

MEET THE 2016 RACE MANAGEMENT TEAM

The long awaited 5th edition of Dream Runners Half Marathon is just around the corner !

With only a few days to go before the event, we the Dream Runners are doing everything we can to ensure the event is of high quality, and to enhance the experience for all the runners.



We are happy to announce that we have received an overwhelming response of 4,600 registrations this year, many of whom, we have had the privilege of hosting in the previous years. The participants list includes blade runners, prosthetic leg recipients, Marine commandos and runners from across the world.

It will be gratifying to see the 300 first-time runners from our free training sessions held in 7 different locations across Chennai, complete their debut 10 Km this Sunday along the scenic Marina Beach.

Don't miss meeting our enthusiastic set of **Pacers** on the Expo day (23-July), they will help you achieve your target timing. As in previous years, our hydration stations are organized and manned by runners and their families.

You may be happy to note that your participation in this event has contributed towards the purchase of 20 artificial limbs for the needy identified through the Freedom trust, among other social causes that we are currently supporting. Come, run, enjoy the iconic atmosphere and amazing hospitality with the assurance that we will provide you a running experience that will make you come back for more !

RACE PACE STRATEGY FOR YOUR DREAM RUN

You have put in all the hard work, done all the necessary mileage and stuck through the strength training and core work. You even figured out how exactly to taper. It's now race day.

There is always a little nervousness as the day approaches akin to a school student giving the board exams. We all go in with a target in mind but we have to be a little honest with ourselves before the start of the race. Have we put in the necessary training to achieve that goal? Training could have been derailed by personal or professional commitments, injury or any other cause beyond our control. It is better to be honest at this point and decide early to finish strong rather than aim for an unachievable target.

If you have put in the time and hard work and have tapered well, you are all set to do a great race. But what pace do you run? You can base your race pace on a few criteria, a previous shorter race in the last two months or a shorter distance tempo run which you finished well. Using this pace, you can calculate your expected race pace by using an online pace calculator. These calculators, however, set a stiff target and it may be wise to set a slightly less aggressive pace. The other way is to base your race pace on feel. You would want to run the first three quarters of the race at a pace where you feel you are running well but still have a lot in the tank. Run it too hard and you will burn out early.

Remember, running by feel is a skill which needs to be practiced and honed before using it on race day.

When you know your target or goal pace, the plan would be to run the first quarter of the race at a pace about 10 seconds per kilometre less than that and gradually ramp up. Keep one thing in mind, no international long distance record has ever been set without 'negative splits'. What does that mean to you? You will run your best race if the first half of your race is slightly slower than your second half.

Long distance running is all about pacing and hydration. Get it wrong at the start and it will come to bite you in the end.

If you are a first timer, enjoy the run, remember this is what you trained for and take in the atmosphere. Run strong and enjoy the hospitality of the most runner friendly event this side of town !!!

- **Dr. Parthasarathy Srinivasan**

WARM UP & COOL DOWN

The warm up has always been a confusion as far as I have seen. Whether I stretch myself statically, dynamically or a slow jog or even dance a bit to get warmed up has been few of the options that scepticized us all through.

Here is the simple concept of warming up. It is to ensure the easy flow of blood all through the muscles that are necessary for the main activity. This being said I can do anything to achieve the above is what we think but there is a catch. The above target might not be achieved 100%, for running or any main activity for that matter, on warming up by some other routine.



So, it is always best to raise the heart rate by doing the same activity in a less intense way, as less as possible. This not only ensures the blood flow to target muscles but also helps increase the oxygen moving towards them. The above two reasons help us achieve the lactate threshold and vo2 max at the right time rather than earlier thereby helping us achieve the best results on that specific session.

Cool down also follows something similar a concept but has the opposite reason on the heart rate. A slow reduction in the heart rate is all that we need for a better rest-of-the-day feel. The best way in achieving the above is by a slow jog following the main activity and some stretching (whether or not we achieve the creep depending on our flexibility targets) and also some foam rolling or massage, if time permits.

The above concept of warming up or cooling down applies for any kind of activity.

- **Raghul Trekker**
Coach - Dream Runners

BIB DISTRIBUTION

SATURDAY, 23rd JULY 2016

9:00 AM - 5:00 PM

This is the day where details of the race, venue, route etc are provided to the participants, when the participants can collect their running bib, tracking chip and a goody bag, network with the pacers, fellow runners and familiarise themselves with the team. This is an opportunity for Team Dream Runners to introduce Freedom Trust and the work being done by them to all the stakeholders of the event, you runners, who have made the donation of prosthetic limbs possible, by registering in large numbers and raising funds for this cause !

So here are the details of the DRHM 2016 Expo Day.

Venue:

Mayor Ramanathan Chettiar Centre
(Ramaswamy Hall)
Santhome High Road, R. A Puram,
Chennai 600 028.

We need the following details from you to make this easy and quick on all of us.

Bib Collection by the registered participant:

- Your Photo ID proof
- Email or SMS of your registration details sent by us

Bib Collection by a representative:

- Participant's Photo ID proof
- Representative's Photo ID proof
- Authorisation note from the participant as an SMS or Email

*** Photo ID proof - Driving License / Passport / PAN card / Aadhar Card / Voter ID / College ID.

Our Motto is GO GREEN, SAVE TREES, AVOID PAPER. Take a photo of your ID proof and carry it on your mobiles.

AGENDA

- 10:00 AM - 11:30 AM - Introduction of Freedom Trust
- 11:30 AM - 12:30 PM - Distribution of Prosthetic Limbs to the amputees
- 02:00 PM - 04:00 PM - Interaction with Pacers

LET'S RUN SO THEY CAN WALK

RACE DAY

DREAM RUNNERS HALF MARATHON 2016 – RACE DAY

SUNDAY, 24th JULY 2016

At OLCOTT MEMORIAL SCHOOL
(OPPOSITE RAJAJI BHAVAN),
NO. 61, TNHB MAIN RD,
BESANT NAGAR, CHENNAI - 90

Google Map Location :
<https://goo.gl/maps/JKXyZWWBinm>

START TIME FOR 21.1K : 4:30 AM

START TIME FOR 10K : 5:00 AM

Cut-off time for the event is 8:00 AM

We request all runners to assemble at the Olcott Memorial School ground by 4:00 AM

Important Info:

- Please pin up your BIBs (with Timing chip attached) for the run. BIBs will be distributed on the day of Expo.
- For Expo details, check :
<http://dreamrunners.in/bib-distribution-2016>
- Bus Routes and Suburban Trains :
<http://my.metrocommute.in>
(For details, send an email to info@dreamrunners.in)
- Running Tip for the D-day :
<http://dreamrunners.in/running-tips-for-race-day>
- Runner tracking – for real-time updates on Facebook / Twitter / Mobile Phone :
<https://register.chronotrack.com/event/tracking/eventID/22826>
- Route Map and Parking Details will be shared at the Expo.
- Aid Stations will be provided along the route – water, electrolyte, fruits, basic first-aid facilities, etc.
- Garbage Bins / Bag will be provided close to the aid stations – kindly dispose the trash ONLY in those bins / bags.
- Medical facility and Emergency support will be provided covering the entire route.
- All race finishers will be given a medal.
- Online Certificates will be made available to all the finishers.
- Breakfast will be provided post run at the Finish Area.
- Baggage Counters will be available at the venue.
- Bring your family / friends to cheer you along the route !