

THE RUNNERS TOWN

 **Chennai[®] Runners**
Do More.....Start Running!

AN INITIATIVE OF THE

JANUARY 2020

For private circulation only

**MY
IRONMAN
JOURNEY**

**THE
TURBANED
TORNADO**

A RUNDOWN
EXCLUSIVE

- AN INTERVIEW WITH
FAUJA SINGH

 **SKECHERS
PERFORMANCE**
**CHENNAI
MARATHON**
Powered by **Chennai Runners**

HYPER FAST



SKECHERS
GORUN
RAZOR 3 HYPER

SKECHERS
hyperburst
CUSHIONING

A lightweight, performance trainer with Hyper Burst™ cushioning; fast enough for race day.

08

My First Full Marathon

22

HOP ON, HOP OFF RUNNING

24

நீர்ப்பயணம்
ராஜீவ்காந்தி சாலையில் ஓர்

14

Staying ALERT as you run!

26

MUSINGS OF A LONG-DISTANCE RUNNER AND AN INVESTOR

30

My Ironman Journey

41

CR events



16

TURBANED TORNADO
A Rundown Exclusive
-- An Interview with Fauja Singh



28

YOU KNOW YOU ARE A RUNNER WHEN...



44

Race Info

Hello Runners,

It is that time of the year when we eagerly look forward to the biggest event of them all - The Skechers Performance Chennai Marathon (SPCM) 2020!

The previous edition of SPCM 2019 was a resounding success, with amazing participation from runners across all categories. The route was amazing and the weather was fantastic. This year's SPCM promises to be even bigger and better and I am sure all the participants will have a great time.

And of course, to get you into the SPCM mode, we are back with our annual issue of Rundown. Like always, our editorial team has striven to put together a diverse set of write-ups in this edition, to cater to different types of runners. We do hope you find this issue entertaining and informative.

This edition of Rundown is rather special, because the centerpiece of the magazine is an exclusive interview of 108-years-young Fauja Singh, an inspiration, living legend and, to quote the interviewers, the "Zeus of the Running Gods". Our special correspondents, Ramchandra Sistla and Bhanu Kurra, managed to pull off this exclusive by tracking down Fauja Singh for an interesting tete-a-tete in the unlikelyst of settings—inside a Gurudwara in London. And boy! Weren't they super-excited!. Not just Fauja Singh, but the common thread across almost all the articles featured in this issue is the truly inspirational stories of triumph of human spirit, grit and determination. Sridhar's account of his first Full Marathon is one such story. A diagnosis of Type1 Diabetes since childhood did not deter him from pursuing his dreams. Aarathi's story is no less inspirational – with single-minded focus, she trained for her Ironman journey. And trust me, she totally nailed it! Not only did she complete the event successfully, she was also the fastest female Ironman from Tamil Nadu and 1st Female Vegan Ironman from India.

Runners are considered a weird breed, who do not conform to the "normal" societal rules. Waking up at unearthly hours and running along roads with only footsteps (and of course, stray dogs!) for company is pretty much normal for a runner, but the rest of the society tends to frown at such eccentric behavior. This issue has a fun piece from Ramkishore, where he has compiled a sample list of such traits. We urge you to go through the list and in case you tick most of the boxes, you know you are a runner...

To be successful in any field of life, there are certain qualities which need to be imbibed - Discipline, consistency, patience and willingness to do mid-course correction, to name a few. Running and Investing are very similar in that sense and this is precisely the analogy drawn by Mukesh in his musings.

Getting injured is the flip side of long-distance running. Almost all of us have had some niggles, pains and an occasional serious injury. Resuming running after an injury break is perhaps the hardest thing to do, because you need to motivate yourself and virtually start from ground zero. Dhiraj gives us some tips on how to hop on to the running bandwagon, after hopping off. I am sure you will find these useful.

This edition has an article from Alert, an NGO which provides training to people in managing emergencies. First response during an emergency is critical and may help in preventing serious injuries and possibly, save a life. In case any of you have not got trained in handling emergencies, please add this to your to-do list.

Like last year, we bring you a write up in Tamil from Shanmugam. This time, it is on the Lake Safari and restoration of the Kazhipattur Lake, a project jointly taken up by The Environmentalist Foundation of India and Chennai Runners. We round off the annual issue of Rundown with an article on the non-running events organised by Chennai Runners during the year - a session on injuries management by Dr.Kannan Pugazhendhi, a panel discussion to address specific queries and needs of women runners and a Krav Maga session focusing on women's safety. More such events are lined up in coming year and we look forward to a healthy participation.

I would like to thank all those who have contributed to this issue and Ramkishore for all his inputs and suggestions. A big thank you to Mr.Major Singh Bassi, President of Singh Sabha Gurudwara, East London, Rathika for facilitating the Fauja Singh interview and Hansdeep for transcribing into English from Punjabi.

We are delighted to bring you this edition of Rundown and would love to get your inputs too!

Happy running!

Geeta Viswanath



Race Director's note

Dear Runners,

Once again, we are on the cusp of a new year, new beginnings and of course, the latest edition of The Skechers Performance Chennai Marathon (SPCM) 2020, powered by Chennai Runners.

The previous edition of Chennai Marathon – SPCM 2019 - was a roaring success, with a new Title Sponsor in Skechers Performance and introduction of a new 20-miler category. The scenic beach route was also a huge hit with the runners. The pressure is now on us to come up with an even better event this year. Challenges are aplenty, as one would expect from an event of this stature. But this is precisely the kind of pressure that we revel in and I am confident that come D-day, we will be all geared up to meet the huge expectations from us.

This is the 8th edition of Chennai Marathon and each of our editions has been a learning experience. Our attempt has been to constantly reinvent and introduce several unique elements into the marathon, to provide our runners a great running environment. The Chennai Marathon is the first event in the country where all participating runners are insured, through our insurance partner, Kotak General Insurance. This is also the only event to have exclusive aid station and support for women runners. Also, in keeping with the spirit of inclusiveness, SPCM 2020 will witness participation of 260 para athletes, the highest in any event till date.

Events like Chennai Marathon provide an opportunity and a platform for us to encourage more people to leave their comfort zones, embark on their respective fitness journeys and bring in more feet on street. A good workout releases endorphins and contributes to a happy frame of mind. As L. Hunt says, "The groundwork of all happiness is good health". The visibility and positive publicity generated from such events is, therefore, humungous.

As always, we at Chennai Runners espouse a social cause during each event and this year is no exception. Our charity focus this time is to facilitate revival and restoration of water bodies in Chennai. We have tied up with the Environmentalist Foundation of India to conserve the Kazhipattur Lake in Kancheepuram District and have encouraged several runners to register as Charity Runners for the event.

In the days leading up to the marathon, The Chennai Runners SPCM 2020 Expo will be held at Kalaivanar Arangam on the 3rd and 4th January 2020, with major brands showcasing their products. Do drop in for what promises to be an exciting and fun-filled day!

On a parting note, I would like to thank all our sponsors, partners, the core team members, volunteers and fellow runners who have directly and indirectly contributed to the success of the event. I would also like to thank Greater Chennai Police and Chennai Corporation, without whose support, it would not be possible to organize an event of this scale.

This is an event for the runners, by the runners and I look forward to your continued support – Together, we can make a difference!

Regards,
V P Senthil Kumar



President's note

Dear Runners,

We are happy to welcome back the Skechers Performance Chennai Marathon (SPCM) 2020, the flagship event of Chennai Runners.

From its humble beginnings in 2012, the Chennai Marathon has grown from strength to strength and today, it is the second most popular event in the country, next only to The Mumbai Marathon.

The 8th edition of Chennai Marathon, SPCM 2020 promises to be a power-packed event. Last year's event - SPCM 2019, had many firsts to its credit. We brought on board a new Title Sponsor and introduced a new running category – the 20-miler. The tremendous positive response to the event has encouraged us to work even harder this year to bring you an experience to cherish forever.

Just like last year, this year too, the India Pistons ground will be hosting the 10k runners and VGP Resorts will be hosting the half marathon, the 20-miler and the full marathon.

In keeping with our philosophy of responsible running and as part of one of its charity initiatives for the Marathon, Chennai Runners has joined hands with Environmentalist Foundation of India to revive and restore a Water Body – The Kazhipattur Lake, Kancheepuram Dist. The conservation effort has already started and the target is to dedicate the restored lake to Chennai City on World Environment Day, i.e. June 5, 2020.

Conducting an event of this size and stature comes with its own set of challenges and we are ever-thankful to members of the running fraternity from various Chapters, sponsors, police, Corporation and of course, the general public who have to bear with inconveniences of traffic closures and diversions on the Marathon day.

In the months leading up to the SPCM 2020, various chapters of Chennai Runners initiated several newbies into the fitness journey by conducting running and strength-training programmes. We hope to see more and more runners on the road in the coming years. May the running tribe increase!

Regards,
Shahid Kandrikar



6 > 3.5

Shift today to earn up to 6%* interest p.a. from your Savings Account.

Visit kotak.com/6 | SMS SIX to 567 6788 |  

*Earn 6% p.a. interest on savings account balance over Rs 1 lakh and up to Rs 10 lakhs. Earn 4.00% p.a. interest on savings account balance up to Rs 1 lakh and 5.5% p.a. interest on savings account balance above Rs 10 lakhs. Applicable for Resident Accounts only. Interest rates are subject to change from time to time. Please visit www.kotak.com for the latest information on interest rates.



MY FIRST FULL MARATHON

*(From a runner with Type 1
Diabetes)*

- Sridhar Rajamohan

Prologue

It was on 12th July 2019 that my friends told me they'd registered for a Full Marathon (FM) in Bengaluru and I also thought "Ok, let me also give it a try". Having done 51 Half Marathons (HM) by then, why not try for my first Full, I thought. The main reason I'd been avoiding Full Marathon was that I did not know how my sugars would behave when I ran for over 4 hours.

A little context here:- I was diagnosed a Type-1 Diabetic (T1D) on 30th October 1999, when I was 11 years old and since then I've been on insulin. I was always active during my school and college days playing football and running track events like 800m and 1500m. I signed up for my first HM in 2012 (the Auroville Run in Feb 2012) and completed it in 2:42. My second HM was in Hyderabad in August 2012 and it is till date, my slowest race timing of 3:08. I joined Chennai Runners Mogappair Fitness Circle (MFC) in July 2015 and have been training with my team ever since.

It was in my 20th HM (Coimbatore, 2016) that I did my first ever sub-2 hour run. Not only was my timing a hugely satisfying 1:49, it was also an improvement by a whole 12 minutes over my previous personal best of 2:01 at the 2016 Hyderabad Marathon. From 2016, I've been successful in meeting my target of completing 10 HMs every year.

Race No	Race	Date	Distance	Finish Time
1	Auroville	12-Dec-12	21.1km	2:42:47
2	AHM	08-Aug-12	21.1km	3:08:52
3	TWCM	02-Dec-12	21.1km	2:18:57
4	Auroville	11-Feb-13	21.1km	2:26:40
5	DRHM	22-Jun-14	21.1km	2:57:00
6	TWCM	07-Dec-14	21.1km	2:23:16
7	CRHM	25-Jan-15	21.1km	2:09:21
8	Auroville	08-Feb-15	21.1km	2:20:59
9	MEPZ	22-Mar-15	21.1km	2:25:31
10	DRHM	26-Jul-15	21.1km	2:19:26
11	CTM	17-Jan-16	21.1km	2:20:07
12	SCMM	17-Jan-16	21.1km	2:02:53
13	TWCM	31-Jan-16	21.1km	2:07:25
14	MRM	28-Feb-16	21.1km	2:07:35
15	MEPZ	20-Mar-16	21.1km	2:06:43
16	DRHM	24-Jul-16	21.1km	2:12:31
17	JHU	07-Aug-16	25km	2:52:53
18	AHM	28-Aug-16	21.1km	2:01:50
19	CTM	11-Sep-16	21.1km	2:11:46
20	Coim	02-Oct-16	21.1km	1:49:26
21	SPBM	16-Oct-16	21.1km	1:47:10
22	SCMM	15-Jan-17	21.1km	1:48:46
23	Palakkad	22-Jan-17	21.1km	1:55:01
24	Auroville	12-Feb-17	21.1km	1:53:55
25	MRM	27-Feb-17	21.1km	1:47:21
26	MEPZ	05-Mar-17	21.1km	1:53:21
27	PRHM	16-Jul-17	21.1km	1:55:25
28	JHU	06-Aug-17	25km	2:31:20
29	AHM	20-Aug-17	21.1km	1:52:19
30	Unis	17-Sep-17	21.1km	1:54:10
31	SPBM	15-Oct-17	21.1km	1:48:30
32	D2D	07-Jan-18	21.1km	1:52:03
33	KHU	27-Jan-18	21.1km	2:13:03
34	Auroville	11-Feb-18	21.1km	1:48:59
35	MRM	26-Feb-18	21.1km	1:48:31
36	ME-PZ	04-Mar-18	21.1km	1:44:43
37	Ooty	29-Apr-18	30km	4:13:13
38	CRR@ORR	15-Jul-18	21.1km	1:55:30
39	DRHM	22-Jul-18	21.1km	1:59:08
40	AHM	26-Aug-18	21.1km	1:51:34
41	SPBM	21-Oct-18	21.1km	3:39:40
42	TMM	20-Jan-19	21.1km	1:47:14
43	Auroville	10-Feb-19	21.1km	1:56:39
44	MEPZ	03-Mar-19	21.1km	1:51:34
45	Chennai Ult	09-Mar-19	25km	2:26:36
46	Ooty	07-Apr-19	30km	3:39:40
47	TS3	21-Apr-19	21.1km	1:59:59
48	DRHM	21-Jul-19	21.1km	1:58:44
49	CRR@ORR	04-Aug-19	21.1km	1:58:18
50	AHM	25-Aug-19	21.1km	1:56:10
51	Coim	06-Oct-19	21.1km	1:50:25

The Training—Planned vs Actual

So coming back to my first FM attempt, I registered on 14th July 2019 – that was the last day for registering at a discounted price for the Bengaluru Marathon. The event was scheduled to be held on 13th October 2019. I thought of continuing my training for the Full after running my 50th HM event at Hyderabad on 26th August 2019. The plan was to do three 32 Km runs on 1st September, 8th September and 15th September. However, I managed 22k on 1st September - stopping with a bad plantar pain due to my new shoes not supporting me well, then a 30k on 7th September with 8x1.6k interval followed by 8x1k intervals in the same workout and finally, another 22k on 16th September - thus managing to successfully fail to meet my target of 32 kms in every one of those training runs.

Then came my Sprint Duathlon (5k Run-20k ride-2.5k Run) event at Chennai Duathlon. They say failures are the stepping stones of success and all the training that I had undergone till then helped me finish the Sprint Category in first place. After finishing the event, I did a 10k run to put in some more training mileage. Then my taper plan was to do a 18k run in Ahmedabad where I was attending a Diabetic Conference as part of Young Leaders of Diabetes in India (YLDI) initiative. And finally, to round it off with an HM event – my 51st at Coimbatore Marathon, one week before the first FM. At Coimbatore, the plan was to exactly imitate the first half of my first full but owing to the wonderful climate and flat roads in Coimbatore, I couldn't control my pace and went on to do a 1:50 HM.

Race Week

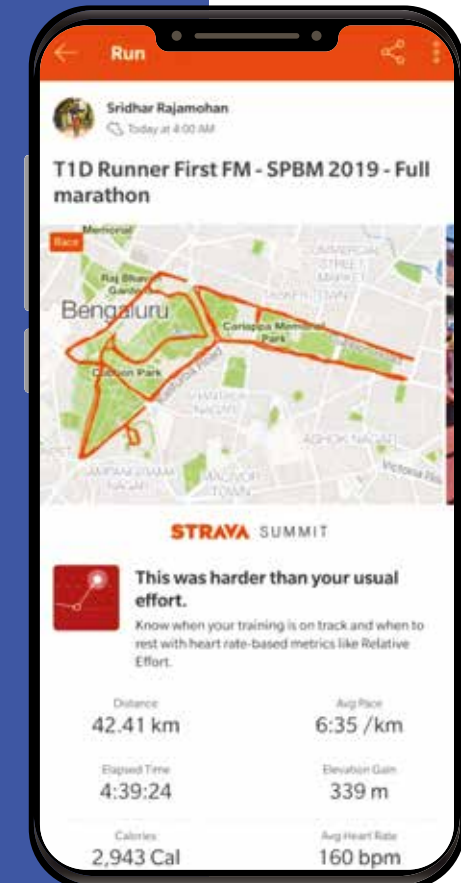
So finally, all the training was done. It didn't matter anymore whether I had successfully completed the training or not, but the fact was that I couldn't do anything more now with just one week in hand. The plan for my event day was to do a usual HM in the first half with 1:55 and not care about the timing in the second half, which would mean close to 3:00 in second half and a cumulative time of

4:55. A good friend and professor at IIT Madras suggested that I should not do a highly positive split run. But I had planned it this way mainly because I wanted to make sure I finished my first Full and also that I had enough time to check my sugars during the run in the second half (unknown zone). I have the Abbott Freestyle Libre Pro sensor – I just have to place my phone on the sensor (Near Field Communication –NFC) and I would get my glucose reading trend visible on my phone.

Then came the race week. I reached Bengaluru early on Saturday and was perhaps the first person to collect the bib. Then I went and settled down in the hotel to watch Eliud Kipchoge make history by running a marathon distance (42.195 km) in 1:59:40. What a time he chose to do this! I fervently wished to be inspired by the feat for my race. Also, I again rechecked with Mukesh and Balaji, my fellow MFC runners, if my plan was fine and they gave me the confidence again to go as per my plan.

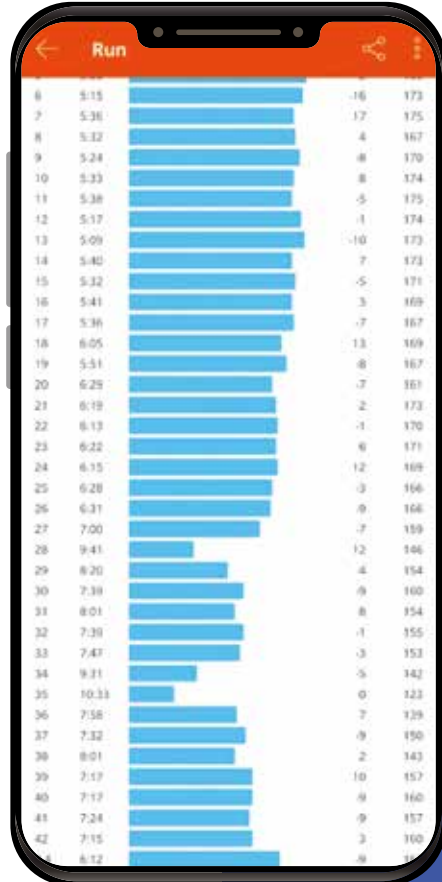
The Race

Race day arrived, my sugars were in good control when I woke up, so I had a banana and set off for Kanteerava stadium. As planned, I had worn my usual race costume of blue CR MFC tee and orange shorts. My phone pouch was strapped to my arm. My Intrepid ID was on and I carried 5 gels to have after every seven kms – 7km, 14km, 21km, 28km & 35km.



Just before the start of race:

The gray area in the above picture was my target sugar range (80mg/dl – 160mg/dl). I found to my distress that just before the start of the race, I was slowly going into a mild hypoglycemia. I had to react immediately, so I took half a gel, leaving me with only 4.5 gels remaining. I was already on the back-foot even before the start of the race. The situation calling for a quick change of plan, I decided at once that I will go faster than my planned pace for the first 5 kms so that I get my Heart Rate up and adrenaline pumping, and my sugar levels would automatically start to climb up. With this, I shifted the intake of the remaining half gel to the 8th km and then one every 7Kms to get back on plan.



But because I did the first 5k at 5:05 pace average, I couldn't run my first half fully and started to take walk breaks from 19th km. This meant that my plan of doing the first half in 1:55 was slightly delayed and I finished the first half in 1:57, post-which, I was able to continue my run-walk till the 27th km. I had to take a leak-break at the 28th km, at which point I checked my sugar levels on my phone. I immediately noticed the glucose trend going low and took half the gel which I was supposed to take in the 29th km. Similarly I checked around 34th km and took another half gel then and the final half I took in the 35th km. It was a

slow phase from the 28th km to the 35th km, but I was able to slightly pick up my pace after that. With 5 kms. to go, I took my phone out one last time to see if my glucose trend was in the zone and it was. So I thought I would text in two of my whatsapp groups – my family group and MFC Beasts group – that I was doing alright and that I had just 5 more kms to complete, so that they wouldn't be worried. Then I set off at consistent 7:15 pace towards the finish line and crossed it successfully.

Epilogue

I collected my medal and waited for my friends to complete too. In the meantime, checked my glucose- it was in the range. And that's that – I completed my first Full Marathon. Woohoo! The stats of my first FM are here for those who may be interested in the numbers and the pattern.

SECURING YOU IN WELLNESS AND ILLNESS
with Kotak Health Premier.

Product Highlights

- In-patient Treatment
- Health & Rewards
- Annual Health Check-up
- Alternative Treatment
- Cumulative Bonus
- Restoration Benefit

1800 266 4545 | care@kotak.com | www.kotakgeneralinsurance.com

Kotak Mahindra General Insurance Company Ltd.
Registered Office: 27 BKC, C 27, G Block, Bandra Kurla Complex, Bandra East, Mumbai – 400051. Maharashtra, India. CIN: U66000MH2014PLC260291. IRDAI Regn. No 152. Trade logo displayed above belongs to Kotak Mahindra Bank Ltd. and is used under license. The advertisement contains only an indication of the covers offered. For more details on risk factors, terms, conditions, coverages and exclusions, please read the sales brochures/policy wording carefully before concluding a sale. ARN: KGI/19-20/II/P-SD/535.
Kotak Health Premier UIN: KOTHLIP19063V021819.

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

வோலினி மேக்ஸ் உடன் வலியில்லாமல் ஓடுங்கள்.

VOLINI MAXX
INDIA'S STRONGEST PAIN RELIEF SPRAY*

Staying **ALERT** as you run!

“For the last four miles of the race, he started feeling his heart flutter, but didn’t think anything of it at first. But it kept getting worse, and by the time he hit the end, he started feeling very strange. After he crossed the finish, he told his brother he felt like he was going to pass out. That’s the last thing he remembered. He found out later that he actually went into cardiac arrest.”



That’s what happened to Joseph Henson at Mercedes Half Marathon at Birmingham.

With all the training and with the runners pushing themselves hard to stretch their limits, on a given day, this could just happen to anyone running a marathon. Even though research so far has shown a low occurrence world-over, the survival rate once it occurs has been abysmally low, especially in India. In a recent study published by the New England Journal of Medicine, researchers found that 28 of 30 runners who experienced a sudden cardiac arrest were successfully resuscitated - a survival rate of 93 percent, when first responders were immediately available and adequately equipped with the skill to render CPR (Cardio Pulmonary Resuscitation) and use an AED (Automated External Defibrillator). The preparedness levels needed during such events has to absolutely be of the highest order and this cannot be over-emphasized.

These preparedness levels do not apply just to life-threatening situations such as cardiac arrest. Even issues such as cramps, dehydration, bruises due to a fall, fracture and similar emergencies, when attended to immediately and appropriately, result in ensuring that the runner bounces back to normalcy at the earliest. It saves runner downtime, which usually also becomes a mental issue for anyone raring to go. The presence of first responders who can render first aid at the earliest through the route is most essential in ensuring such eventualities can be promptly and efficiently handled.

With a deep-rooted understanding of the same, the Skechers Performance Chennai Marathon (SPCM) has been taking very specific steps to ensure preparedness with respect to first response. Partnering with ALERT (www.alert.ngo), (an NGO driven by the goal given to it by Dr. APJ Abdul Kalam – ‘to train one in every family in emergency care’) the SPCM has been building capacity in Emergency Response from amongst common people, adding a significant layer of preparedness. ALERT was founded in 2006 to ensure ‘Right to Life’ and its

objective is to work towards a better emergency response ecosystem in India. ALERT has trained over 1,00,000 families so far and also has been a strong influencer/advocate of better policies and laws in this space at the national level. The ALERT simulation lab for Emergency Response Management is the first in the country dedicated to equipping the common man with First-Responder

skills. Alert VoICE, India’s first community driven technology based first response network is on the list issued by the National University of Singapore, of the top 120 social initiatives to watch for in Asia. ALERT works diligently with the other stakeholders of the eco system such as the Government, hospitals, EMS, police, judiciary etc to bring in the required synergies that would ultimately save lives. ALERT is also a member of the core committee formed by the Government of India along with WHO and AIIMS that is currently designing frameworks for building capacity in this space for the entire country.

At the SPCM 2019, the approach was two pronged. ALERT ensured every aid station was manned by intensely trained “alert VoICES” (Volunteers In Case of Emergency) along the entire route, who were equipped with comprehensive first aid kits. Also, a protocol was established to get access to AEDs as needed. This acted as the on-ground layer of hands-and-feet to handle the golden hour. The immediate next link in the chain was ensured by medical partners who stationed ambulances in strategic locations. This two layered approach helped in being adequately prepared for any eventual medical emergency. While there were no major incidents in SPCM 2019, 97 incidents were handled ranging from low to medium severity such as bleeding, abrasion, cramps, fracture etc.

A runner who slipped and hit himself on the metal barricade suffered a



broken wrist. ALERT VoICEs responded immediately, and the hand was aptly immobilised with splints within 7-8 minutes. The runner with his arm resting in a sling was taken in an ambulance to Apollo Hospitals, the medical partner. That is exactly what was required to ensure the broken bone did not get worse and that he could be put back on the path of early recovery.

ALERT’s mission towards saving lives is further propelled through partnering in such events that see large audiences, as it provides spirited volunteers an opportunity to serve and handle real-life emergencies. India has been topping the charts in deaths due to cardiac arrests, road traffic accidents, diabetes etc. While our country is a destination for advanced tertiary healthcare, we still have a long way to go in building capacity to make effective first response available. This can only be achieved with community participation. Events such as SPCM help evangelize this cause, which is the need of the hour. This helps ALERT get closer to realising the dream of training one in every family in emergency care.

The SPCM-ALERT first response model has shown the way in ensuring adequate preparedness needed for such large events. This preparedness is absolutely imperative and it would be great to see every other running event in the country adopt the same.

Together, we can be the difference.



THE TURBANED TORNADO

A RUNDOWN

EXCLUSIVE

- AN INTERVIEW WITH

FAUJA SINGH

By our Special Correspondents:
Ramchandra Sistla & Bhanu Kurra

The world of distance running has many Gods. Dr. Roger Bannister, Paavo Nurmi, Emil Zatopek, Kenenisa Bieleke, Paula Radcliffe, Said Aouita, Tirunesh Dibaba, Eliud Kipchoge, Mo Farah, Mary Decker are just a few that one can name right off one's bat. And if this pantheon of deities would have a Supreme Ruler, a Zeus as it were, it would be none other than Fauja Singh, the centenarian runner who not just holds all the records in that age group, but in many cases, is the only person to have competed in an event in his age category.

We were extremely excited when Rundown contacted us to interview the legend. However, when we set about trying to contact him, we found that while almost all the locals in London knew of him, no one had an idea where he could be contacted. Even those who participated regularly in the London Marathon did not know where he lived. However, we finally got to know that Fauja Singh celebrated his 105th birthday at the Singh Sabha Gurudwara in East London. We went over to the Gurudwara and contacted the President Major Singh Bassi, who informed us that Fauja Singh visits the Gurudwara every day. Mr. Bassi was very kind and not only agreed to set up the interview with the legend at the Gurudwara, but also provided a private room for the interview as well as a translator to help us, as Mr. Fauja Singh spoke only Punjabi. On the appointed day, we reached 15 minutes before the time scheduled, and were super excited to see Fauja Singh, punctual as he is known to be, ready to interact with us.

At first glance, Fauja Singh is a bit of a surprise. Yes, we know he is old, but 108 years? He has the spryness and the strong voice of a very fit man in his late fifties or early sixties. Spare frame, not an ounce of fat on his body. An oversized turban and a flowing beard give him a forbidding appearance, till you see the twinkle in his eyes and the kindness in his smile.

As we got down to our interaction, it suddenly struck us that he has been interviewed so much, and reams of articles have been written about him, so many tidbits about his life are already in the public domain—so what could we ask him, what new information could we elicit from him, that was not already well known?

The second thing that we found to our surprise was that for a man who has won so many accolades, been honoured so much and so often, Fauja Singh is extremely, genuinely humble. Whenever he is asked about his achievements, the recognitions and awards that he has received, he always thanks God, his "Rab" and attributes everything that he has achieved to divine guidance and grace. The simplicity and humility is deep and moving, and touches everyone who interacts with him.

Because we were overwhelmed by the occasion and our proximity to him, we began with the inane, HR-round type question—tell us something about your family background—your parents, brothers, sisters, your youth.

He was the eldest of two brothers and two sisters. One brother and a sister are no more. His younger sister lives in America.

His own family? He has three sons and three daughters— and many grandchildren. Much of his family is settled in Canada. Even his granddaughter is now a grandmother. "A big global family" he chuckles. He travels frequently to Canada.

Fauja Singh thanks God for his fitness even so long after retirement, enabling him to "keep jumping here and there" in and around Toronto. He enjoys his life to the fullest, he says, even though "the weather here (in London) is very bad".

Commenting on the changes he has seen over the years in London, he says that the city has kept pace with globalization and today, people from all over the world are happily earning their livelihood in this country.

He is also effusive in his praise of the British government, stating that he has received a lot of help from

them, especially taking care of his medical needs. Gratitude for what he has received so far, is a recurring theme when Fauja Singh talks. He is unrestrained in his thankfulness for the recognitions he has been accorded, be they hoardings featuring him, or awards and accolades, rather than treating these as what is rightfully due to him for his achievements. He says he too on his part has been a good citizen, supporting many charities both here in UK and in Punjab. "I'm not educated, but God has pushed me into charity work and I am happy working for the welfare of mankind.", he says, modestly.

Religion plays an important role in his life. "I am proud to be a Sikh. Sikhism teaches us good values, of caring and sharing. Sikhs across the world work on this tenet, and so do I."

He dwells on the well-known tragedy that was a cause of his taking up running well into his 70s—the death of his 45-year-old son; the shock made him go into depression. He took up running as a way of overcoming his condition. One day, a family member advised him to run a marathon, "a big race of 42 kms". Registration was expensive. However, some people—"Messengers of God", as he terms them—decided to sponsor his race, and advertised his participation through posters all over the town. He kept training and running marathons, and companies sponsored him. He broke records set by the Chinese, got two records in Scotland, five in Canada, and became the sensation that people talk about today.

"I was an old man when I started running. When my young son died at 45, while I was still alive at 75, I started questioning what life was all about, and wanted my life to have some meaning. Everything happens with the wish of Waheguru. He wanted me to run and I did. It all happened as He willed it. I got sponsorship for various marathons, was put up in luxury hotels, at times I was helped by Governments too, and I kept running (in races) all over the world."

Was he an athlete right from his childhood? Did he have an interest in running from a young age? Fauja Singh says:- "When I was born, I was very

weak. I started walking only at the age of five; I was able to run only after maybe 10 years of age". He grew up to be a farmer and had to work hard to provide for himself and his family and that, he says, transformed him.

And memories of his schooldays?

"Yes, I was enrolled in school but I would only go to my sister's place and play and come back. Not study" he chuckles.

Considering that he took up running late in life, did he face any initial difficulties? Fauja Singh says he faced no difficulties at all. It came to him naturally. In fact when he was unwell, running made him feel better. The fact that he used to walk a lot, both in India and in the West, traversing bridges, inclines etc. made things easy for him. Running was like meditation and with the blessings of the Almighty, he has never faced any difficulty.

He never tried any other sport, he says. In his youth, he was a poor farmer and worked hard to raise his family. He never had any aspirations or thought much about sport.

We asked Fauja Singh if he had any special diet before big races. It is well known that he is a vegetarian and sticks to simple food like phulka, dal and milk. But any special race fuel? Fauja Singh replies that he did not have any special diet, but would eat pinni (a laddoo made from atta, with raisins and other dry fruit) on long-run days.

And what hydration plan did he follow for long races? Nothing special, he says. But he would drink adequate water while running. He would always carry water with him and would drink periodically whether or not he felt thirsty. Grinning, he says the hydration was enough for him to do a bhanga even after completing 42 kms.

Talking about footwear, Fauja Singh opines that today shoes have become very expensive and people buy what they can afford. He once checked a feather light shoe of a particular brand and was amazed to see that it cost 250 pounds even after a discount! Of course, today well-known brands are happy if he wears their shoes while running a



marathon. For race days, he advises runners to wear only shoes in which they have practised, and not to experiment with new shoes or shoes of a different type from the one they were used to.

And what other special preparations for a marathon? Fauja Singh says he would wake up early and show up at the park just like his regular runs and workouts. He just fell in love with running and forgot everything else, the world, his family, his troubles, when he ran. “Just Run” was his life’s motto.

Does he run now?

He has not been well for some time and so has not been running. However, he does walk at least 5-6 miles every single day. Once he gets better, he will resume running, he says.

Any message for the new runners?

“Play gatka (a Punjabi martial art form using sticks)” says Fauja. He meant that workouts are important for fitness, and once you are fit, running becomes easy, automatically.

Running is a basic requirement for fitness, says the legend. Earlier, people would ask him why he ran. But now, given today’s lifestyle and pressures of time, people have begun understanding the importance of fitness for a healthy life.

Any unique memory or happening that he would share with readers?

Fauja Singh reveals that when he ran after 9/11 (the terrorist attacks on the WTC and other places in the US), he was advised not to run with his turban but to just wear his patka (head wrap). He refused and said that he would run only with his turban. His coach was nervous, but he put his foot down. The organizers said that many other Sikhs ran with just the patka, and he could do the same too. He says that he is bald, and was afraid that the patka would slip off, he chuckles.

Speaking about all the honours that he has received, Fauja Singh says that he values every single appreciation and medal that he has received, right from the honour (he is a recipient of the Order of British Empire Medal) bestowed by the Queen, to the appreciation he receives from people around the world.



“I would say everything given with love is priceless,” he says.

When asked which was his most favourite marathon among those that he ran, Fauja Singh retorts “Every one of them. Ask me which was the most difficult.” He reveals that the most difficult was the one in Toronto where he broke five records in one day. While doing the last record, he had cramps in the last half circuit. His physiotherapist knew how to relieve the cramps, but the judges said no one could go near him or touch him. But God guided him through that last half circuit and he broke the record by one second. I am done running competitively now, he says. He will run selectively in future.

Suddenly turning sombre, Fauja Singh says that every marathon sees casualties. We need to understand our body and our unique limits and not overdo things. “We all have different limitations, so we should choose our speed, distance and targets wisely,” he says.

We asked him whether he has ever visited Chennai. He replies in the negative. He has been to other cities in India, though—Jalandhar, Chandigarh, Mumbai and Delhi.

“You have been an inspiration for others. Who is your inspiration?” We enquire.

“Just God” says Fauja Singh. “My son died, and I said that the wealth of my life is gone. All finished. Then I felt I must make my life meaningful, and turned to fitness. That has helped me contribute to charity.”

Considering that he is so religious, we ask him what was his prayer to God.

“The way I have been blessed these last 22 years, the respect that I have got, God should bless everyone with that. Respect. Not money. Whatever money I got in various marathons, I give away to various charities. But good life and respect are what I wish God bestows to everyone, as he has bestowed on me.”

Interview over, we watch in unabashed admiration as the 108 years-young man walks down the stairs totally unaided and then strides out onto the Gurudwara floor, and we thank Rab for this opportunity to interact with the Turbaned Tornado.

Personal Information

(s)	Turbaned Tornado Running Baba Sikh Superman
Nationality	British
Born	1 April 1911 (age 108) Beas Pind, Jalandhar, Punjab, British India
Residence	United Kingdom
Years active	2000–2013
Height	1.72 m (5 ft 8 in)

Achievements

Running Career

- Rediscovered running at the age of 81
- Marathons run: London (5), Toronto (2), New York (1)
- Marathon debut: London, 2000, aged 89
- London Flora Marathon 2000: 6:54
- London Flora Marathon 2001: 6:54
- London Flora Marathon 2002: 6:45
- Bupa Great North Run (Half Marathon) 2002: 2:39
- London Flora Marathon 2003: 6:02
- Toronto Waterfront Marathon 2003: 5:40
- New York City Marathon 2003: 7:35
- London Flora Marathon 2004: 6:07
- Glasgow City Half Marathon 2004: 2:33
- Capital Radio Help a London Child 10,000 m 2004: 1:08
- Toronto Waterfront Half Marathon 2004: 2:29:59
- Toronto Waterfront Marathon 2011: 8:11:06
- Hong Kong Marathon (10 km) 2012: 1:34 (raised \$25,800 for charity)
- parkrun UK 2012 - Age graded record holder: 179.04% with a time of 38:34
- Hong Kong Marathon (10 km) 2013: 1:32:28

Awards

- Awarded the Ellis Island Medal of Honor by the National Ethnic Coalition, USA in 2003
- Brand Laureate Award, 2nd Annual Chardikala Run, Malaysia, 2012, which was also themed “101 and Running” in his honour.
- British Empire Medal by HM Government of Great Britain, 2015

Facts

- The Guinness Book does not recognize the timings set by Fauja Singh as records, as he does not have a birth certificate to prove his age.
- His biography, titled Turbaned Tornado, was formally released in the Attlee Room of Britain’s House of Lords on 7 July 2011 by Lord Anthony Young of Norwood Green and retired British Crown Court judge Sir Mota Singh. The book was written by Chandigarh-based columnist and writer Khushwant Singh

Hop on, hop off running...

- DHIRAJ BOTHRA



It is a busy, busy world. Each day there are conflicting priorities, needing resolution. And when prioritizing, the easiest thing to move down the ladder is the fitness regime. And often, the most difficult to put back up on the ladder. Getting back to the grind is 'as easy as' it was on the first ever day of running.

It takes weeks and months of constant effort to get to a fitness routine for it to actually become a routine, and just a couple of weeks of being off the routine could set you back by several months. The half and full marathons that were easy to accomplish, suddenly start looking challenging, the personal bests that were achieved during the 'hey days' look somebody else's, the running buddies (the ones at your pace) have found new ones and now you need to find new ones. To sum up, all of these can be frustrating, to say the least.

All is not lost, yet. The years and yards that you've put in don't come to nought, definitely not. But how much still remains and how easy it is to get back, depends on many things – the fire in the belly to stay the course, the running goals that were set, the buddies who made runs interesting, the focus on running basics and a whole lot of other stuff.

Running breaks could happen due to a multitude of reasons– injury, travel, family and religious primacies, and these are normal for any amateur runner. What does one do to cause minimal disruption to the running routine despite the inevitable breaks? Here are some thoughts, based on what I have seen working in the running community around me.

Running in groups is an important safety recommendation; making friends within this group is a very important longevity recommendation. During the times

when we are under the weather and the times when the early wake- up routine gets to our body, the running buddies that we have come in handy. Based on what I see around, people who have friends within the running group are more regular than the ones who run all by themselves. For them coming back is a lot easier, as they have a supplementary reason to run. For the eligible ones, find a girl (boy) friend within the running group, to stay uber- motivated.

Just like with anything that does not have well-defined goals, running could fall prey to inconsistency. Most of the running community isn't going to get anywhere close to the world-beating marathon timings and will continue to be amateur, so what good will setting goals for distance, timing, stamina etc. do? These goals help us stay motivated. As we start achieving set goals, we build motivation and running becomes more rewarding, and we are always looking forward to taking the next leap forward. So set goals, while you are an active runner, to have something to come back for, after 'the break'.

Warm-up/cool down before/after a run, listen to your body, correct running form, strength training routine et al - a lot of these things are told to us when we are running newbies. These go a long way in making sure that we do not get averse to running, because even when they do not cause injuries, these aversions could take the shape of excuses. So, while you are still running, stick to running basics, which will help form the basis of many miles of running, and you consequently create happy memories out of running.

They say, variety is the spice of life. Spice makes food interesting and variety does the same to running. While some variety in workouts (strength

training, cross-training, yoga etc.) is recommended by most running experts, adding a little variety to running makes our coming back from a break lot easier. Getting in a bit of sand running, or a couple of games of kho-kho occasionally, does ease our return. Our running group boasts of an 'on-the-run' storyteller. How is that for variety?



So, if you must take a running break, which is quite normal, make sure you prep for the return from the break while you are still running.

Happy miles with hop offs that are few and far between, and if you are out of running for a while... hop on... the running season is just beginning in this part of the world!

நீர்ப்பயணம்

ராஜீவ்காந்தி சாலையில் ஓர்

- ஷான் கடுப்பசாமி

சென்னை ரன்னர்ஸ் 2006ம் ஆண்டு முதல் இயங்கி வருகிறது. 12க்கும் மேற்பட்ட சேப்டர்கள் நகரத்தின் பல பகுதிகளில் இயங்கி வருகின்றன. கடந்த எட்டு ஆண்டுகளாக சென்னை மாரத்தான் என்ற மாநிலத்தின் மிகப்பெரிய மாரத்தான் ஓட்டத்தை நடத்தி வருகிறது. இதன் வாயிலாக சமுதாய நலன் சார்ந்த பல முன்னெடுப்புகளுக்கு உதவியும் வருகிறது. அந்த வரிசையில் இந்த ஆண்டு சென்னையின் நீர் நிலைகளைக் காக்கும் ஒரு முயற்சியை முன்னெடுக்க சென்னை ரன்னர்ஸ் முடிவெடுத்து ஈஎஃப்ஐ அமைப்பின் உதவியை நாடியுள்ளது. அப்படி அவர்கள் தேர்ந்தெடுத்திருப்பது ஓளம்ஆர் சாலையை ஓட்டியிருக்கும் கழிப்பட்டுர் ஏரியைத்தான். இந்த ஏரிச்சுற்றுலாவை ஈஎஃப்ஐ அமைப்பின் அருண் கிருஷ்ணமூர்த்தி ஏற்பாடு செய்ததும் அதற்குத்தான். அந்த ஏரியில் என்ன செய்யப்படும் என்பதை நேரில் கண்டறிய இது போலவே சீரமைக்கப்பட்ட வேறு சில ஏரிகளை அனைவரும் பார்ப்பது அவசியம் என்று அவர் கருதினார். சென்னை ரன்னர்ஸ் அமைப்பில் வேளச்சேரி சார்பில் ஒரு ஒருங்கிணைப்பாளராக நானும் கலந்து கொண்டேன்.



தள்ளி குளம்

பக்கிங்ஹாம் கால்வாயை அடுத்து நாங்கள் சென்ற இடம் 'தள்ளி குளம்'. அதை மீட்டெடுத்த விதம் குறித்து எங்களுக்கு விளக்கத் தொடங்கினார் அருண். தள்ளி குளம் முழுக்கத் தூர்ந்து போய் 18% நீர் பிடிக்கும் நிலையில்தான் அருண் வசம் ஒப்படைக்கப்பட்டிருக்கிறது. கடந்த மூன்று மாதங்களில் மறு சீரமைக்கப்பட்ட இந்தக் குளத்தில் சமீபத்தில் பெய்த மழையால் நீர் தேங்கியிருந்தது. அதில் நீர்க்கோழிகள் விளையாடிக் கொண்டிருந்தன. இப்போது இதன் நீர்ப்பிடிப்பு 78% அளவுக்கு அதிகரித்திருப்பதாகக் கூறுகிறார் அருண்.

"சற்று நேரம் பேசுவதை நிறுத்திவிட்டுக் கவனியுங்கள்." என்கிறார் அருண். நாங்கள் நிறுத்தியதும்தான் அதை உணர் முடிந்தது. சென்னையில் அருகிவிட்ட பறவைகளின் சத்தத்தை அங்கு கேட்க முடிகிறது. கூடவே அணில்கள் மற்றும் பூச்சிகளின் இடைவிடாத சத்தம். இவை அனைத்தும் இந்தக் குளம் சீரமைக்கப்பட்ட பிறகு பல மடங்கு அதிகரித்துவிட்டதாக அவர் கூறுகிறார். குளங்களை சீரமைப்பதாகச் சொல்லி அதன் கரைகளில் நடைபாதைகள் அமைத்து மக்களைச் சுற்ற விடுவதை அருண் விரும்பவில்லை. அது அந்தக் குளத்தின் சூழல் சமநிலையைப் பாதித்துவிடும். நீர் தேங்கி நிற்கும் பகுதியைப் போலவே அதன் கரையும் முக்கியமானது. அங்கே கனி தரும் மரங்களும் புதர்ச்செடிகளும் இருப்பது அவசியம். அவை பறவைகளுக்கும் விலங்குகளுக்கும் மட்டுமே சொந்தமானவை.

ஏகாட்டுர் குளம்

தள்ளி குளத்தை அடுத்து நாங்கள் சென்ற இடம் ஏகாட்டுர் குளம். இந்தக் குளத்திற்குள் செல்ல ஹிரானந்தானி டவர்ஸின் பிரமாண்ட வரவேற்பு வளைவுக்குள் செல்லவேண்டும். அது அந்த அடுக்கு மாடிக் குடியிருப்புகளுக்குச் சொந்தமான சாலை போலத்தான் இருக்கும். அப்படித்தான் அவர்களும் பராமரித்து வைத்துள்ளனர். ஆனால் உண்மை அதுவல்ல. அது அரசாங்க சாலை. யார் வேண்டுமானாலும் சென்று வரலாம். இப்படித்தான் பொதுமக்களுக்குச் சொந்தமான இடங்களை வளைத்துப் போடுவது ஆரம்பிக்கும். வானம் தொட்டு நின்ற அந்தக் குடியிருப்புகளின் நடுவே சிறிய குளமாக சுற்றிலும் வேலி அமைத்துப் பராமரிக்கப்பட்டுள்ளது ஏகாட்டுர் குளம். இதுவும் ஈஎஃப்ஐயின் பங்களிப்புதான். ஆனால் குளத்தை சீரமைத்து ஒரு வருடத்துக்கு மேலாகிவிட்டதால் இங்கே முழுக்க இயற்கைச் சூழல் திரும்பியிருப்பது தெரிந்தது. சுற்றிலும் புதர்கள் மண்டியிருந்தன. சிறு பனை மரங்கள் வளரத் தொடங்கியிருந்தன. சிறிய நீர்ப்பறவைகள் தென்பட்டன. தண்ணீர் முழுதாக நிரம்பியிருந்தது. ஏகாட்டுர் குளத்திலிருந்து சில நூறு அடிகள் தொலைவில் பங்களிங்ஹாம் கால்வாய் ஓடிக் கொண்டிருந்தது. நான் பார்த்த பெரும்பாலான இந்தக் குளங்களுக்கு உயிர்நாடி அதுதான் என்பதை மறுபடியும் ஒரு முறை உணர் முடிந்தது.

#சண்ணான் குட்டை#

இது தவிர சோழிங்கநல்லூரில் தாங்கள் மீட்டெடுத்த சண்ணான் குட்டையையும் அவர் காட்டினார். நான்கு புறங்களிலும் வீடுகள், கட்டிடங்கள் சூழ்ந்த நிலையில் ஒரு தண்ணீர்த் தொட்டியைப் போல் எஞ்சியிருந்தது. அதைச் சுற்றிலும் அமைத்திருந்த கரைகள் மழையில் மீண்டும் கரையாமல் இருக்க சாக்குப்பைகள் விரிக்கப்பட்டு அவை அசையாமல் கட்டப்பட்டிருந்தன. சாக்குப் பைகள் சிறிது காலத்தில் மக்கிவிடும் என்றும் அவை மக்கும்போது கரைகளில் நட்புருக்கும் செடிகளும் மரங்களும் வளர்ந்து மண்ணை இறுகப்பிடித்துக் கொள்ளும் என்றும் விளக்கினார் அருண்.

#தாமரைக் கேணி#

சண்ணான் குட்டையைத் தொடர்ந்து தாங்கள் கடந்த ஆண்டு சீரமைத்த தாமரைக்கேணி ஏரியைக் காட்டினார் அருண். சென்னையில் ராஜீவ்காந்தி சாலையில் பயணிப்பவர்கள் யாரும் இதைத் தவற விட்டிருக்க முடியாது. சோழிங்கநல்லூர் சிக்னலைத் தாண்டிப் பயணிக்கும்போது இன்போசிஸ் நிறுவனத்துக்கு எதிரே ஆவின் அருகே இந்த ஏரி பரந்து விரிந்திருக்கிறது. ஆவின் கழிவுகளால் எப்போதும் ஒரு வித தூர்நாற்றம் வீசிக் கொண்டிருந்த இந்த ஏரி இப்போது மீண்டும் நீர் நிறைந்து கரைகள் சீரமைக்கப்பட்டு புதிய பொலிவுடன் இருக்கிறது. சுற்றிலும் வேலிகள் அமைக்கப்பட்டுள்ளன.

பக்கிங்ஹாம் கால்வாய்

அடையாறு, கொசுத்தலை, கூவம் ஆறுகள் மூன்றையும் இணைக்கும் நதி நீர் இணைப்புத்திட்டம்தான் பக்கிங்ஹாம் கால்வாய் என்கிறார் அருண். எண்ணூரில் தொடங்கி பாண்டிச்சேரி வரை கிழக்குக் கடற்கரை சாலைக்கு இணையாக ஓடி நூற்றுக்கணக்கான நீர் நிலைகளை இணைக்கும் இந்த அற்புதத்தைத்தான் நாம் வளர்ச்சி என்ற பெயரில் மெல்ல அழித்துக் கொண்டிருக்கிறோம். நதி நீர் இணைப்பு, நதி நீர் இணைப்பு என்று தொண்டை வறண்டு போகும் அளவுக்கு கத்திக் கொண்டிருக்கும் மக்கள் யாரும் இது ஏற்கனவே பயன்பாட்டில் உள்ள நதிநீர் இணைப்புத் திட்டம் என்பதை உணரவில்லை. தகவல் தொழில் நுட்பத்தின் வளர்ச்சியால் அசுர வளர்ச்சி அடைந்த இந்தப் பகுதியில் சேரிகள் உருவாக பக்கிங்ஹாம் கால்வாயின் கரைகளில் மட்டுமே இடம். பல இடங்களில் ஒரு சாக்கடையாக மட்டுமே மீதமிருக்கிறது இந்தக் கால்வாய். இந்த ஏரிச்சுற்றுலாவில் பக்கிங்ஹாம் கால்வாயை முதலில் காட்டியதற்குக் காரணம் ஒரு முக்கிய ரத்தக் குழாயைப் போல கிழக்குக் கடற்கரையின் ஏரிகளின் வடிகாலாக இருக்கிறது. இது சரியாக செயல்பட்டால் கொசுத்தலை, கூவம், அடையாறு மற்றும் பாலாற்றின் வெள்ள நீரைப் பல நீர் நிலைகளுக்குத் திருப்ப முடியும் என்று உறுதியாகக் கூறினார்.

இந்த தாமரைக்கேணி குளமும் சோழிங்கநல்லூர் சதுப்பு நிலங்களும், பள்ளிக்கரண சதுப்பு நிலங்களும் ஒரே தொடர்ச்சியான இயற்கைச் சூழல் கண்ணிகள். ஒரு காலத்தில் 80 ஏக்கர் பரப்பளவில் இருந்த இந்த தாமரைக் கேணி இப்போது வெறும் 26 ஏக்கர் அளவில் சுருங்கியிருக்கிறது. ஆனால் ஈஎஃப்ஐ அதை மீட்டெடுத்து கரைகள் அமைத்து குப்பைகளை அகற்றி ஆழப்படுத்தி கடந்த 2018ம் ஆண்டு மக்களிடம் ஒப்படைத்திருக்கிறது.

கழிப்பட்டுர் ஏரி

கழிப்பட்டுர் ஏரி காஞ்சிபுரம் மாவாட்டத்தின் திருப்போரூர் தாலுக்காவில் அமைந்துள்ளது. சிறுசேரிக்கு அருகே ஓளம்ஆர் எனப்படும் பழைய மகாபலிபுரம் சாலையில் கிழக்குப் பகுதியில் 5 ஏக்கர் பரப்பளவில் அமைந்துள்ளது. இந்தப் பகுதி மக்களுக்கு ஒரு நீர் ஆதாரமாக இருப்பது மட்டுமல்லாமல் முட்டுக்காடு ஏரியின் உப்புத்தன்மை நிலத்தடி நீருடன் கலந்துவிடாமல் பாதுகாக்கும் ஒரு அரணாகவும் இது செயல்படுகிறது. அதிவேக நகர்மயமாக்கலால் சேதமடைந்துள்ள இந்த ஏரியில் தற்போது ஆக்கிரமிப்புகளும் குப்பைகளைக் கொட்டுவதும் தொடர்ந்து நடந்து வருகிறது. இந்த ஏரியை அறிவியலரீதியாக மீட்டெடுப்பதன் மூலம் நாம் இப்பகுதியின் சமநிலையை ஓரளவு காப்பாற்றி வைக்க முடியும்.

இந்த ஏரிக்கு நீர் கொண்டு வரும் முக்கியக் கால்வாய் முழுவதும் தூர்ந்து போயிருப்பதால் அதைச் சீர் செய்ய

வேண்டும். குவிந்து கிடக்கும் குப்பைகளை அகற்ற வேண்டும். அத்தோடு இந்த ஏரியின் நீர்ப்பிடிப்பை அதிகம் செய்து கரைகளை உயர்த்திக் கட்ட வேண்டும். அதன் பிறகு மரங்களை நட வேண்டும். வேலி அமைக்க வேண்டும். உபரி நீர் வெளியேறவும் வழி செய்ய வேண்டும். இவை அனைத்தையும் இயந்திரங்கள் மூலம் செய்ய நாற்பது லட்சம் வரை செலவாகும். ஆயிரக்கணக்கில் தன்னார்வலர்கள் உதவி தேவைப்படும். முழுவதும் மீட்டெடுக்கப்பட்ட பின்னால் இந்த ஏரி ஒரு பறவைகளின் சரணாலயமாக மாறும். பாம்புகளின் சொர்க்கமாக இருக்கும். ஜூன் 5, 2020 - உலக சுற்றுச் சூழல் தினத்தன்று இந்த ஏரியை முழுப் பொழிவுடன் மக்களுக்கு அர்ப்பணிக்கத் திட்டம் உள்ளது என்கிறார் அருண்.

நீங்கள் ஓடுவதில் ஆர்வம் உள்ளவராக இருந்தால் உங்களை ஒரு சேரிட்டி ரன்னராக சென்னை ரன்னர்ஸ் தளத்தில் பதிவு செய்வதன் மூலம் இந்த முயற்சிக்கு நிதி திரட்டலாம்.

நான் அதைத்தான் செய்திருக்கிறேன். அல்லது ஓட்டமெல்லாம் நமக்கு தூரம் என்று நீங்கள் கருதினால் இயன்ற நிதியை அளிக்கலாம். அது தவிர ஒரு தன்னார்வலராக இங்கே நடக்கவிருக்கும் பணிகளில் பங்கெடுக்கலாம். குறைந்தபட்சம் இப்படி ஒரு ஏரி அங்கே மீட்டெடுக்கப்படுகிறது என்ற கதையைவது நம் பிள்ளைகளிடம் பகிர்ந்து கொள்ளலாம். அது ஒரு நம்பிக்கைக் கதையாக அவர்கள் மனதில் நிலைத்திருக்கும். அந்த நம்பிக்கை இனி வரும் காலங்களில் அவர்களுக்குத்தான் இன்னும் அவசியம். இணைவோம், செயல்படுவோம்.



Musings of a long-distance runner & an investor

- Mukesh Kothari

I have been investing since I was 26 and took up active running when I was 35. The compulsions to start both though were different - in the case of investing, an unexpected investment opportunity and in the case of running, an early warning signal about my health. In the pecking order of saath sukh (seven joys), first is Nirogi Kaya (Fit body/health), followed by Ghar mein ho maya (wealth), thus reinforcing the priorities of one's life. Many of us realise too late, the importance of these and very few of us consciously nurture it.

When I look back, I am really surprised at the similitude. If I were to draw parallels, I began both the journeys with accidents (an injury and a financial loss). Luckily, both the initial accidents unlocked the door to the crucial ingredients of the recipe for success - perseverance and patience. The similarities between running and investing have contributed immensely to my financial health and physical well-being.

It's all about emotions:-

Long Slow Distance running = EQ > Physical strength

Higher investment returns = EQ > IQ.

In running, more than the physical strength, it is the emotional strength which is important, as is the case with investing, where better results can be achieved only with temperament, rather than IQ. While running, beyond a certain distance, the body, legs, hands would move at a certain rhythm unconsciously. Similarly, in investing, the compounding effect kicks in. Running is more in the mind, than in the legs, investing is more in the behaviour than in the price movements. A runner craves to get into a meditative state and an investor craves for wealth creation and not just income.

Obstacles:-

Every runner (investor) faces the same or newer obstacles during every new run (stock pick), be it weather (market conditions), injury during the run (price movements), availability of hydration (information availability & processing), uphill/downhill run (temporary loss of capital/swings), damaged roads (a few quarters of bad results), loss of mental strength (opportunity loss) and most importantly starting troubles (management quality). The best way to overcome these is to plan better before the run (thorough research), assess and know key aspects that can be taken in stride as you run (risks and mitigants) and most importantly know when to step back and call it a day (know when to sell). A seasoned runner or

a seasoned investor would give 75% to planning, 20% to the execution and 5% to successful completion.

Coat-tailing:-

Many of the retail investors believe in coat tailing, akin to surfing on another investor's wave, without realising that the latter constantly wins small battles in his mind to win a war. While a runner can set unrealistic goals by seeing others' successes, he alone has to win his mind games. Like with running, investing is also lonely - the sufferings, celebrations, the runners' high (losses, profits, belief) are of the individual who is experiencing it, and the rest is all irrational exuberance. While fellow runners' support can give an emotional boost, a runner alone has to complete his journey, as with the case of an investor. It is next to impossible to achieve the same results, when you run or invest coat-tailed with someone else's achievements. However, like smart investors, who network and keep their ears to the ground, a network of good runners can help build and reinforce conviction. The benefits of running in a group are very often understated, as is the strength of an investor's network.

Back loaded results:-

The results are always back-ended. While short term returns and a quick run can give you a temporary boost, they are always fraught with the risk of long term damage - either psychological (aversion to stock market) or physiological

(injury). For best results, a steady run (consistent performance), proper hydration (knowledge), and awareness of basic underlying strength (conviction) are crucial. Short term investing is like running on a treadmill, it gives you high and seemingly good returns, but the associated costs dent the returns and may have long term negative impact.

Conviction building:-

Conviction building in running is as important as conviction building in investment. A constant self-doubt (lack of confidence despite practice), worrying about fellow investors' profits - Rabbit vs. Turtle investing (faster runner vs. slow runner) will surely cut short an investing or a running journey. Every run is a unique experience, as is every investment. These cannot be replicated.

To conclude--

It is said - bleed in peace, so that you only sweat in war. The more you participate in practice runs, the better prepared you would be for the main event. There will be days when your intended goal of running is not achieved, but do not give up. The process of preparing and the outcome for a long distance run and long term investing are analogous, having immense rub-off benefits, and which have a snow ball effect.

Sounds good so far? Where do you start now? Take baby steps, break the shell and slowly blossom; more importantly enjoy the process and do not worry overly about the outcome.



YOU KNOW YOU ARE A RUNNER WHEN...

- Ramkishore

Irrespective of whether you are a rookie runner or a seasoned one, there are certain dead giveaways that you are bitten by the running bug when you exhibit a few traits. Here are 20 of them -

01

You have mastered the art of sneaking out of and inside the house at unearthly hours, without waking anyone up.

02

You see a stunning looking person running towards you from the opposite direction—and you later have no recollection of what they looked like—because you were staring at their shoes.

03

You see a stunning looking person running in front of you in the same direction, and your eyes automatically go to their legs—because, silly, how else can you take in their running form and the kind of shoes they are wearing?

04

When you are introduced to another runner, you tend to look first at their feet (Skechers shoes – check!), then at their left wrist (Aha Garmin – check!), and then at their tee (CR “so and so” group – check!), and then finally at their face (Ahem – “Hello” – check!).

05

At work, you treat your boss with disdain, but are almost servile to the junior-most member of your team because she can run a sub-60 minute-10 K.

06

You classify people as Beginners, Intermediate, Advanced, or Beasts—based on the jargon they use (a few of them listed below).

(Words such as Fast, Slow, Knee Pain used by a person indicate that he is a beginner.

Tempo, Pace and Intervals, ITB etc. are used by intermediate runners, who are more often than not, likely to sport a tee with the words “Beast Mode” printed on it.

Compression Sleeves, Pronation, Supination etc. are used by advanced runners.

And the true beasts? Well, they just run, talk little except to thank you at the aid station, and that too, between a gulp of water and popping a slice of salted lime in their mouths. Their singlets do not have words written on them. Beasts are found in small groups, usually with fellow Beasts.)

07

You can hold forth on the relative merits and demerits of Saucony, Asics, NB.... but really have no idea about Bata, Liberty or Red Tape.

08

Sachin Tendulkar is a decent cricket player. Kipchoge is God.

09

You profess not to be bothered by race timings—you run for the sheer joy of it. Yet you sneakily check the finish times of all your group members, and mentally tabulate your percentile position in the group.

10

You bitch about people who run faster than you and whine about people who run slower than you. You like people who run at your pace, but you slyly try to put on an extra 15-seconds’ pace over them. But race timings? Oh No Sir, you run for the sheer joy of it and claim not to be bothered about timings.

11

You greedily hoard in an old shoe box all the race bibs, which is fine. You also greedily hoard in another old shoe box all the finisher medals, which is even better. But you even hoard all the safety pins that you got in all the race expos, which is, well, bordering on OCD!

12

Your spouse/partner/significant other thinks you are weird. And if they don’t, it is only because they are runners too. And therefore weird themselves.

13

Your colleagues at work think you are weird. But then, that’s because you probably are.

14

The only new clothes in your wardrobe are the running tees – last when you checked, there were 156 tees and counting!

15

When not devouring articles on running, you greedily read up articles about nutrition and foods for runners. You can debate endlessly on the relative benefits of chikki, gels, Fast&Up, orange slices, bananas, lemon and salt for the entire duration of a 10 mile run.

16

You are fine with the smell of sweat in your car. Or for that matter in any one’s car. And you wonder why non-runners turn up their nose in disgust when they get into your car.

17

Every time you are struck in a traffic jam, you loudly proclaim how you could have run this distance and reached the destination faster.

18

Whenever you walk on a road, you unconsciously register its elevation.

19

You wish every runner on the road “Good Morning”, whether or not you know him/her. And whether or not it is morning.

20

You and the stray dogs on the road share a distrustful tolerance of each other. For the most part, however, there is a kind of uneasy truce between the two-legged and four-legged runners.

P.S. The above list is only indicative and not exhaustive!

IRONMAN[®] WESTERN AUSTRALIA BUSSELTON

	S UMENO	14:46:24
	C HOGG	14:49:19
	A SWAMINATHAN	14:44:44
	N JONES	14:52:11



MY IRONMAN JOURNEY

Aarathi Swaminathan

Dream is not something that you see in sleep, dream is something that doesn't let you sleep.

- APJ Abdul Kalam.

*One such dream for me three years ago was “**Becoming an Ironman**”.*

TRIATHLON / IRONMAN-

It is one of the toughest one day endurance events in the world. It is one thing running 42.2 km, but it is a challenge entirely of another order to hone a perfect technique for swimming through 3.8 km of ice-cold water before gathering breakneck speed to cover 180km on a road bike after leaving the freezing swim behind. Pushing endurance and mental battle to another level is what this sport does to the athlete.

WHY TRIATHLON -

“Triathletes aren't born they are Made”

I strongly believe in this quote, as triathlon helps me understand my strength - mentally and physically. It makes me strive to achieve the impossible. It's like living my childhood dream to represent my nation in an international arena.

ABOUT ME -

“Success does not mean winning everything, but making the best of every situation.”

Triathlon has always been my long-standing dream; it was my passion since 2016 and has now become my profession. Sports have been part of my life ever since my youth. I have won Silver & Bronze medals in track & field events at State Level athletic meets as a sprinter and as a swimmer at district level during school & college days. I took a hiatus of about 10 years from Sports to build my career. In 2016, with single



mindful focus, I started training under the mentorship of Mr. Anil Sharma. I raced my first event straight away in the Olympic distance category and finished 3rd in the open Women's category. Determined to succeed, I spent the next several years improving the timing and trained under the guidance of IRONMAN Certified Coach Deepak Raj as I also wanted to make my mark in the World's toughest one day endurance IRONMAN race.

IRONMAN - Western Australia, Busselton

1st December, 2019 - I hold the Indian Flag and run the IRONMAN Red Carpet with pride. As I cross the line I hear the most awaited magical words "Aarathi, you're an IRONMAN". Tears roll down as I stand tall at the finish line with a timing of 14:44:45 being Fastest Female IRONMAN from Tamil Nadu & 1st Female Vegan IRONMAN from India.

I was not in the best shape and fitness level for this race post my bike crash at Ironman 70.3 Goa. After a brief discussion with my coaches & Physio we decided to go ahead as the base endurance was built before Goa. I decided to adopt a conservative approach towards the race.

The race started with 3.8 km swim on the beautiful beach of Busselton Jetty with crystal clear water; however the sea was choppy due to heavy winds. It was a two loop swim and we had to swim against the current twice & I actually swam 4.3 km in 1:40hours. A quick T1 change and I hopped onto my bike. We were warned about the brutal head winds & cross winds. Bike was again two loops of 90 km. I was surprised by the change in the wind direction in just 2:30 hours into the bike leg, making the second loop even tougher. I finished my cycle leg of 180 km in 7:02hours. Again a quick change in T2 & I headed into the Run leg (42.2km) which had 4 loops of 10.6km. Running had been my strength in the past but in this Ironman Race, it was my weak link, owing to my injury. I knew it was a run- walk situation, hence stuck to the plan & finished the marathon in 5:46hours.

The icing on the cake was when the Ironman Ranking for 2019 was released and I was extremely happy to see that I was leading the Indian Women Chart overall (70.3 & IM races) with 6081 points.



Ranking as below -

4th Place
- Ironman 70.3 with 4248 points

3rd Place
- Ironman with 1833 points

1st Place
- Overall across IM & 70.3 race with 6081 points



INFORMATION FOR ALL RUNNERS

Race Day : Sunday, January 5, 2020

Start Location : YMCA, Nandanam.

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

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

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

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



Parking

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



Traffic Restrictions

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



Baggage Check

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



Toilets

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



Aid Stations

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



Womens' Aid Station

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



First Aid

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



Medical Assistance

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

Cut-off Times

Full Marathon

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

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

GENERAL INSTRUCTIONS

* Race registrations are non-transferrable • Remember to fill the emergency information at the back of your bib • Plan to reach the start point early • Co-operate with us in ensuring effective waste management - do deposit all the trash in trash bins provided for the purpose, only • The common finish area for all races provides a festive atmosphere and lot of photo opportunities • Designated family and friends meeting areas are marked in the finish area • All finishers will be provided with a finisher's medal & breakfast • Certificates will be available for download online at our website (<http://www.thechennaiarathon.com>) within 3 days after the event • Please co-operate with volunteers along the route • In case of cancellation of the event, no refund will be provided

MORE HEART. LESS ATTACK.

#FuturingCardiacCare



It's possible. Join the Apollo Healthy Heart Program

Apollo HealthyHeart Program

HEART HEALTH MANAGEMENT
BASIC | ADVANCED

To Enroll
044-4040 1066
www.AskApollo.com

[Apollochennai](https://www.facebook.com/Apollochennai)

[@Apollo_Chennai](https://twitter.com/Apollo_Chennai)

[apollo_chennai](https://www.instagram.com/apollo_chennai)

[Apollo Hospitals Chennai](https://www.youtube.com/ApolloHospitalsChennai)

www.chennai.apollohospitals.com

ENJOY CINEMA TO THE FULLEST!

WITH #BIGSCREENS



BEST-IN-CLASS #DOLBYATMOS



STATE-OF-THE-ART #4K PROJECTION



AFFORDABLE #YUMMYFOOD



c i n e m a s
T NAGAR | OMR | VILLIVAKKAM | MADURAVOYAL



CR sponsored events during the year

If you think that CR focusses only on running events, think again! Recognising the fact that there would be lots of doubts and reservations in the minds of aspiring and regular runners about many aspects of fitness, CR organises several non-running events and sessions during the year. Here's a lowdown of some of these events.



Wings to fly KRAV MAGA

A Krav Maga Session exclusively for women to teach the art of self-defence and ensure personal safety was organised at YMCA, Nandanam, on June 23, 2019. The session was conducted by Mr.Sreeram, who has trained various people and organisations like the Police Force.

Mr.Sreeram stressed on a few important aspects of personal safety –

- avoid getting into an unpleasant situation;
- if unavoidable, try to escape from the adverse situation;
- if it is difficult to escape, use whatever means possible to attack and stun the opponent

The Session mainly focused on the preventive aspects of personal safety (judging people and situations, setting aside ego, choosing to avoid confrontational situations, being aware of cybercrime etc.), understanding criminal psychology, implementing online safety best practices, using mobile safety apps effectively, escaping from an unpleasant situation by using environment and available sharp, light or heavy objects for self-defence (even a small pen can be used as a weapon), physical aspects of defence, being aware of vulnerable parts of human body irrespective of gender and size of the person (eyes, nose, knees, groin etc.), understanding ranges and strikes and effectively using legs and hips and channelising inner anger and aggression to stun the opponent.

A very informative Session indeed!

Wings to fly

Beat the blues

Girija

As part of its Wings to Fly Series, Chennai Runners organised an exclusive panel discussion on women and running called "Beat the Blues" on November 24, 2019 at Dr.Rela Institute & Medical Centre, Chrompet, Chennai.

The audience comprised of not only members from the running fraternity but also women from all age groups, right from college going students to a mother of a 1 month-old baby and elderly women.

The event started with Dr.Lakshmi Sundar giving a brief overview of the Session. Dr.Gomathy was the moderator for the panel discussion.



The panel consisted of eminent personalities drawn from various fields -

Dr.Asha Rajini

- a veteran runner who started running post-retirement and now represents National and Asian Masters Athletic event. With her speech, the audience was totally inspired and she proved that age is just a number.



Dr.Karpagambal

- a gynaecologist with 2 kids, spoke about time management and how to take "time" out from family activities and spend for oneself. She urged the audience to keep pushing themselves to run, whether it is 1 km or 10 km.

She also answered audience queries on resumption of running after an abdominal operation, say removal of uterus or delivery (maximum resting period required is 2 months only, post-which, one can start by running slowly and gradually increasing running activity) and addressed concerns on menopause and running during periods (depends on the person - if she is comfortable running during this time, there is no harm in running, but in case of pain or discomfort, it is better to rest).



Ms.Divya Purushotham

- Nutritionist, spoke about dietary habits pre, during and post-workouts. Pre-workout - preferably banana. During workout - Dry fig or prune. Post-workout - Protein within 1 hour. She said generally exposure to sunlight between 10 am to 3 pm was good for Vitamin D but unfortunately most of us remain inside AC environment at this time. To compensate this, she suggested that we should take supplements. She mentioned that calcium and Vitamin D are friends and can be taken together preferably late evening or night. She recommended beet root juice and also avoiding sugar as much as possible while having other beverages. She also emphasised on the importance of hydrating oneself well.



Ms.Anu Shankar

- Fitness Trainer, spoke about the importance of strengthening. She started to strengthen herself first in 2012 even before she started running. More importantly, she advised participants to concentrate on core strengthening, upper body, lower body, knee and ankle strengthening, which will help in keeping them injury-free.

Overall, it was a very informative and engrossing session, aimed at answering several questions on running and fitness that women have at different stages of their lives.



The art of running

without injury

Jaya Jaya Raman

On December 1, 2019, a very interesting session “The art of running without injury” was conducted by Dr.Kannan Pugazhendhi of SPAARC Institute. Some of the pointers from the session were:

1. We are all born to run. Each individual is different and there cannot be one formula to suit all.
2. Running doesn't really cause the injury, what we do for the rest of the waking hours during the day matters the most and generally, those are the causes of injury.
3. Postures (sitting/standing) matter a lot. Pay attention to the back and feet placement. Evenly distribute weight on back/legs.
4. There are 2 types of muscles and both these types need to be used. Strength training thrice a week helps prevent injury. No equipment is required. Squats, leg raise, push ups and core exercises are enough.
5. Post-run stretches are mandatory, as is rest. Muscle recovery needs a minimum of 7-8 hours of sleep/rest.
6. Run stress-free and enjoy the run.
7. Gradual pain during running is due to lack of warm-up stretches. Do dynamic stretches before the run. If the pain occurs in the first few steps, then it's a sign of an injury, if it occurs only after a run of few kms., then in all probability, it is due to lack of strengthening of muscles and stretching. New runners/beginners should first focus on strengthening before they increase distance of running.
8. Run in both directions on a particular terrain, so that both legs and body are loaded evenly and equally engaged.
9. To avoid any kind of pain, it is essential to do Strength training 3 to 4 times a week. It is also essential to wear the right kind of footwear. Don't overuse the same pair of shoes, periodic change is a must.
10. Drinking water during the run is essential. We should check our weight both before and after the run at least once a month, in different seasons and terrains. The weight lost is actually the fluid lost by us during the workout. 50% of that loss has to be replenished during the activity itself and balance slowly during the rest of the day. However, over-hydration is also not advisable.

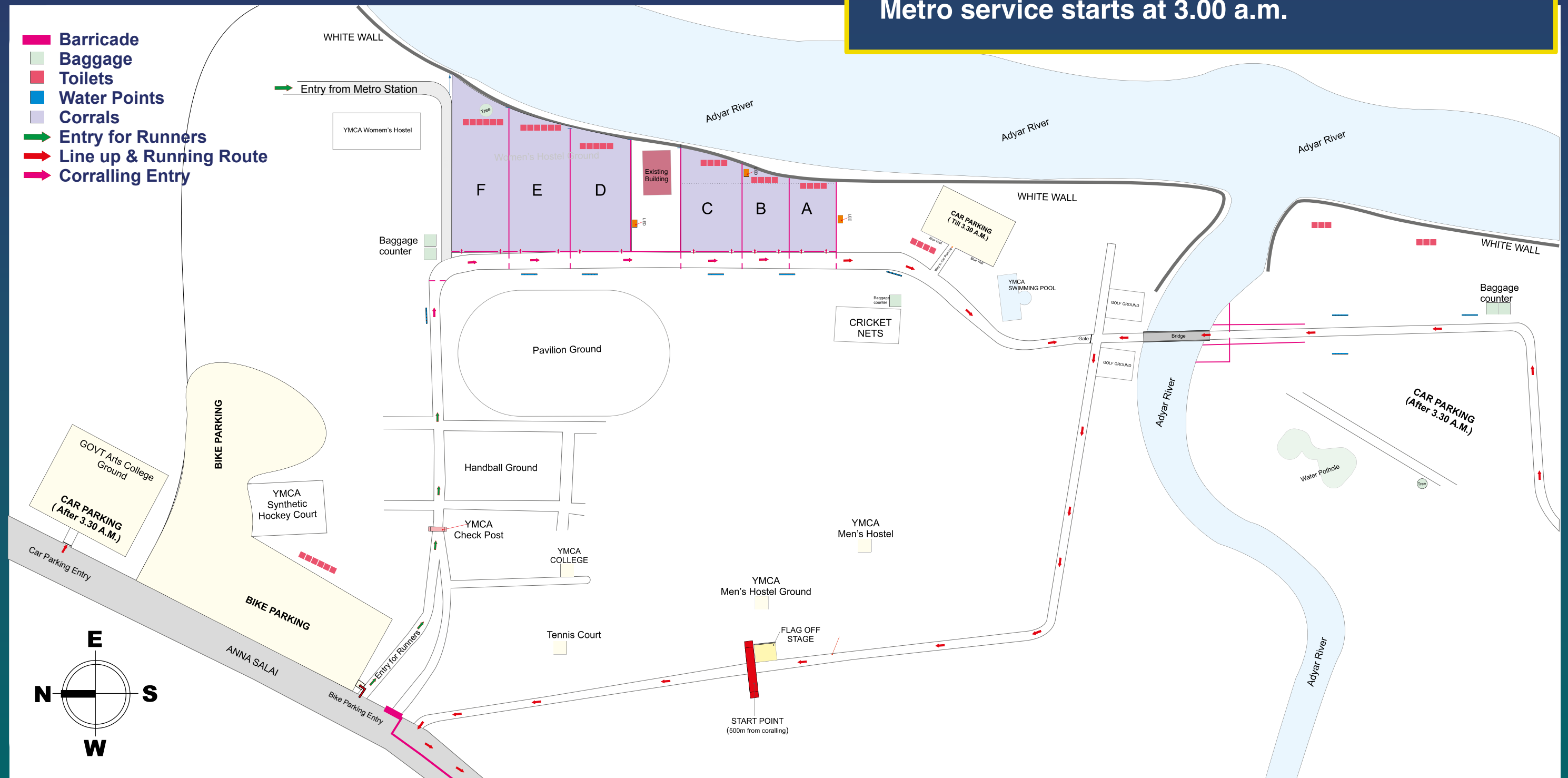
11. We should observe how our muscles feel when doing stretches and look out for any stiffness, to identify the asymmetry in our body.
12. Synchronise breath with run - We can use both nose and mouth if required during workouts. This is because when we workout, our body needs more oxygen. During the rest of the time, we should breathe only through nose.
13. We should be exposed to sunlight at least 30 minutes a day.
14. Intake of micro nutrients is essential to prevent vitamin deficiency.
15. Our landing while running should be in line with the Centre of Gravity (CG), maintained at the same height. Slightly bent upper body is also fine but landing should not be ahead of the CG, which may cause an injury. Superior oscillations should be minimal to avoid injuries.
16. Hamstring stretches – Don't hunch back. Slightly tilt the pelvis. For large muscle groups, do 30 seconds and 2-3 sets of stretches.
17. IT band stretches – slightly move the feet inward, then crossover the other leg and slightly tilt the pelvis.
18. Gently tap on legs and arms to activate muscles before warm-up stretches.
19. People who stand a lot should pump their calf muscles without wearing slippers. This helps blood circulation.
20. Synchronise both left and right hemispheres of brain.
21. The HR to be calculated as 220 minus our age is not scientifically proven. Individual heart rate is different. What is more important is the HR at the time of finishing the workout. It should come down by at least 30 beats per minute within 1 minute after finish. If it doesn't happen, it means that we are stressing our heart.
22. Continue to eat normal food. Special supplements are required only on for conditions (eg. in case of any deficiency).
23. For runners with diabetes, they must keep people around them informed about their condition and in case of sudden low sugar, they can help with some sugar. They should also avoid evening/night run, because if the sugar level drops during sleep, it is difficult.

Key Takeaway from the Session - Do not limit the habit of running to yourself. Pass on the gift of running to your family members and to the next generation as well. Give your children the gift of health in addition to providing them education and other facilities.

Happy miles full of smiles!

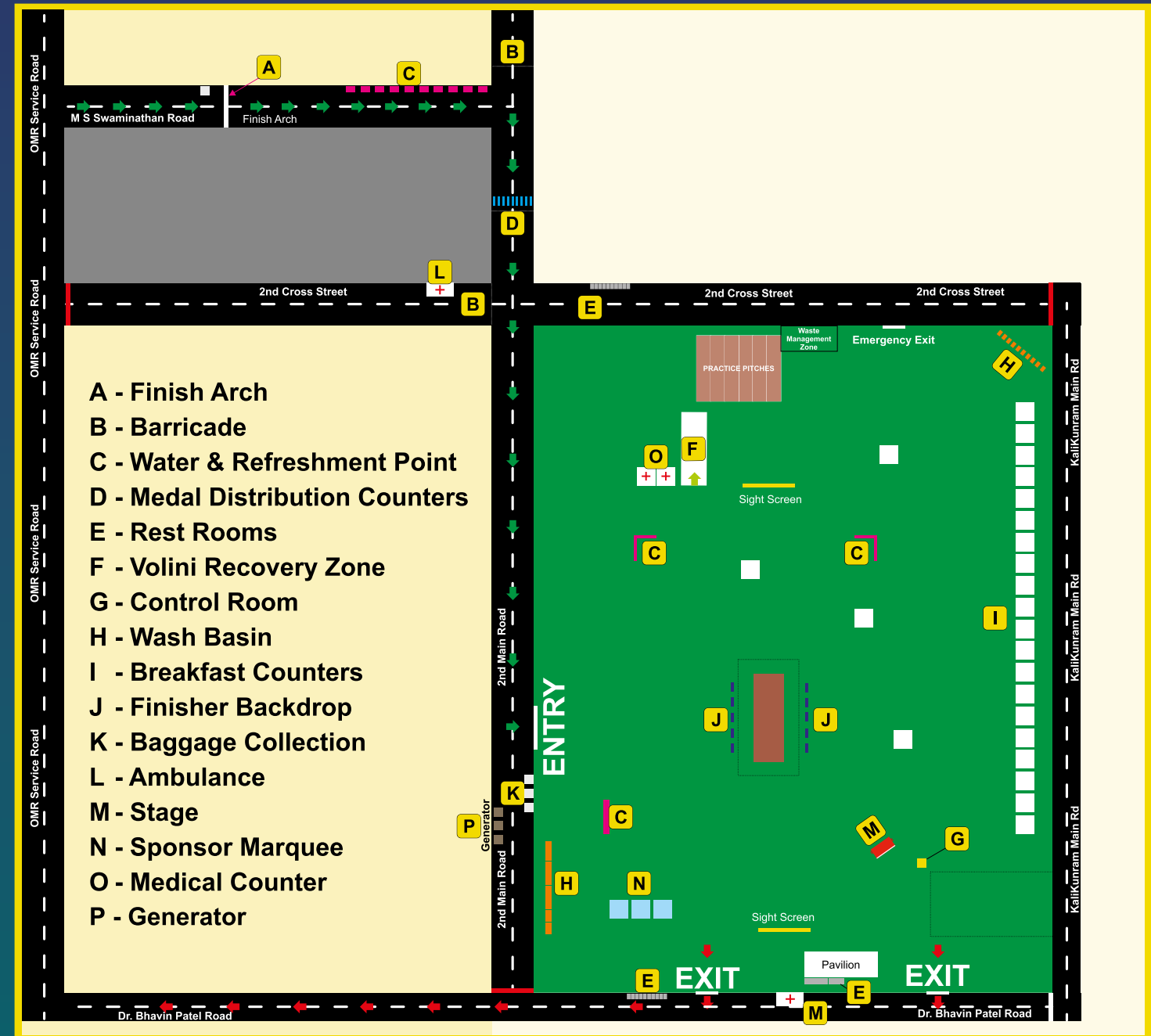
YMCA GROUND, NANDANAM START AREA LAYOUT

PARKING INSTRUCTION
 As parking is limited, we recommend car pooling, drop off or use of cabs.
 Access to parking area at YMCA Nandanam upto 3.30 a.m. only.
 Limited parking for four wheeler & bike is available at Nandanam Arts College & Defence ground (Via Saidapet Metro) after 3.30 a.m.
 Additional parking available at all Metro Rail Station. Metro service starts at 3.00 a.m.
Metro service starts at 3.00 a.m.





**CPT / IPL GROUND
10KM FINISH AREA LAYOUT**



JANUARY 05, 2020
10 KM | 21.097 KM | 32.186 KM | 42.195 KM

SKECHERS PERFORMANCE
CHENNAI
 MARATHON
 Powered by *Chennai Runners*

32.186 KM / 20 MILER

Distance: 32.186 km
 Reporting Time: 3.30 am
 Run Start Time: 4.00 am
 Race Day: 5 January, 2020

LEGEND

- Start Point 
- End Point 
- Running Route 
- Aid Station 
- Women's Aid Station 



SKECHERS PERFORMANCE
CHENNAI
 MARATHON
 Powered by *Chennai Runners*

HALF MARATHON

Distance: 21.097 km
 Reporting Time: 4.15 am
 Run Start Time: 4.45 am
 Race Day: 5 January, 2020

LEGEND

- Start Point 
- End Point 
- Running Route 
- Aid Station 
- Women's Aid Station 





SKECHERS PERFORMANCE
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: 5 January, 2020

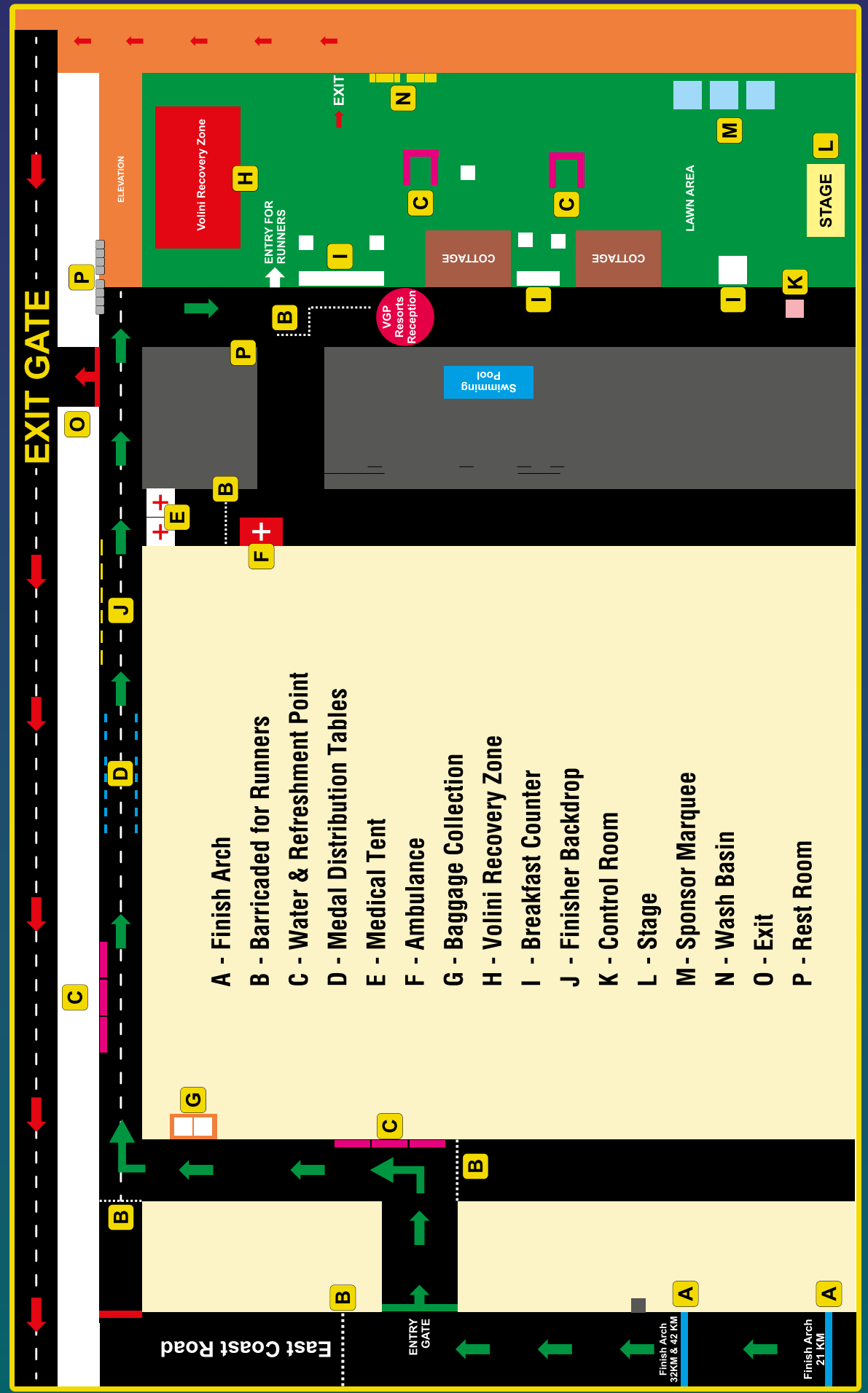
LEGEND

- Start Point
- End Point
- Running Route
- Aid Station
- Women's Aid Station



SKECHERS PERFORMANCE
CHENNAI MARATHON
 Powered by **Chennai Runners**

**VGP GOLDEN BEACH RESORT
 HM, 20MILE & FM FINISH AREA LAYOUT**



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



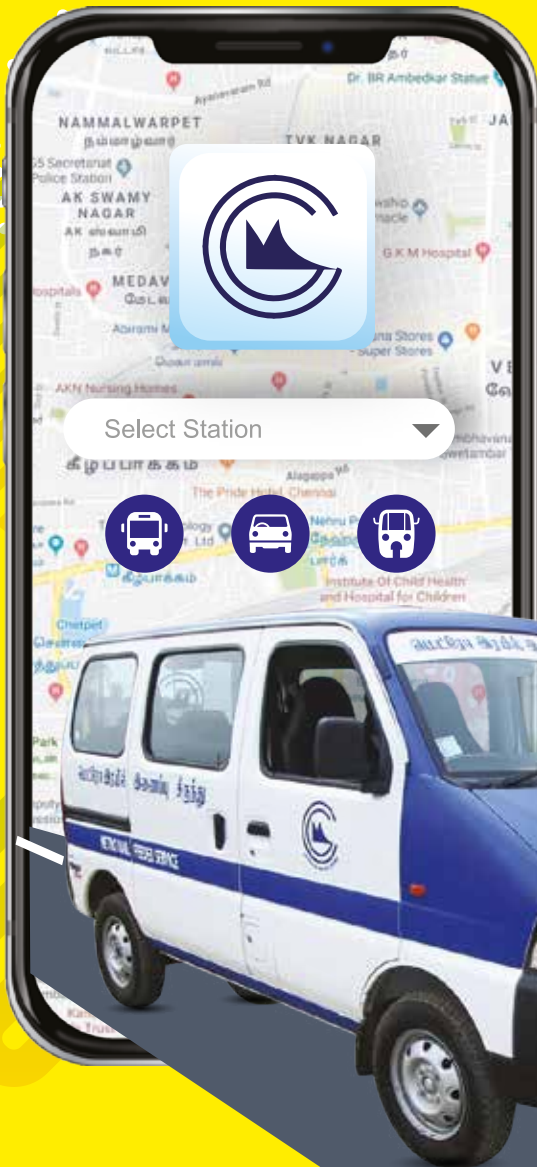
சென்னை மெட்ரோ இரயில் நிறுவனம்
CHENNAI METRO RAIL LIMITED



FEEDER SERVICE PICK UP & DROP POINT

RESERVE YOUR
FEEDER SEAT
FOR METRO
AT JUST

Rs. 10 Only



TO DOWNLOAD
CHENNAI METRO
RAIL APP



@



PAY BY
ONLY METRO
TRAVEL CARD



CMRL HELP LINE
1860 425 1515