

CHAPTER HEADS



Bharadwaj PV / Srikanth Sridharan / M. Srinivasan
Parthasarathy Thirumalai / Janardhan Iyer

Dream Runners have their wings spread wide and well. With chapters as far flung as Besant Nagar, Anna Nagar, T. Nagar, OMR, Boatclub as well as fledgling chapters at Medavakkam, Velachery and Marina, chapter heads play a very key and formidable role in spearheading training & activities within their chapter, while maintaining a very close knit relationship with the Executive Team of Dream Runners.

Meet the Chapter heads.

- Parthasarathy Thirumalai - Bessie Dreamers
- Janardhan Iyer - Boat Club Dreamers
- Bharadwaj PV - OMR Dreamers
- M. Srinivasan - Run T. Nagar Run
- Srikanth Sridharan - Anna Nagar Dreamers

They all have a collective vision and that is to organically grow their chapters by infusing discipline, participation, motivation and assist in realising the goals of the members, be it fitness, form, endurance, PB's or simply running for the love of it.

They organise schedules, trainings, conduct membership drives, delegate and decentralise several key responsible areas of work to other members, thus bringing about a cohesive sense of purpose and direction to the chapter. This is an unenviable task, but it rests very easily on their lithe shoulders.

No work is a burden to this indomitable bunch of 5, as their enthusiasm is infectious and their approach, very informal. In his own words, Srikanth of AND says "I'm a facilitator, evangelist and representative for AND. "And why not, when the AND team has a bunch of highly talented and passionate individuals, who have their heart and soul at the right place.

Other chapters are not lagging in facilitating every member achieve their personal and group goals. For example, Jana & team of BCD send 'constant reminders on health and fitness, follow up on achievements of fellow runners & keep the Chapter healthy and happy without much pressure to perform, but slowly improve their capacity'. Jana loves to encourage slow runners and making little videos of cute couples in the group.

Srini of RTR feels 'Our group is a highly motivated group and most of them are self motivated guys who are keen in health fitness & running, and their energy levels are high. I am sure we will have a few podium finishers in the near future'... whilst Bharadwaj of OMR is thankful for technology that helps him connect and communicate efficiently within the group and with the parent group, 'via whatsapp, social media and an occasional phone call' to quote him here. His close association with the mentors of OMR dreamers and the parent group helps in channelising the information flow in a seamless manner.

Partha's inimitable signature humour is a major draw at Bessie Dreamers, amongst other positive facets to his personality that keeps the group engaged, motivated and rejuvenated. He discusses objectives, goals, issues & challenges threadbare with the same passion as running. Many a time, he has matched pace for pace and step for step with various group members on the Sunday LSD, despite being a sub 2 HM finisher, which is very becoming of his role as the Chapter Head.

With such inspiring leaders helping the various chapters of Dream Runners, one can be rest assured that the teams are in very safe & responsible pair of hands, hands that nurture talent, hands that reach out to novices and elite runners alike, without discrimination and prejudice.

- Sujatha S Rajesh



TRAINING TEAM

"The miracle isn't that I finished. The miracle is that I had the courage to start." – John Bingham (American Marathon Runner)

Each of us in team DR, started off as absolute novices in running. With some passion, commitment and structured training, many among us have now graduated to rub shoulders with the elites.

We firmly believe, it's about taking that first step and it can go on to become a journey of self-discovery.

DRHM takes pride in being the haven event for first time runners. Our focus has always been to promote running, not as race to be won but as a means to physical and mental health and social camaraderie.

As a first of its kind initiative by any running group in Chennai, each year, in the run up to DRHM, we initiate a FREE 16 week training program, specifically for beginners. We invite as many beginners to sign up and commit to handhold them from their first steps to possibly their first 10 K or a half marathon at DRHM.

Come April, teams of certified coaches along with members of team DR role playing as mentors, make themselves available at different parts of the city to motivate and initiate first timers into running.

Headed by Ali Nawaz Raja, who co-ordinates the entire training program, apart from mentoring the center at Medavakkam, other mentors include

- Govindarajan (Medavakkam)
- Venkat Venkatraghavan and Zainab (OMR)
- Sankaran Annaswamy, Zuzer Lal, Moorthy Govindarajan and Meenakshi Sankaran (Velachery)
- Abbas Lehry, Uma Venkatraman and Dinesh Victor (Marina Beach)
- Samina K Lal, Radha Rangarajan, Huzefa T Vithodawala and Janardhan Iyer (Boat Club)
- Rajeev Prasad and Mythili Prasad (TNagar)
- Khuzem Lal (Anna Nagar)
- Sujatha Rajesh, Krishna KV and Parthasarathy Thirumalai (Besant Nagar)
- Prashant Sankaran (Purasawalkam)

Many of these centers had been initiated during previous editions and have now become vibrant chapters of DR.

- Prashant Sankaran

NEWSLETTER TEAM



The deadline hangs like a Damocles sword, as messages and mails fly thick and fast between each of us involved. Content ideas, proof reads, catchy tag lines, layout designs... it almost resembles the cauldron of a news control room. All of a sudden everything comes together just as a perfect script would and there is a collective elation when the newsletter is sent out to the now growing fan base of the DRHM. And then we repeat...!

For the last 6-8 weeks, we at the newsletter team have enjoyed bringing to you varied and different personalities and perspectives from the amateur running circuit. The newsletter always aims to enthruse it's readers with relevant information and motivation to get started with running as means to health, fitness and social well being.

We are a motley crew of 7 on the newsletter team- Rekha Sudarsan role-plays the editor. She initiates and moderates the brainstorming of unique ideas and themes to be worked upon for each fortnight. Once decided upon, Rekha and the rest of us- Sujatha Rajesh, Dr.Parthasarathy Srinivasan, Jai, Srikanth, Radha Rangarajan and yours truly work on sourcing information to produce content in line with the decided theme. Sujatha then takes over the content and lays it out in perfect font and format ready to hit the stands...!

While engaged in different fields professionally, this common ground has brought us in touch with so many unique individuals and their life stories. Whether profiling them or getting them to pitch in with tricks and tips for beginners as well as seasoned runners, it has been one big learning experience for all of us and we hope you the readers too, have benefitted similarly.

- Prashant Sankaran

REGISTRATIONS TEAM



While planning and organizing the logistics for a fun filled experience at DRHM is of key importance, all of it would come to naught, if our friends in the fellow running fraternity, do not come forward and sign up. And therefore no words can stress enough the key roles being played by the each and everyone who comprise the team handling registrations.

We have Venkat Venkatraghavan, Ali Nawaz Raja, Khuzem Lal, Sankaran Annaswamy, Parthasarathy Thirumalai, Radha Rangarajan, Janardhan Iyer and Rekha Sudarsan who make up this elite force...! All successful professionals, they bring to the table a potent mix of skills in leadership, motivation, persuasion and project management to list a few.

Venkat, a number cruncher par excellence with extraordinary skills in analytics, lays out the broad plan for the team on how and who to approach and pursue for garnering registrations for the event. Ali bhai and Khuzem bhai who share tremendous goodwill among the running fraternity, give specific structure for execution. They, along with Venkat, have reached out not only to the running fraternity in Chennai but also connected effectively to many all over India, to promote the event. As a result of their efforts, we expect to welcome many outstation runners who will be a part of the event.

Other promotional activities include meeting with running groups and corporates alike to spread the message about the health benefits of taking up running and also how DRHM specifically connects to the social cause it supports. The focus has always been to get as many first time runners to experience event running through DRHM. This year the activity has been given impetus with the support of Sankaran, Partha, Radha, Rekha, Janardhan and Dinesh, who have all pitched at different times by making presentations to corporate and other groups.

Once the registrations start rolling in, it results in a huge amount of data. This needs to be handled carefully in a manner that mitigates any errors at any later stage right until the race day.

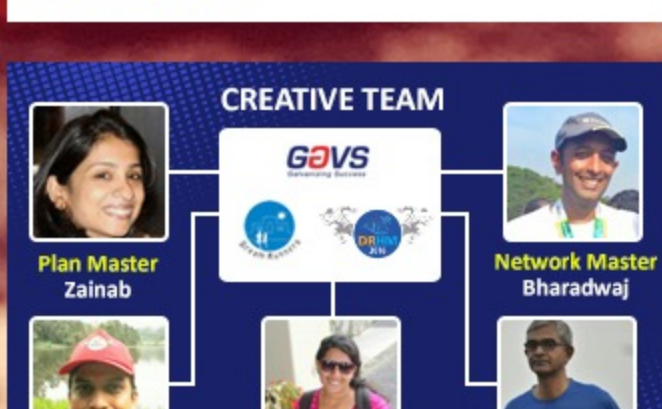
There is also receipt of innumerable mails with various queries and requests for trouble shooting from individuals. Each one has to be specifically answered and the issue at hand dealt with to its finality and to the satisfaction of the registrant.

Finally, on the expo day, the team has to be nimble on its feet to handle processes of spot registration, charity bibs, and category changes...! It can all get mind bogglingly complex at times.

Please join us in thanking each and every one on this team for being able to spare precious time in handling this key activity in the most effective and successful manner.

- Prashant Sankaran

CREATIVE TEAM



The nature of the job itself is to be seriously funny, fleetingly catchy and thought provokingly frivolous. The DRHM creative team is an oxymoron filled team of individual geniuses. Each one of them when seen alone can carry the burden of the creatives and announcements on facebook, the web page, mailers and the multiple banners but when put together, they form an indomitable force.

Sathya * Zainab * Suresh * Bharadwaj * Keerthana

Let me start with Sathya, who on first instance strikes you as serious, and probably a little nerdish. But those glasses hide twinkling, naughty eyes with a quick wit repartee and some stunning talent to produce beautiful visuals.

Zainab is indefatigable and always smiling. Not even the long days of Ramzan fasting can keep the smile away. The quiet demeanour and gentle smile camouflage an iron will and organisational skills that make her one of the driving forces of the creative team.

Suresh is the strong force that propels the creative team forward. Incharge of the webpage, he is responsible for putting it all together and making all the necessary changes in very short notice.

Bharadwaj brings his own brand of freshness and vibrancy to the creative team. His flair for leadership is exhibited not only as coordinator of the OMR Dreamers but also as a key member of our creative team. If you have noticed the tweets in the air, its all thanks to him.

Keerthana is the youngest member of the creative team. A dancer and artist, she brings the grace and charm of her other interests into her role in the creative team with consummate ease. Aply called the viral master, she handles all updates to Facebook and shares information across groups to ensure its wide reach.

Together they form an intelligent, cohesive and imaginative group of very friendly and approachable people that take our message across to all of you.

- Dr. Parthasarathy Srinivasan