



THANK YOU DREAM RUNNERS FOR HAVING CHOSEN US



WE RUN SO THEY CAN WALK..

We at Freedom Trust are overwhelmed and thankful to the Dream Runners for having chosen us as one of the beneficiaries for their dream run project. As a medical professional qualified in the area of medical rehabilitation and with a strong bent of mind towards social causes, I feel it is indeed the right of every amputee to be fit with a limb and walk upright like any one of us. Having done over 200 camps, mostly in rural areas, it is our experience that the incidence of amputation is very high and the awareness about artificial limbs is also quite abysmal.

Last year our distribution camp in Villupuram on the 14th of June went off very well. Mr.Sankaran from the Dream Runners participated and 12 amputees were given artificial limbs by him representing your organisation. All of them were made to walk with their limbs fitted and it was indeed a very satisfying experience.

Later they had organized a Marathon on the 26th of July for the cause of the disabled with the tag line **WE RUN SO THEY CAN WALK**. This was a huge success, and on the day before the run they had sponsored the limbs for ten more amputees. Some of these amputees were present on the day of the run and it was a very gratifying moment when they ran the short distance with all of them cheering. We thank them for the sponsorship of Rs. Four lakhs that enabled each one of the amputees to walk and lead a better life with dignity. The Dream Runners have become close to our trust and with their large hearts are supporting our cause.

I am so happy that they have unveiled the plans for the half marathon this year too enabling us to reach out to more and more amputees. We have already identified ten amputees in Tuticorin and have earmarked them for distribution. We will try to bring some of them to Chennai to participate in DRHM'16.

- Dr. Sunder

As the icebreaker for the running season, the Dream Runners half Marathon is one event I eagerly look forward to. Kudos to the Dream Runners Team for their professional execution. Special mention to be made on the excellent medical, hydration and volunteer support. Thanks Dream Runners for consistently putting up such a memorable event. Best Wishes

- VP SETHILKUMAR
CHENNAI RUNNERS
RACE DIRECTOR TWCM 12 & TWCM 13



FLAG BEARER OF DREAM RUNNERS BHARADWAJ

When he's not capturing milestone moments in time on his DSLR, he is probably timing the miles being captured by his feet.....! Meet Bharadwaj, co-founder at an IT startup and the flag bearer of Dream Runners on the OMR Expressway. Mentored into running through our structured and free training programs, he has followed up the interest and initiative to form the OMR Dreamers-now a vibrant chapter of DR.

Always into sport since childhood, his first brush with running was when he went for selections to NCC Army at Loyola College. A 6k run, which he managed to complete and get himself selected. Ever since, running has intrigued his senses. It then took several years though and DRHM 2014 to happen, to rekindle his passion. And there's been no looking back since then.

A consistent and committed participant in whatever he chooses to be a part of, he finds that running reinforces both of these traits. Says he, "By running a few Km more today than what I could yesterday, helps me believe that what seemed impossible to achieve yesterday may now become possible. It gives me immense confidence to move ahead in my professional and personal life. It also gives me the discipline to manage my time better."

He is now beginning to participate at various marathon events and training scientifically to become a better runner. Of DRHM he says, "It's my personal favorite. It's probably the best event for beginners to get initiated into event running, as it's a run curated by runners for runners."

We at Dream Runners can't agree more.....!

Dream Runners are proud to have Bharadwaj amongst them and wish him the best of running in the coming years.

- Anuradha Prashant

The DRHM is a premier event that many runners not just in Chennai but throughout India look to start their running season with. It has always been one of the most runner friendly events with the amiable organisers taking pains to ensure runners' comfort. They also identify and support worthy causes every year, making the run meaningful for the runner and society at large. For me personally it is an event close to the heart as it was the first running event I participated in and the encouragement and confidence I gained has made running my world.

- HARI KRISHNASWAMY
CHENNAI RUNNERS
RACE DIRECTOR TWCM 15



THE RUNNER-FRIENDLY DOC

THE BASE PHASE : BUILDING A STRONG FOUNDATION

Looking at DRHM 2016 to be the pinnacle of your running success?

All such heights can only be achieved by building a strong foundation. In running, this is called the base phase of training. The base phase is a period of running at less than race pace and accumulating miles under your belt. Interval and tempo training workouts are to be in general avoided. A base run is a relatively short to moderate-length run undertaken at a runner's natural pace. While individual base runs are not meant to be challenging, they are meant to be done frequently, and in the aggregate they stimulate big improvements in aerobic capacity, endurance, and running economy. Base runs will make up a bulk of your weekly training mileage. This phase serves to strengthen the body and induce physiological changes in the muscles and bones getting them ready for the build phase of training where training heads to relatively more intensity. The idea behind a strong base phase is to keep the body from getting injured when the training intensity increases.

As a relatively new runner, you need to understand that a sudden spurt in mileage leads to injury. Why does this happen?

Our body is a wonderful thing, because it adapts to stress and builds itself. But the incremental stress should be in sensible increments. Our cardiovascular status adapts very quickly in comparison to our musculoskeletal system. In runners speak, within a few weeks of running, you are less likely to be out of breath due to an increased distance as compared to a running injury to your bone or muscles. The base phase provides you the foundation to build your injury-free running career on.

A few ground rules.

-The ten percent rule. Never increase your weekly mileage by more than 10%. Also, if you seem to be having pain anywhere that persists more than a day after a run, then don't increase your mileage. If required cut back. If the pain persists, see a doctor.

-Pain leading to a limp or persisting more than two days after a run requires a consult with your doctor.

-High intensity workouts like intervals and hill training also require you to progress from fewer intervals and lesser intensity.

-Every run does not have to be at your best pace. Slow running at a pace below goal pace or race pace has a strong place in training.

Build slowly but build strong.

- Dr. Parthasarathy Srinivasan

Dream Runners started with a dream to give world class experience to runners in Chennai. And they make the dream come true every year to evolve as one of the best conducted events in the country. I have seen even rain god supporting the event providing wonderful weather conditions.

- ATHMANAND
ORGANIZING TEAM
COOL RUNNERS

THE DRHM JOURNEY

RUN FOR A CAUSE



The Beginning - 2012

Started in 2012, the Dream Runners saw their maiden Half Marathon with upto 500 running enthusiasts and many well-wishers with their families, making it a successful event. Amongst the participants, 62% were women, Senior citizens accounted for more than 18%. Over 65% of the participants were from the IT sector and corporate world. 25% were self employed.

The Year That Was - 2013

DHRM 2013 was conducted with the aim of creating awareness for Organ donation. A part of the proceeds from DHRM 2013 was used towards donation to Cadaver transplant organization of the Govt. of Tamilnadu, another part was used towards electrification of 14 class rooms at Olcott memorial school, Chennai and towards the Chief Minister's relief fund for the Uttarakhand tragedy.

The Year That Was - 2014

Half marathons offer a way to help a variety of charities. In 2014, Dream Runners had pledged to dedicate the Half Marathon for the cause of fight against Mental Depression and thus prevent suicides.

Part of the proceeds from DHRM 2014 was used towards donation to SNEHA, a Centre that works relentlessly in offering emotional support to the depressed, desperate and the ones who feel like committing suicide.

The Year That Was - 2015

The last year edition was a very gratifying one. We supported FREEDOM (Foundation For Education and Empowerment Disabled of Madras) Trust. A Major part of the proceedings went to help amputees get prosthetic legs. Rest of the collections were distributed to other worthy social causes. More than 5000 runners from all over the country participated in the event and the testimonials were evidence of a world class event.