal day for one's PB and BQ timing, and as we moved through the crowds into the Tier Garten waiting area after depositing our bag, we could indeed experience it – again a lovely, cold and grey morning. Excited I was, as Naga and I did a 1K jog in the Tier Garten after some drills and leg swings.

## The race

Naga and I were chatting in the wait area, and suddenly there was movement – we were on our way. Gaiety it was – music in the air, as the giant screens ahead at the starting point gave a bird's eye view of the teeming runners waiting for their turn to join the race. Contrary to what I was told, there was no jostling, no tripping and I could run on the blue lines all through save for the moments I had to depart to pick water/fuel on the tables along the pavements.



Here is how I executed the race – against what I had laid out as a plan. How I wish I could run every race from the spreadsheet!

Plan	Actual
@5km - 23:20	23 29
@10km - 47:05	47 19
@15km - 1:10:50	1:11:09
@20km - 1:34:35	1:35:00
@25km - 1:58:30	1:59:05
@30km - 2:23:05	2:23:24
@35km - 2:47:07	2:48:27
@40km - 3:10:47	3:15:03

#### What went through my mind?

Oh, it was a run in a trance – I bet I do not recall any runner from that group I ran with to be sure that I left a number of them behind and caught up with a few ahead too! I felt fluid right through to 37 – it was my PB all through the important milestones; I consciously slowed down on the last 7 as my legs asked for more strength which I knew I could not generate – enough to sustain through to finish. I told myself I am not going to stop; rather slow down, and when the Brandenburg Gate emerges in sight at the last left turn, I wanted to sprint – which I did @ 4:45-450.

#### Some reflections/takeaways:

I Does a planned slow down really help or did I find myself struggle to change gears in the last 5 to race pace @ 4:44? After running consistently well for

35-37, I could not pick up to RP after the RP+ plan for the penultimate lap i.e. 24-32? I recalled Ash's feedback that I should practice this change in my training phase. Maybe I lost this in some of the truncated practice runs, thanks to the heat and humidity of the Chennai summer

2 I now feel it is necessary to also write down the details of the gel consumption points and hydration points – I thought I did consume per plan, but at the finish I found myself having 2 gels, 1 normal and 1 elite? Did I lose track? Or did the Maurten gel at 27.5 turn out to be an unplanned change? But should I not be conscious of such changes? I was not as it turns out – and wonder if it did make a difference!

3 I should have carried my hand flask and refilled at a few stations so that I could have avoided pausing at all the non-gel points also.

4 I most certainly heard the message of Coach, “adapt, adapt, adapt” in the last 7 kms. I was then assured of what I should do – I did not want to stop just because I fell short of the planned pace. I told my mind that I will stay on my feet drawing huge motivation from the manner in which I ran until the 35 km mark; and wait for the moment to change the tempo. The biggest win here – I silenced the demons that could have tripped –

not the crowd with which I was running all through.

I am proud of myself for having made it on this occasion – when the world Marathon record was broken in beautiful Berlin weather, celebrated by the revelling Berliners – some cheering, some clapping, some enjoying Beer, some large mugs of coffee, with family, with pets, some playing instruments with the pride that probably only Germans possess, some swaying to inspiring Rock music, some lost in classical Jazz.

I shall not be deterred today – no not on such a blemish-less Marathon course, just because I lost the Race pace; I would rather run steady and push to improve my Jaipur BQ Finish of 3.28.56. And I will sprint when the imperious, History-filled pillars of the Brandenburg Tor showed up. I am sure I did an average of 4.45-ish on the last left turn to the finish and it was 3:26:28 – a good two minutes better than my best – another BQ. This timing yet did not translate any shred of the emotion that went through me along the course – the fluidity, power, and mind control that I could marshal – as though Kipchoge had strewn some of his own along his way to a historic finish in Berlin 2022, a good 90 minutes before I crossed the Finish!





# RUNNING RHAPSODY

- Karthik Srinivasan

## Distances

- **5km** = What you call a marathon when sending WhatsApp to non-runners
- **10k** = Your first Neeraj Chopra feeling
- **Half Marathon** = When you wonder why Anand Mahindra hasn't announced a 2cr reward yet.

- **Marathon** = The only real one, but at this point it will feel like partial differential equation explained by Shashi Tharoor
- **Ultra-marathon** = The name says it meant for romba overaa ultra pasanga
- **DNF** = Early breakfast

## Training Terms

- **HR** = Just like this role in office, better handle this carefully, it may be erratic at times
- **Resting HR** = A myth
- **Maximum HR** = HR with GST
- **Heart rate monitor (HRM)** = A device that you buy when you have some extra coupons on amazon
- **Aerobic** = Picture taken when climbing
- **VO2 max** = Vivian Oswald Oliver Maxworth
- **Anaerobic** = Pic of Elder brother (Anne) climbing
- **Pace** = Talking
- **Endurance** = The patience of a runner's family and friends
- **Endorphins** = The time to end your run
- **Runner's High** = Running in someone else's bib for free
- **PR** = Getting friendly with fellow runners and especially organizers
- **Cadence** = When everyone else is running in your path and you deftly avoid them
- **Gait** = How you refer to a gate in Kerala



- **Lactic Acid** = The one acid you left out studying about in school chemistry
- **DOMS** = The place you stay at unorganized running events
- **Hitting the wall** = When you drive after a runners' party
- **Stretching** = Gapsa or Petering about how you actually ran
- **Dynamic stretching** = Same as above except that you improvise
- **Static stretching** = Same as above but you have already prepared what to say
- **Weight training/Strength training** = A way to explore every gym in the city and post on FB
- **Core training** = Breakfast, Lunch and Dinner planning
- **Hill repeats** = When you keep doing it again and again like arrears
- **Recovery run** = When you run back to the venue to pick up your lost watch, belt, wallet, headphones, etc.
- **Marathon pace** = Out of syllabus
- **Warm up** = Catching up with friends to chat before the run
- **Cool down** = Beer
- **Speedwork** = Quickly finish breakfast and leave the venue
- **Tempo run** = Imagine a tempo moving on ECR with beer crates, from Pondy and you follow it
- **Intervals** = Meant for school children between classes, not meant for grown ups
- **Strides** = The exact point where you feel a sharp pain on your gluteus maximus, you have attained the correct strides
- **Yasso** = Yeah so?
- **LSD** = Lucy in the Sky with Diamonds
- **Rest day** = FB posting day
- **Taper** = The one who puts tape on your toes



## Race day stuff

- **Chip time** = Something arrived based on planetary alignment, which we will never understand
- **Clock time** = Something that goes faster, the faster you run
- **Splits** = Peeling a banana
- **Corral** = Wrong spelling of a beautiful deep-sea object
- **Timing mat** = Useless other than in the middle of the road
- **Pacer** = An aspiring politician who loves to have a following and will eventually discover his/her followers have switched camps by the end
- **Aid Station** = The only truth in a marathon
- **Elevation gain** = When your head start feeling slightly high and you can see stars during the day
- **Timing chip** = A useless piece of device which is use and throw
- **Carb loading** = Lifting and moving rice bags in a godown
- **Pronation** = Highly patriotic
- **Flat/low/High arch** = Depending on your running area, Anna Nagar Arch, Kannagi Nagar arch etc.
- **Stability or motion control** = How long you can run somehow controlling the mini tsunami inside, before you find a place to ....well you know....
- **GPS** = A spying device used by all governments to find where you are
- **Garmin** = A hypnotic device which makes you believe you will run faster by constantly looking at your wrist
- **Strava** = An online complicated clubhouse app
- **Vibrams** = A shoe where you pay bitcoin rates and the shopkeeper keeps most of the shoe
- **Runner's knee** = Same as everyone else's knee
- **RICE** = A swamp grain cultivated as a source of food mainly in Asia
- **Tendinitis/Plantar fasciitis** = A way for physiotherapists to do well in life



# RUNNEO AND JOLLY YET

*Karthik Srinivasan*

Shakey was an avid running fan and he has written these famous quotes about running... Read on :) ( in jest I say )

- All that happens on the Marina is not a marathon. (The Merchant of Venice)
- Runners , Pacers, Volunteers, lend me your money. (Julius Caesar)
- To wake up or not to wake up that is the question.(Hamlet)
- All the world 's a marathon, and all the men and women merely runners. They have their GPS watches and their bibs; And one man in his time runs many miles (As You Like it)
- Hydration, Hydration! wherefore art thou hydration ? (Romeo and Juliet)
- Now is the winter of our Chennai Marathon. (Richard III)
- Is this finish line which I see before me, the timing mat toward my feet? (Macbeth)
- Some are born runners, some achieve running, and some have running thrust upon them. (Twelfth Night)
- Walkers die many times before their deaths; the runners never taste of death but once. (Julius Caesar)
- If you let traffic in, do we not stop? If you deny Volini, do we not laugh? If you change the starting point, do we not come? And if you deny us the medal, shall we not revenge? (The Merchant of Venice)
- I am one who ran not wisely but too slow. (Othello)
- We are such stuff as dreams are made on, and our little running group is rounded with a beer. (The Tempest)
- Beware the Ides of London and Boston. (Julius Caesar)
- Get thee to a marathon. (Hamlet)
- If breakfast be the food at the finish line, run on. (Twelfth Night)
- What's in a name? A marathon by any name would sweat as badly. (Romeo and Juliet)
- The course of a true marathon never did run smooth. (A Midsummer Night's Dream)
- Uneasy lies the Achilles heel that wears the legs. (Henry IV, Part 2)
- Misery acquaints a runner with strange dry fits. (The Tempest)
- I am a runner more runned against than running (King Lear)
- Lord, how cool these runners be! (A Midsummer Night's dream)
- Whoever ran that ran not at first light. (As You Like It)
- A Medal! A Medal! My kingdom for a Medal! (Richard III)
- Runners looks not with the eyes, but with the heart; and therefore is winged cupid painted blind. (A Midsummer Night's Dream)
- The fault, dear non finishers, lies not within the stars, but in ourselves, that we are DNFs. (Julius Caesar)



# Run agile and live alive

- Sundar Swaminathan



I framed this caption 'Run agile and live alive' a few years back for personal motivation and you'll shortly know how and why.

Agility can be attributed to any software professional who practically lives, literally alive, by its 12 principles. In fact, the software world has monopolised the word 'Agile'. Simplicity is one of the agile principles that I connect most with. Everyone in the software world remembers this principle by the acronym KISS - Keep It Simple, Stupid. It can't be put any smarter than this for one to remember.

This article is not a crash course on agile principles. It is also not about how agile principles are applicable in one's running journey

though there are a few principles like adapting to change, continuous improvement and reflect & adjust which are easier to follow in one's running journey than in software development.

I wanted to highlight how agility in my running helps my body and mind through this article. Frankly speaking, I picked up the word agile when trying to reverse engineer and find a word that rhymes with "alive" and qualifies running. Surprisingly and subconsciously, I had been associating my running journey for a long time with one of many interpretations of agility. It's definitely not speed. It's about being nimble, being light in motion, being responsive and being agile.

Like I mentioned earlier, I keep it simple. Run as light as possible. I run a normal paced short distance two days a week, a slow-paced long distance once a week and a simple cross training once a week. If I get adequate sleep and if I get up early enough, I run/train or else I skip the activity for the day. I repeat the plan every week! On an average, I skip the activity far fewer times. It's a very simple if-then-else logic within a for-loop.

I try to be responsive to whatever my body signals, be it a pain or a niggle. I take a break and get back to road running after a week or two. I know I'll be able to get back even if it's a longer break because running keeps my life alive and hence, I get to the second part of my adage - live alive.

'Live alive' is not just about keeping a healthy heart. It's not just about maintaining health parameters within an acceptable range. It's not just about the happy chemical - endorphins that keeps one feeling good for the day. Importantly, it's about a healthy mind and inner peace. Running removes not only the toxins from my body but also the accumulated stress and anxiety from my mind. A slow-paced long run for an hour or two clears my mind of all the accumulated stress and eases the anxiety levels. It is very similar to how laughing eases stress and how crying eases emotional pain. I'm not a 'sit and meditate' kind of a person but I do believe I benefit from running. It's running meditation. It's about getting the mind to free the clutter and focus on something while the body is in motion. I get the benefits of meditation and running at the same time.

I do have some lofty goals like running a Marathon within a certain time and running an ultra-marathon at some point in my life. I do think too much about these goals sometimes and build some undue anxiety. That's when I just run at a slow pace for two hours and clear out the anxiety from my mind. I might even go on later to say ultra-marathon is not my cup of tea.

I casually used 'Run agile, live alive' as a catchy phrase for motivation but the phrase stuck to me and played true to its meaning. 'Run agile' might not be a catchy phrase for everyone but something else might be catchy enough to 'Live alive.'

***'Live alive' is not just about keeping a healthy heart. It's not just about maintaining health parameters within an acceptable range. It's not just about the happy chemical - endorphins that keeps one feeling good for the day.***



# A novice guide to ultra-distance running - Aditi Mukherjee



The lure of distance running is not new. Once the running bug bites, no distance seems too much, and no path appears too treacherous.

But distance running has not just been a sport for us humans. In the very beginning, early humans ran for sustenance. Yuval Noah Harari in his book *Sapiens: A Brief History of Humankind* explains how our predecessors competed with their prey (animals known for their speed and agility) by outrunning them not in speed but through endurance. From that context, our ancestors were all ultramarathoners, setting the stage for the runners of today.

## Why runners venture into ultra-distances?

Ultra-marathoning whether recreational or competitive is an extreme sport. And only an extreme level of motivation can prompt a runner to take even a step beyond the traditional marathon limit of 42.2 km – the technical definition of an ultramarathon.

Some seasoned marathon runners get into running ultras simply out of curiosity. Satish Kumar of the Chromepet Cheetah chapter of Chennai Runners has a flourishing banking career. His heart however is in ultra-running. A national athlete who has run several marathons, Satish got into ultras not knowing how it was going to change his entire perspective towards life. “When I registered for the

ultra-mountain trail run for the first time, I was taken by surprise and humbled by the distance, vastness and unpredictability of the terrains that challenged me both mentally and physically.”

Testing one’s ability to endure pain and to explore the limit of one’s threshold comes across as a recurring motivator for running ultras. A study by a group of Poland researchers published in *Psychology Research and Behavior Management* reveals that while shorter-distance runners are motivated by competition, health, weight management and self-esteem, ultrarunners are driven by qualitative motivations like life’s meanings, travelling and racing with friends, creating personal records, etc.

## Know your ultras

Because of the toughness associated with running ultras, there is a certain amount of prestige associated with it. Organizers across the world compete with others in the business in creating ultra-races - setting them in the toughest of terrains, under extreme weather conditions and sometimes with minimal food or hydration support. Stadium runs and backyard ultras are also other forms of ultra-running that have started gaining popularity. Some of the toughest and most prestigious ultramarathons in the world include:

Name	Distance in Kms	Time to complete	Terrain
Marathon Des Sables	250	6 days	Sands of Sahara Desert
The Ultra-Trail du Mont-Blanc (UTMB)	171	46 hours	High altitude in freezing temperatures
Badwater 135		48 hours	Steep climbs, extreme heat
Western States 100	161	30 hours	Temperature variation from blistering cold to boiling heat
Comrades	89	12 hours	Rolling hills

Each of these ultras and most others have a minimum distance qualifying criterion that must be covered through approved running events over a one to two years period. Additionally, there might be a lottery system in place. Hence, often less than 5% of the applicant runners get an invite to run these races. Most ultramarathon races have intermediary checkpoints and failing to comply with the checkpoint timings could mean immediate disqualification. Significant cost is involved in attempting these races – starting from 1.5 to 3 lakhs for sometimes registration alone.

For someone new to ultra-marathons, a 50 km flat terrain road ultra-run can be a good first one to target. You can start your ultramarathon journey with events close to home before attempting some of the tougher ultras in India like the Run the Rann, Solang Sky ultra, La Ultra – The High, the Hell Race, etc.

State	Ultra Runs
Tamil Nadu	Ooty Ultra, Yercaud Ultra, Jawadhu Hills Ultra, Ranipet Ultra Run
Karnataka	Malnad Ultra, Kodagu Monsoon Ultra, Dandeli Ultra Run
Maharashtra	Pune Ultramarathon, The Jumping Gorilla Mountain Trail Run
Kerala	Munnar Ultra-Challenge, Vagamon UL trail



## Preparing for your first ultra

Training for ultras is different from the efforts required for marathon training. However, road ultra-training does not need to be very different in strategy and requires approximately only 10% additional effort than marathon training, informs senior ultramarathon runner and coach Anil Sharma. In his opinion, trail ultras are demanding both in terms of the specific terrain intensive training as well as mental preparedness, the absence of which might lead to injuries and fatigue.

Anil Sharma adds some important training tips for those running an ultra for the first time:

Complete 3-4 marathons before attempting your first ultra

Put in 6 months of specific efforts if exclusively training for an ultra

The training plan can include 3 days of running, supplemented with 2 days of core workouts and one day of cross-training (cycling/ swimming)

Train for hydration – both during the training period and for race day. For race day, focus on maintaining a good calorie-to-volume ratio to sustain your run. Eating excessively is more likely to slow you down than help with the run.

Siva Kumar of Porur Racers who has done several tough ultras including the high-altitude trail 80km -100km races mentions the need for course-specific training and event-day mental preparedness. Before attempting the Malnad Ultra, he recalls training by trekking in hilly terrains. He also emphasises training the mind to expect, prepare and fight the general demotivation that usually creeps in specially during the later stages of the race when distance, weather, and terrain challenges lead to physical and mental fatigue.

## The ultra-running mindset

Conversations with ultra-runners lead to a general conclusion. Most of them run ultras for the unforgettable unique experience and memories it creates and not necessarily to compete. Barefoot ultrarunner M K Sudarsan of Tambaram Thunderbolts reiterates, “Each ultrarun is a journey and I have made several friends with fellow runners this way. When you endure tough sections of the running course together, it invariably creates lasting bonds.”

Ultrarunning is as much about perseverance as it is about endurance. Sudarsan makes another interesting observation. “Since ultra runs leave you with so much time with yourself, it creates opportunities for individual contemplations, and you get a ringside view to the inspiring fights your fellow runners put up. Ultras are not just about reaching the finish line. There is much more achieved between the start and finish points.”

Chromepet Cheetah Satish emphasises on the never give up attitude of ultrarunning. “I have failed to complete some ultra-distance events and have returned to the course to win podiums. There is a limitless capacity every runner has within. Ultrarunning simply enables you to discover and tap into your abilities to persevere and endure.”

Any long-distance run is sure to test your strength, determination and mental toughness but running an ultra leaves you with a feeling of empowerment that comes from covering extraordinary distances and having pushed your limits to endure. Ultra-running takes grit and guts.

So run an ultra for the magical feeling of accomplishment that accompanies the pain.

# Can Runners Ever(r)est?

## - Venkatachalam Ayyar

A trek to the Everest Base Camp (EBC) should certainly be at the top of every runner's 'bucket' list. It would make all other wishes 'pail' in comparison! Having been all the way up to there, I thought it would be a good idea for me to 'summit' my piece so as to give you a 'peak' into my various experiences. So, here goes, my "Write-Up from Right Up".

It all begins from Kathmandu, the best place to get some good deals on the required trekking gear. Once done, it is now time to change 'gear' and get all set for the wonderful days ahead. From there, it is a short flight to Lukla (9300 ft), and being one of the world's trickiest airports, it is more than plane fun. Flights often get cancelled due to weather and, if you are in Luck-la your trek will begin from Lukla.

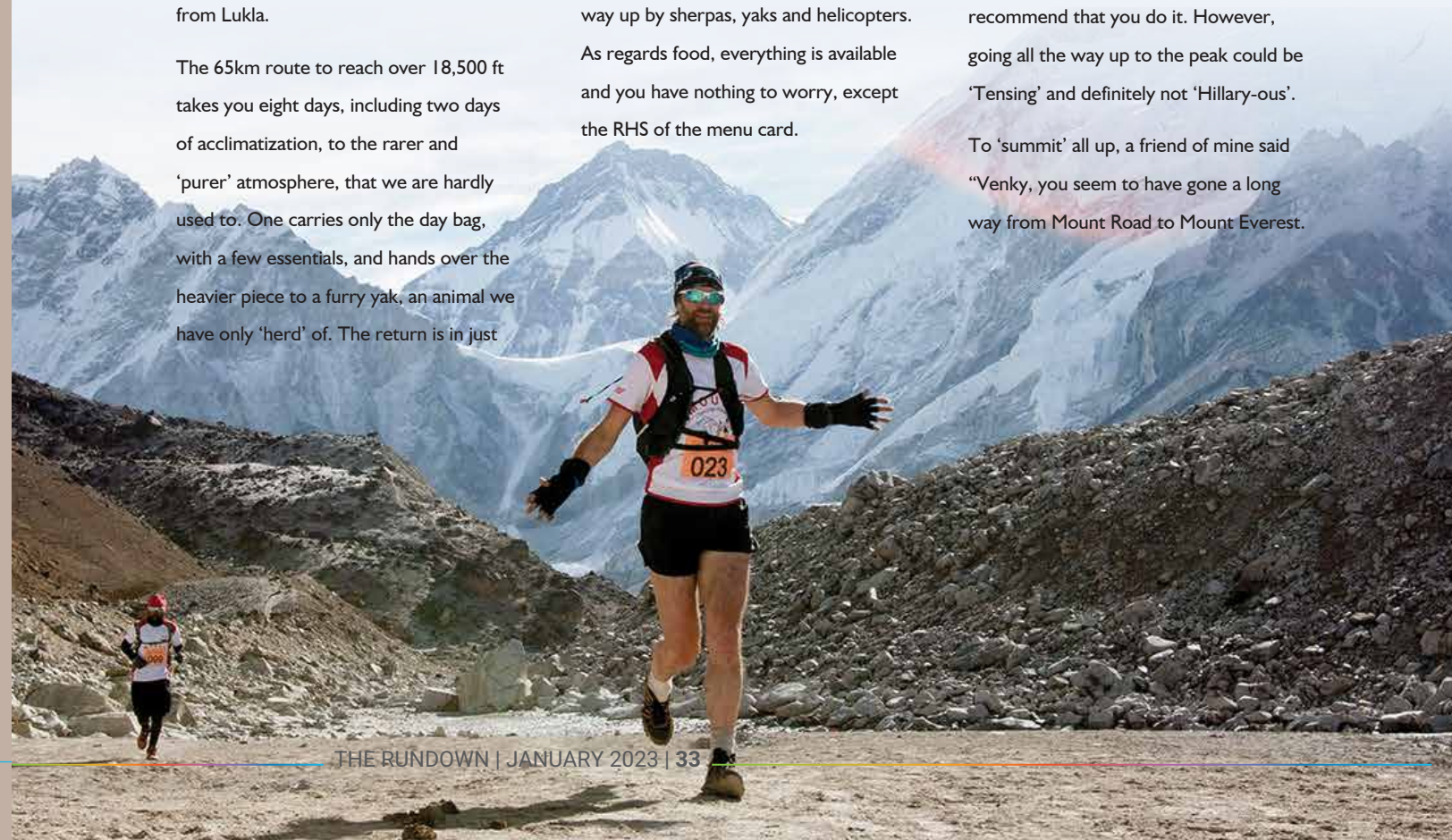
The 65km route to reach over 18,500 ft takes you eight days, including two days of acclimatization, to the rarer and 'purer' atmosphere, that we are hardly used to. One carries only the day bag, with a few essentials, and hands over the heavier piece to a furry yak, an animal we have only 'herd' of. The return is in just

three days, thereby allowing you to add three more half-marathons to your overall tally. On most days, we were often tempted to ask "when will we Ever(r)est?"

The route takes you through Namche Bazaar, Tengboche Monastery, Dingboche, Lobuche, Pheriche and, if you are still in 'shape', after Gorakshep, you make it to the EBC. Accommodation is in T-lodges, which have very basic amenities, and the only stars they can boast of are those above them. Some even have fancy names like Hill-ten! We were all highly charged for the trip and, as we went higher, were even more highly charged (for everything we bought). This is because all provisions including gas cylinders are carried all the way up by sherpas, yaks and helicopters. As regards food, everything is available and you have nothing to worry, except the RHS of the menu card.

A person who guides you through this awesome trek is an amazing Himalayan - you can call "Him-a-Lion", as he is a "Sher-Pa". Most of them, having conquered a few peaks, would consider this a casual walk in the park. Trekking at minus 10-15 degree C, one realizes that age isn't just a "number", it only makes you so. At higher altitudes, the views are simply 'breathtaking' and, the low O2 levels (0.47 atm., SpO2 75%) make it even more "breath-taking". Jokes apart, the blissful views of tall snow-clad peaks make the entire effort totally worthwhile.

Beyond 15,000ft, the greenery vanishes and it is a rocky terrain from then on. And, no EBC trek is complete without a picture of oneself doing a filmy pose on the famed rock. And, from then on, you can consider yourself a 'Rockstar'. All runners will be able to do this trek relatively easily and I would strongly recommend that you do it. However, going all the way up to the peak could be 'Tensing' and definitely not 'Hillary-ous'. To 'summit' all up, a friend of mine said "Venky, you seem to have gone a long way from Mount Road to Mount Everest.





# Who is a better runner?

## - Shankar Sundaresan



Who is a better marathoner – Eliud Kipchoge or you?

If you strongly believe Eliud is, don't bother reading this further.

As the dust settles down after much brouhaha about the 1.59.40 Marathon Eliud Kipchoge did in Vienna, here is a slightly different take on the run and the runners all over the world who want to run faster and faster and come as close as Eliud in his marathon effort. Mind you, this write up is not about training plans, nutrition, running tips or strength sessions. One thing is clear – Marathon is an endurance sport.

By definition,

**Endurance:** the ability to keep doing something difficult, unpleasant, or painful for a long time

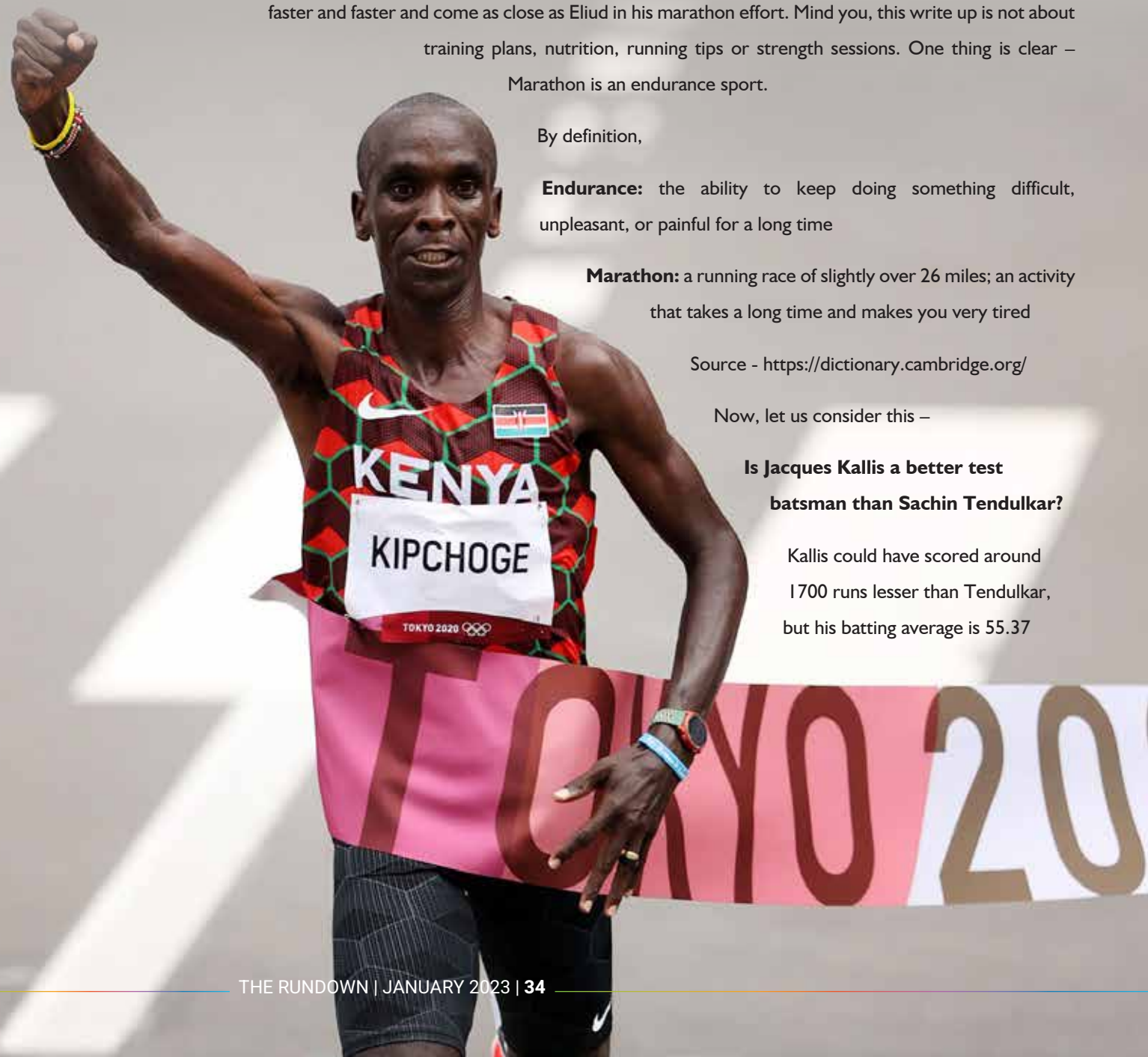
**Marathon:** a running race of slightly over 26 miles; an activity that takes a long time and makes you very tired

Source - <https://dictionary.cambridge.org/>

Now, let us consider this –

**Is Jacques Kallis a better test batsman than Sachin Tendulkar?**

Kallis could have scored around 1700 runs lesser than Tendulkar, but his batting average is 55.37



which is better than Tendulkar's 53.78 !

**Is Shahid Afridi a better ODI batsman than Virender Sehwag?**

Afridi played close to 150 ODIs more than Sehwag and has a Strike rate of 117 while Sehwag has 104.33! Is Masakadza (he plays for Zimbabwe, if you don't know) a better T20 batsman than Chris Gayle? Masakadza has scored 1662 runs in 62 T20 innings while Gayle has scored 1627 in 58!

Clearly, the best test batsman is judged based on the more number of runs he has scored over a long period of time; so Tendulkar who has played 200 tests with 15921 runs scores over Kallis who scored 13289 runs in 166 tests (a mighty record, still). A marathon comes close to being the Test format version of Cricket for its sheer longevity and character.

A better ODI batsman is not judged basis his strike rate but by his averages & impact on the game; Sehwag scored 8273 runs @ 35.05 average while Afridi scored 8064 runs @ 23.57. Same holds good for the other limited overs version – T20 where Gayle is way better than Masakadza.

Now, we need to look at the perspective arrived at marrying the above facts.

Marathon is all about the ability to display the endurance over a long period of time. So, if we don't judge a good test batsman by his strike rate or averages, but by sheer longevity, why should we think a 7-hour marathoner is not as good as Eliud Kipchoge is?

Not to take away any credit from the Kenyan who is the quickest marathoner ever, can he run for 7 hours on the trot in his base pace? A 7-hour marathoner can!

We have read that while a horse can run faster, a human will always outrun it over a long distance. So, why the fascination to run faster in a marathon race?

Marathons are the only events where ALL participants get a medal. It is because the accomplishment is to finish the race and win the inner voice that doubts if one can. The race is, clearly, between you & you and

not Eliud & you. So, why try to ape his training plans and run faster? If the intention is to beat your own previous records, it is welcome. But, if the intention is to beat a fellow runner (forget Eliud) then that's an unwelcome spirit in the world of Marathons.

When you tell people in your running team or post in social media about completing a 10k/HM/FM, invariably the first question is "what is your timing?". We, as a society, judge the students by their marks, adults by their earnings and even social media profiles by the no of followers/likes etc. When will we throw away our obsession with numbers (quantity) and be obsessed with quality (of happiness in completing a difficult task)? Just like a man's income and a woman's age, let event timings be also a personal data which need not be shared. We have never come across any man boasting his annual income or a woman bragging about her age, however good they are. So, let no one brag about their marathon timings in their groups/social media. We will do a world of good to the whole society by appreciating the effort and not appreciating the event timing, publicly. So, the next time, someone brags about his timing, it would be appropriate to remind him that he has to work a lot harder to arrive at Eliud's record.

Of late, we have come across many incidents where runners have collapsed and died during the event because they have exerted themselves well beyond their body's limitations. This happens when they believe their body is as good as anyone else's and try to ape other people's timings/accomplishments. The guy who runs faster or longer (or both) has better genetics (probably) and also works hard over a long period of time on training plans, nutrition, rest, strength and flexibility. Smart ones understand this and customise their ambitions factoring in all of the above.

So be that smart one and believe that you are as good a marathoner as Eliud Kipchoge is. He just seems to have a different timing but the rest remains the same!



# CR Calendar Events

## Racqueteer Open Badminton Tournament 15<sup>th</sup> to 17<sup>th</sup> April 2022

Conducted by Nungambakkam Nitros for the categories of Women's Singles, Men's Singles and Mixed Doubles, this three-day competitive fun event took place in the Racquet Centrum in Kodambakkam. 12 teams participated in the mixed doubles which was won by CRPP with Nungambakkam Nitros being the runners-up. The men's singles' first place was again bagged by CRPP with Tower Twisters as the runners-up. The women's singles had six teams and was won by Tower Twisters. The runners-up were Ambattur Arimass. The finals were conducted on Sunday and some of the matches were covered live on FB. Samson Fitness Gear were the prize partners. Winners were given foam rollers, caps, and t-shirts.

## Strides & Strikes Turf Cricket Tournament 28<sup>th</sup> & 29<sup>th</sup> May 2022

Conducted by Tower Twisters in FC Marina, Kilpauk, this Turf Cricket Tournament was conducted to bond the CR teams across the city. It saw the participation of 16 teams from 14 chapters, each of which consisted of a minimum of two women players. The rules were customized to encourage women players from across chapters to come forward and participate in the matches. Each match lasted for approximately 1 hr 10 minutes. Vibrant Velachery were the champions and Tower Twisters were the runners-up in the event. Arun from Vibrant Velachery was titled

Player of the Tournament. Sathyakumar from Tower Twisters and Aarthi from Vibrant Velachery bagged the titles of Best Batsman and Best Bowler respectively. Corium sponsored the prizes for the Tournament.

## Trail marathon - 26<sup>th</sup> June 2022

Organized by Ambattur Arimass & Tower Twisters as part of the CR calendar events, the trail marathon was initiated with the idea of giving runners a trail running experience within Chennai without having to run in faraway places. The venue for the run was Krishna Water Canal (Between ORR and Thiruninravur Thamaraiakkam road). Runners ran parallel to the water canal and there were volunteers throughout to guide the runners. There were close to 450 runners in the trail run with run categories of 5 Kms/ 10Kms / 16 Kms. Runners could explore more distance and it was made possible to run the same route up to 30 Kms. The run had full hydration support throughout the trail along with live counter breakfast from A2B. The inaugural edition was a great success. Runners across chapters appreciated the trail and the overall feedback was great.

## Chennai Rolling Run - 31<sup>st</sup> July 2022

The CRR at ORR was organized by Porur Racers and Tambaram Thunderbolts and held at the Madha Engineering College, Kundrathur for 10K, 20Miler and HM categories. It started with a warmup session followed by a Zumba. The 20Miler crew was flagged off first, followed by HM and 10k. The route management was taken care by the route marshals and other volunteers and the route was supported by fully stacked aid stations.



Right from the sign boards, route marshals, hydration points, medical team, till the breakfast, everything was planned and executed efficiently. Medical tents and Physios teams were in place to support the runners on the finish line. The event also witnessed one of a kind selfie booth and 360-degree video booth as well which was well received by the runners. The trademark porridge booth was also present which overtook the aid station at the venue.

## CR Trackathon - 17<sup>th</sup> September 2022

Held at the Jawaharlal Nehru Stadium, Chennai, the Trackathon event witnessed ultra-endurance activities like the 12 hour and the 6-hour stadium runs on the tracks by well-trained runners. Approximately 700 runners & 50 volunteers participated in this event from Chennai Runners, Asics Running Group, Dream Runners, and UNIS Running. The event categories were 12 hours run, 6 hours run, 5000 m time trail, 2 hour x 6 relay, Masters/Veterans 100m x 4 relay, Women's only 200m x 4 relay, Mixed 400m x 4 Relay & International Medley. Over 20 teams participated in these events and battled for the coveted CR Rolling Championship Trophy which was awarded to Chrompet Cheetahs for securing the maximum points at an overall level. The highlight of the event was the "Olympics Style" Chapters Parade - a moment of glory for all the participating running groups where they represented their teams & marched on the track. The event was sponsored by MGM healthcare.



## Kid'O'Run 2022 - 18<sup>th</sup> December 2022

The 4th edition of Chennai Kid'O'Run took place in the Intellect campus, Sipcot, Siruseri. It was a full house with all 500 kids participating. With parents and volunteers joining in, the entire Intellect campus saw an audience of 1500 and above. Organized by CR OMR Trail Blazers (OMRTB), Chennai Kid'O'Run is an annual running event exclusively designed for kids to encourage fitness and teach them to run safely from a young age. The event was a non-competitive format covering distances 1km, 3km, and 5km for kids in the age group from 4 years to 15 years. In addition to running, the kids the participating children were given unique medals, nutritious refreshments which was followed by fun games, boxing, gymnastics, etc.



# Prominent CR Achievers

## Narayanan - CR Pettai Rappers

An avid and passionate runner, he started his running journey 16 years ago and has completed 23 Marathons, 22 Half marathons and 3 Ultra Marathons. In SPCM 2022, he was the runner-up in the 20 Milers in his age category (55+), finishing in 2 hours 36 minutes. At Jaipur FM in March 2022, he was a podium finisher & secured his personal best of 3 hours 28 mins in (55+) age category, enabling him to qualify for the Boston Marathon. At Berlin on September 25th, he improved on his personal best timing by 2 minutes, finishing at 3 hour 26 Mins. Among the Indian runners at Berlin Marathon, Narayanan secured a top 4 rank by age category. He has completed 4 World Major Marathons. He will be running the Boston Marathon in 2023. Narayanan is a true inspiration and we wish him the very best in all his future endeavours!



## Edwin Francis - CR Kilpau Striders

The year 2022 has been particularly good to Edwin. He achieved his FM PR (3.37hrs) in SPCM followed by a successful 60K finish at Ooty Ultra in 8:34 hrs having run it as a first timer. Though he was in the groove and trained for the full 16 weeks, he had to give Hyderabad Marathon a miss due to professional commitments. To compensate, he picked up a 79 km 12-hr stadium run in

September. Trying to cope up and balance both his running regime and work schedule, he has his eyes set on FCM 2023 and Delhi 2023. Edwin plans to end this calendar year with another 3000km mileage mark for a second consecutive year.

## Sandya Shanker - CR MFC

A sportsperson at school, a software engineer by profession, Sandya is a disciplined, dedicated, and hard-working runner who never wavers from her training plans. She enjoys the process of training and does not put herself under the pressure of timing, podiums etc – they just happen. The past year has been her golden year. She won the podium at the Chennai Marathon 2022, followed by more podiums at Ooty Ultra, Bangalore Marathon, Tamil Nadu Marathon, Dream Runners, Hyderabad Marathon, Trackathon 2022 and Night Half Marathon in Avadi. Sandya now mentors other aspiring women runners as a Chennai Runners Women's Ambassador.



## Sri - CR Marina Minnals

Sri is a barefoot ultra-marathoner, an ultra-cyclist and an ultra-swimmer. He has completed full iron man triathlon and multiple Half Iron Man Triathlons. He is a trained rock-climber and a black belt in karate. His recent accomplishment was a solo and self-supported cycling journey from Kashmir to Kanyakumari in Feb-2022. Planned and trained on his own for 6 months, he achieved this feat in 14 days covering a distance of 3677 kms and an altitude gain of 12,100 metres. His ride has been certified as the fastest solo unsupported ride by India Book of Records, Asia Book of Records and World Book of Records- London.



## Santhosh Sampath - CR Bessie Flyers

Santhosh Sampath has been an active member of Bessie Flyers for the last 8 years. He is a passionate long-distance runner who loves Chennai and its rich history. With his first event as a Full Marathon in 2015, Santhosh has since then completed 11 full marathons and 3 ultras. During the pandemic, he ran through almost all the major roads in Chennai - Guindy to Gudavancheri, Adyar to Mahabalipuram, Adyar to Thiruvottiyur, Adyar to Ambathur, Heritage runs and Temple runs. He has literally been the "Chennai runner" in the last couple of years and switched to running on hills this year - completing the Yercaud 32 km loop, Munnar Full Marathon, the recent Malnad 50k ultra and Ranipet 50k Ultra.

## Vinodhini - CR Ambattur Arimass

A mother of two, a Badminton enthusiast who manages work along with a joint family, Vinodhini developed a love for running in 2019 when she enrolled for the Women's Day Run conducted by Ambattur Arimass. From then on, she has actively participated in various group runs, challenges and training sessions initiated by the group. Having grabbed a Bronze medal in Mixed Relay(35+) TN Masters State Athletics Meet 2021, this running year started with SPCM 2022 Half Marathon, Tamil Nadu Marathon(10k -4th Place), DRHM(10K), Rolling Run(10K), Trail Run(10k), Trackathon, Avadi Night Marathon(10k- Podium Finisher Open Category-3rd ) and ECR Fun Run.



## Douglas Lobo - CR OmrTB

An expanding waistline and an online article that promised excellent benefits through cardio workouts led to Douglas's initiation into running. After struggling to cross 5 kms for a while and nearly a year of inconsistent training, he was finally able to complete his first HM shortly after his 40th birthday. That experience motivated him to take endurance sports for it seemed to be the area he truly enjoyed. The challenge of going that one step more than what he had previously accomplished and the rigor of training for the events keeps him going – a HM, a FM, an ultra, a stadium run – 100k, 12-hours. Earlier this year, he took part in and completed a 24-hr stadium run that has been one of his longest and toughest events to date.



**A.S. Mani – CR Vibrant Velachary**

Retired A.S. Mani is a stage 3 intestine cancer survivor. Post recovery, he resumed mild physical activities. He has been a regular walker since 2019 and prior to that, he had been working out at a gym for about 5 years. After he was introduced to Vibrant Velachery in early 2022, he was motivated to take up running. Today, he comfortably runs between 6-7 kms a day and his longest run so far is 18 kms. He enjoys the company of fellow runners and has participated in several VV events. He has registered for the Half Marathon at Freshworks Chennai Marathon and is currently undergoing a structured training program with Vibrant Velachery.



**Pooja Chintan Shah – CR TNT**

Mother to a 7-year-old, Pooja's running journey started around four years back when she was diagnosed with PCOD and was dealing with other health issues. Starting with a walk-run, she ventured into 5k and 10k runs and ran her first half marathon in SPCM 2020. Soon, running became her lifestyle. She continued to run through the pandemic and went on to enrol as part of the pilot program of Chennai Runners that trained women for FM. This enabled her to complete the SPCM full marathon 2022 in 5 hours and 10 minutes.

**V S Rose – CR Tower Twisters**

Rose started his running journey by switching from walk to run inspired by his school buddies who were runners. He did his first 10k in 2015, 21k in 2016 and FM in 2017. He then became a full-fledged marathon runner, completing the Vienna City Marathon in 4:38 hours, Ladakh Full Marathon in 6:13 hours and Malnad Ultra in 7:55 hours. He has so far completed 14 full marathons, 50 plus half marathon and 8 ultramarathons. Rose has run in different international cities across the world including Dubai, Abu Dhabi, Lucerne, Vienna, Warsaw, Prague, and Amsterdam. In 2022, despite the pandemic spoiling his training plans, he completed the ultimate human race - Comrades Ultra marathon in 11:12:06 timing. Later, he ran the Trackathon 12 hour run covering 89 kms.



**Rajaram Venkatesen – CR Porur Racers**

After his retirement, at the age of 60 Rajaram Venkatesen became a regular runner. His first running event was the 10km run in Wipro Chennai Marathon 2014. Since then, he has run 48 Half Marathons, eight Full Marathons, three 50k ultras and two 12-hour Stadium Runs-CR Nitros Track Run. In the NMDC Hyderabad Marathon 2022, he secured a podium finish as a Super Veteran –Second Runner up(Male) in the Half Marathon category. Besides running, he also enjoys cycling (he is a Super Randonneur) and has covered 15288 kms on the cycle till date. Rajaram is a swimmer as well and has twice completed the Sprint and Olympic categories, and recently the Half Iron category. He has also taken part in the state level Tamilnadu Masters Athletes Association events - 800m, 1500m and 10000m under the 65-70 age category and bagged a Silver in 10000m and Bronze in 1500m. In the National Meet, he secured a Bronze in 10000m and qualified for the Asian Meet.



**Vishwanathan R – CR Nungambakkam Nitros**

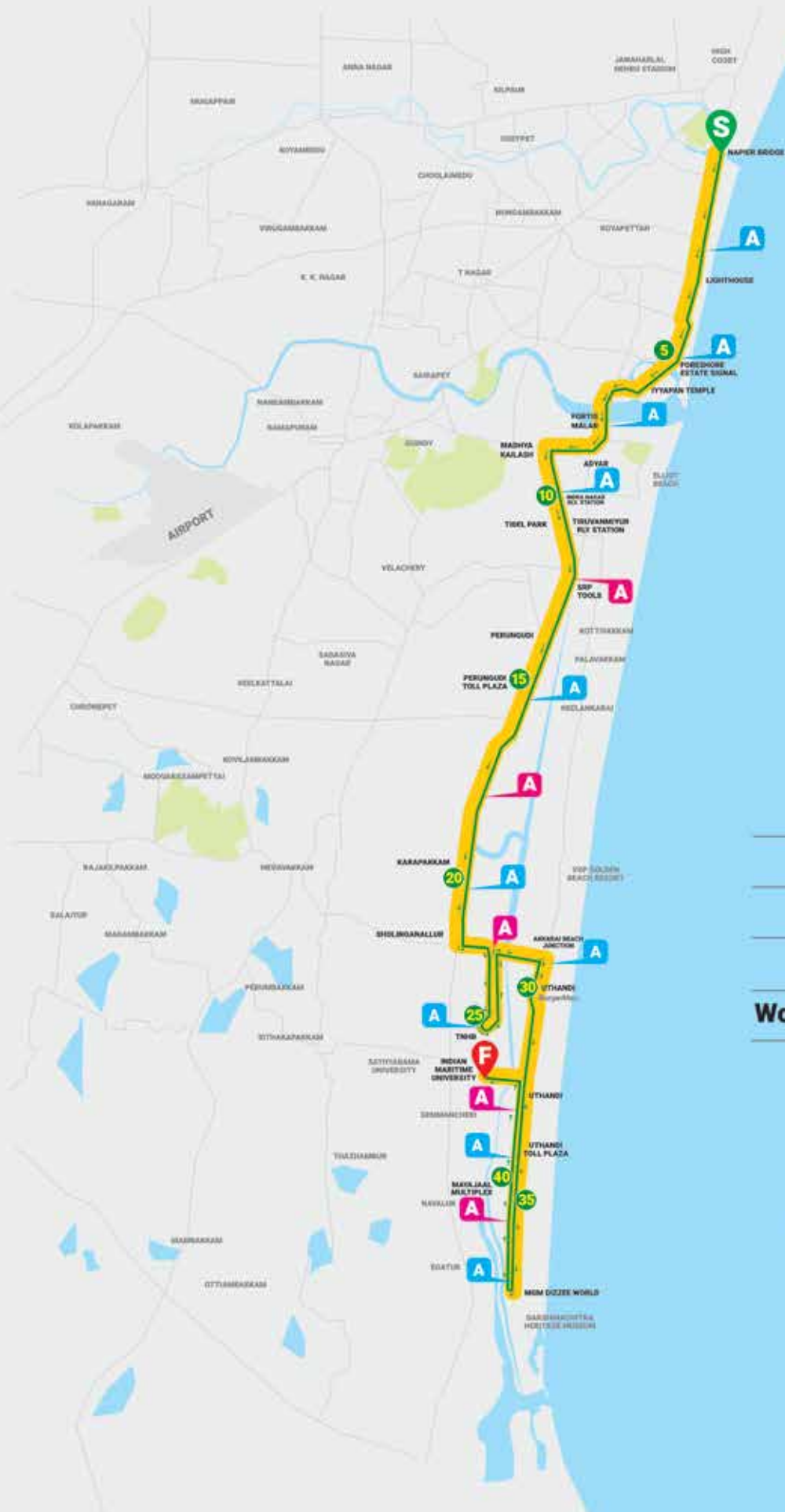
Vishwa Sir as he is fondly referred in CR Nungambakkam Nitros started running at the age of 50. 2013 saw him physically unwell and recovering from an ailment. As part of recovery, he started walking and slowly found the strength to jog and eventually started running. There has been no looking back since crossing the finish line of his first 10K in 2013 with an overwhelming feeling. He slowly increased distances doing his first HM in Coimbatore and next in Chennai Marathon and runs even longer now. Till date, he has completed 120+ B1Bed events including 24 ultra-marathons, 23 full marathons, 68 half-marathons in addition to 20 milers, 6-Hours and 12-Hours stadium runs. Ooty Ultra was one of his most challenging so far. In 2022 he completed Koli Hill Run 26K, DRHM 21K, CR Rolling Run 32K and CR Trackathon 12 Hours run. He has a running streak of sorts with FCM 2023 being his 10th Chennai Marathon event and his most favourite race.



**NAPIER BRIDGE START AREA LAYOUT**

- A - Car Parking**
- B - Bike Parking**
- C - VIP & VVIP Car Parking**
- D - Media Platform**
- E - Start Arch**
- F - Water Point**
- G - Baggage Collection**
- H - Rest Room**





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**CHENNAI**  
 MARATHON  
 powered by **Chennai Runners**

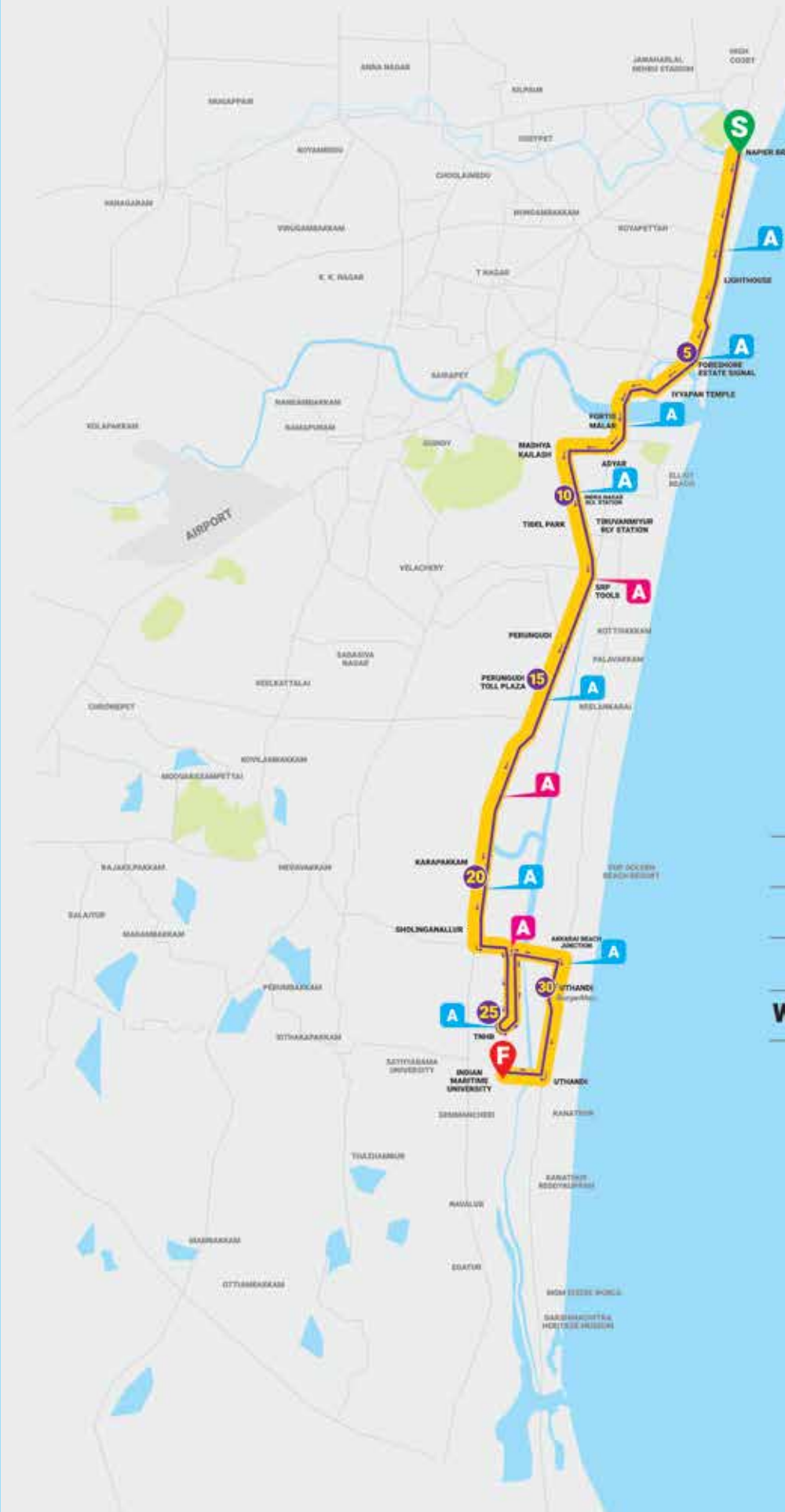
**FULL MARATHON**

Distance: 42.195 km  
 Reporting Time: 3:30 am  
 Run Start Time: 4:00 am  
 Race Day: 8 January 2023  
 Start Area: Napier Bridge

**LEGENDS**

- Start Point **S**
- Running Route
- Distance in Kilometre **1**
- Aid Station **A**
- Women Aid Stations (WAS) **A**
- Finish Point **F**

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 Do More...Start Running!



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**TWENTY MILER**

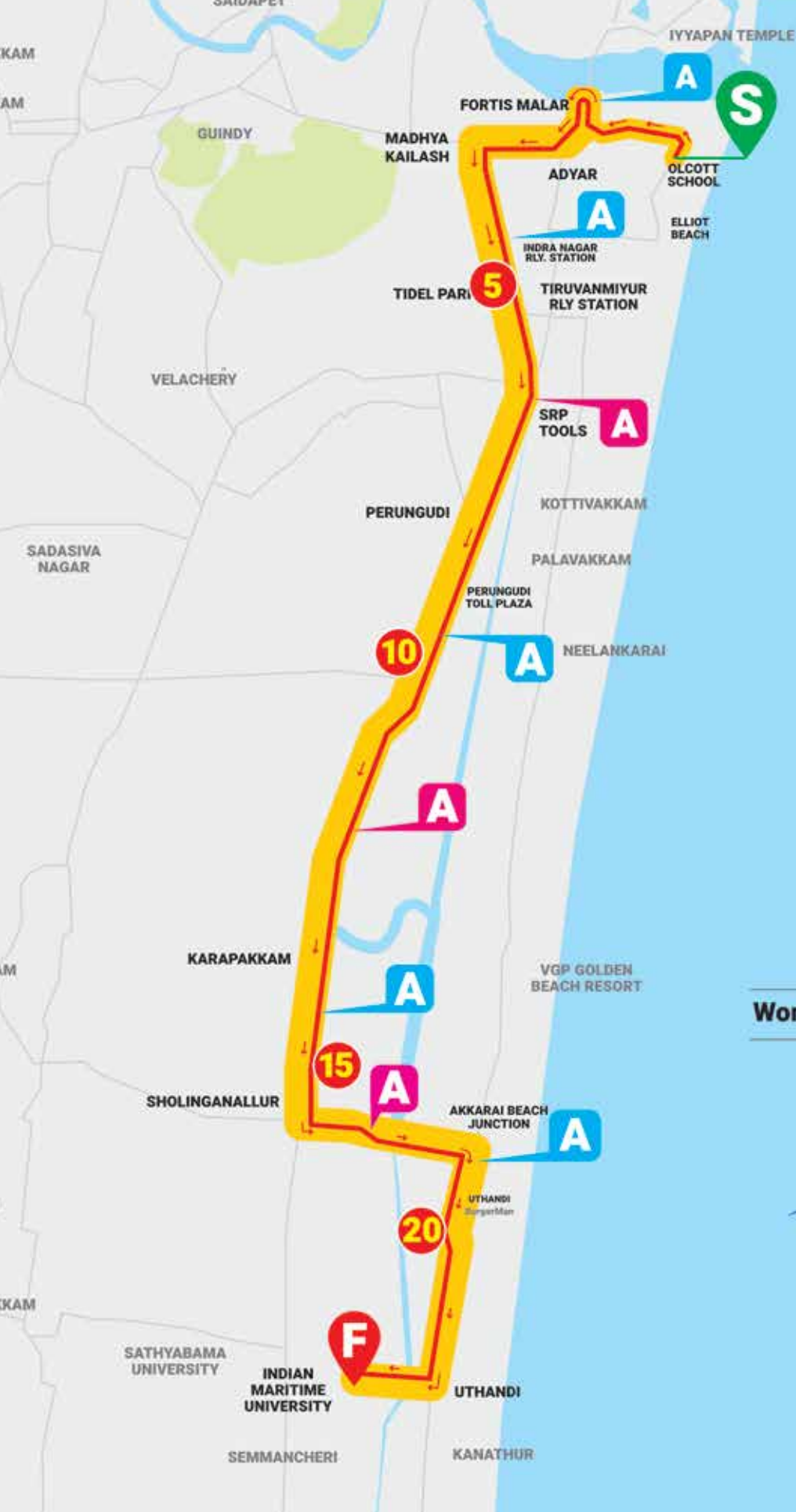
Distance: 32.186 km  
 Reporting Time: 3:30 am  
 Run Start Time: 4:00 am  
 Race Day: 8 January 2023  
 Start Area: Napier Bridge

**LEGENDS**

- Start Point **S**
- Running Route
- Distance **1**
- Aid Station **A**
- Women Aid Stations (WAS) **A**
- Finish Point **F**

**Chennai Runners**  
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### HALF MARATHON

Distance: 21.097 km  
 Reporting Time: 4:30 am  
 Run Start Time: 5:00 am  
 Race Day: 8 January 2023  
 Start Area: Olcott School  
 Besant Nagar

### LEGENDS

- Start Point
- Running Route
- Distance
- Aid Station
- Women Aid Stations (WAS)
- Finish Point



### 10 KM RUN

Distance: 10 km  
 Reporting Time: 5:30 am  
 Run Start Time: 6:00 am  
 Race Day: 8 January 2023  
 Start Area: Napier Bridge

### LEGENDS

- Start Point
- Running Route
- Distance
- Aid Station
- Finish Point





## IMPORTANT INSTRUCTIONS

- Do Not exchange your bib with others or gift it to any one. BIBs are non-transferable. Your bib is the only way race organizers know who you are and whom they should contact, in case of a medical emergency.
- Pin your bib with the timing chip to your t-shirt the evening before the race. Ensure you are wearing the bib when you reach the race start line.
- Plan your race day transport well in advance. Parking at most race venues can be tight and many roads may be closed before 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.
- Do not walk Shoulder to Shoulder along the race route. Be aware of runners behind you, don't obstruct them.
- When you come to an aid station, don't push through to grab supplies. There's enough for everyone.
- WAS (women only aid stations) will be available along the route. These aid stations will be equipped with sanitary pads and painkillers.
- Please throw away all trash (paper cups, banana peels, etc.) only at the appropriate trash cans which will be placed after each aid station. This year we are "source segregating" garbage so as to minimize environmental load, please watch out for the signs and do your bit to reduce wastage.
- Once you finish your race, keep moving and clear out the finish area quickly, so you don't obstruct other finishers. Don't hurry or push at the medal counters. Every finisher gets a medal.



## First Responders Be the first, Be the responder

Chennai Runners have always been at the forefront in taking up societal initiatives, which leaves a mark behind on every runner participating in the event. The initiatives have brought in positive change for the betterment of society at large.

One of the purpose-driven and thought-led initiatives for this year is the "First Responders" program which is a one-of-a-kind program amongst the sporting community. The benefits from this initiative will be multi fold considering the profile of runners participating in this program and the outreach it will have through their channels. The very thought of bringing this initiative is to enable the first responder's mindset among the runners who can act upon when they are on the road (or) when they return to their regular work base.

Dr Ramakrishnan and Dr Erika Patel being at the forefront of this program under the able guidance of Dr Lakshmi Sundar (President, Chennai Runners), have made a huge difference in delivering this initiative on the ground. A

thoughtful and need-of-the-hour program ideated by Chennai Runners team in taking this essential life skill to the runners' community.

It is a basic human need to be in a healthy, safe and comfortable environment... We always feel confident when we are in such surroundings and especially, when we are participating in events like marathon, it matters the most.

Lot of emotions surface when you run in a marathon, especially related to your body. When you know that there is someone next to you who can lend a hand when you need, it makes you keep going.

The Freshworks Chennai Marathon 2023 puts in the First Responders initiative to the action. A first responder is a person with specialized training who is among the first to arrive and aid or provide incident resolution at the scene of an emergency, such as an accident, disaster, medical emergency.

This is the first ever marathon to have the organizers & in-house volunteers as First Responders. This edition will also feature around 100 runners as First Responders and all the pacers are also trained to be First Responders.

The first responders in FCM 2023 which includes doctors as well, have gone through a certified training course. For some of them, there has been a refresher course as well. On the race day, the first responders will form the first line of defence and they will be prominently visible with a striking first responder BIB.

The initial minutes are precious in case of any emergency and the first responders would be there to handle anything, if required while the EMT reaches. At the FCM 2023 Expo, there will be live sessions organized to create awareness on First Responder program. This would be the curtain-raiser for the event.

We have put in our efforts to imbibe the first responder mindset among the runners, which would be a life saver in any situation, be it on the road, at home, community etc. They would also lead to inspire others to have the survivor mindset as well, which would save not only other lives but our own too. With the response assured, have a great and safe run...





# RUNNING FOR CAUSE SINCE 2012



CCTV DONATED IN SUPPORT OF  
THIRD EYE INITIATIVE  
BY CHENNAI CITY TRAFFIC POLICE



PARA ATHLETES SUPPORT  
THIRAMA I 2020 WITH RRD



KAZHIPATTUR  
LAKE RESTORATION WITH EFI



STAR RUNNERS PROGRAM SINCE 2012



## CHENNAI RUNNERS INITIATIVES



# WE RUN CHENNAI



விதி மாற்றிடு...விரைந்தோடிடு!





சிங்கார  
சென்னையின்  
சீர்மிசு  
மெட்ரோ இரயில்!

