

# FOOTPRINTS CHRONICLE

## Run with your heart, for it knows no limits.

Run with your heart, for it knows no limits. Every step you take is a testament to your strength, determination, and unwavering spirit. Embrace the road ahead, for it holds the promise of growth and achievement. In the journey of running, you discover not only the power of your body but also the depth of your soul. Keep pushing, keep believing, and remember: with each stride, you're rewriting your own story of triumph. 'The only way to do great work is to love what you do.' - Steve Jobs. Keep running, keep shining."

Stay inspired, The Running Chronicle



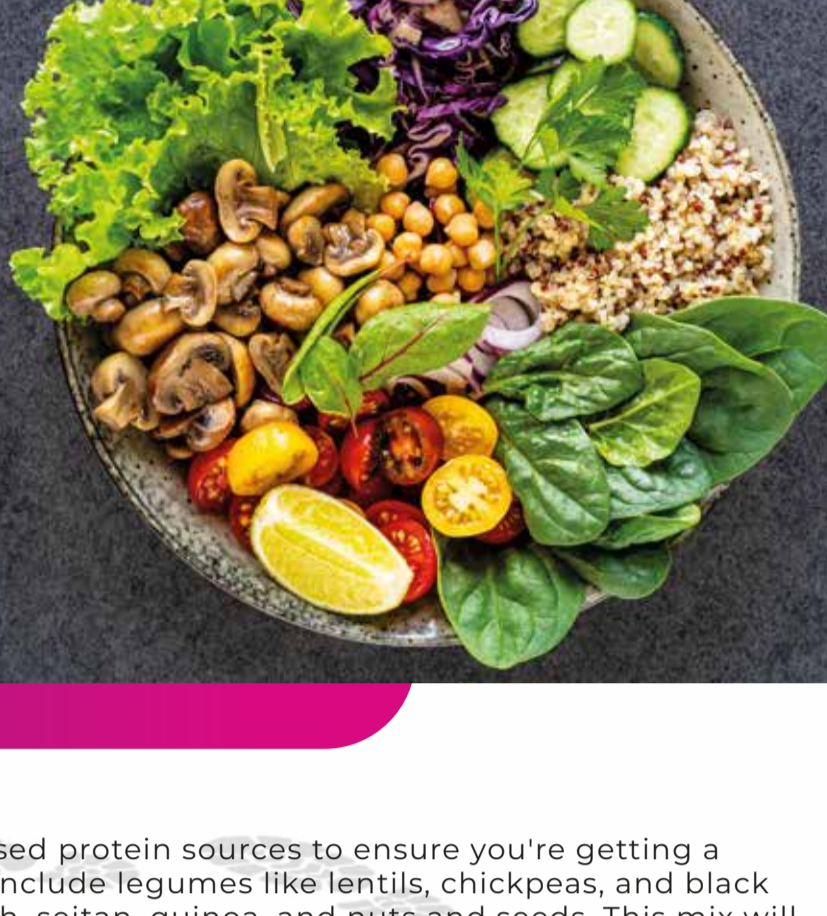
## Hydration Tips during Your Running journey

- Sip small amounts consistently throughout your run to maintain hydration.
- Carry a handheld water bottle or hydration pack for easy access to fluids.
- Hydrate before you're thirsty to stay ahead of dehydration.
- Opt for electrolyte-rich drinks for longer runs to replace lost minerals.
- Monitor your urine color - pale yellow indicates proper hydration.
- Plan your route to include water fountains or refill stops.
- Experiment with hydration strategies during training to find what works best for you.



## Veganism & Protein Intake for Runners

Incorporating vegan proteins into your diet while maintaining your running performance is entirely feasible. Here are three key tips to help you strike the right balance



**a**

### Diverse Protein Sources:

Embrace a variety of plant-based protein sources to ensure you're getting a complete amino acid profile. Include legumes like lentils, chickpeas, and black beans, along with tofu, tempeh, seitan, quinoa, and nuts and seeds. This mix will provide the essential building blocks your muscles need to recover and grow.

**b**

### Timing Matters:

Strategically time your protein intake around your runs. Consuming a source of protein within an hour post-run aids in muscle recovery. This could be a protein shake, a smoothie with protein-rich ingredients, or a meal with tofu/tempeh and whole grains.

**c**

### Combine with Carbs:

For optimal energy and recovery, pair your plant-based protein sources with complex carbohydrates. This duo enhances glycogen restoration and muscle repair. Think brown rice and beans, whole grain pasta with lentil sauce, or quinoa with roasted veggies.

Remember, proper planning and attention to your nutrient intake can lead to excellent running performance on a vegan diet. Consult a registered dietitian or nutritionist for personalized guidance tailored to your needs.

## Top 5 Women Runners you should know



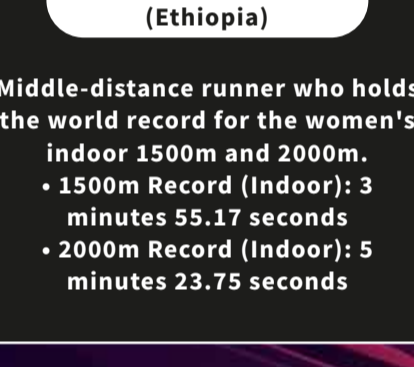
**Florence Griffith-Joyner (USA)**

Known as "Flo-Jo," she set the world records for the women's 100m and 200m sprints at the 1988 Seoul Olympics.  
 • 100m Record: 10.49 seconds  
 • 200m Record: 21.34 seconds



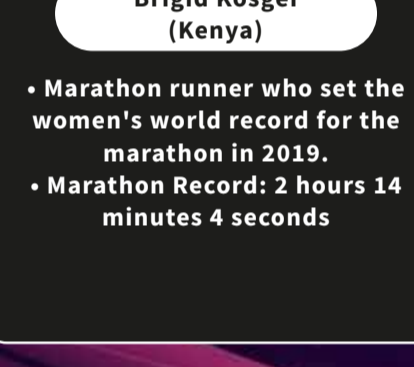
**Allyson Felix (USA)**

A versatile sprinter, Allyson Felix has won multiple Olympic gold medals and World Championship titles.  
 • 400m Record: 49.26 seconds  
 • She also holds numerous relay records.



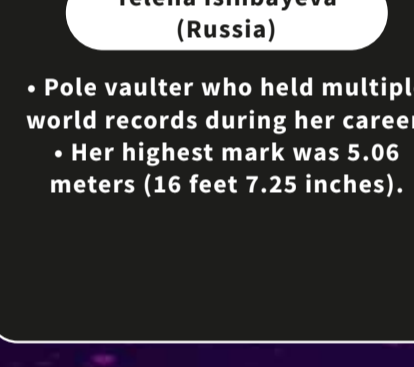
**Genzebe Dibaba (Ethiopia)**

Middle-distance runner who holds the world record for the women's indoor 1500m and 2000m.  
 • 1500m Record (Indoor): 3 minutes 55.17 seconds  
 • 2000m Record (Indoor): 5 minutes 23.75 seconds



**Brigid Kosgei (Kenya)**

• Marathon runner who set the world record for the marathon in 2019.  
 • Marathon Record: 2 hours 14 minutes 4 seconds



**Yelena Isinbayeva (Russia)**

• Pole vaulter who held multiple world records during her career.  
 • Her highest mark was 5.06 meters (16 feet 7.25 inches).

## Top 5 Running Shoes



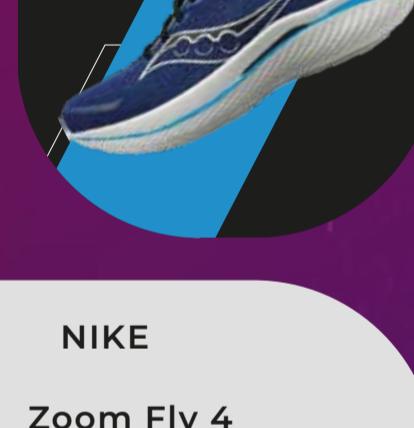
RANK  
**01**

BRAND: BROOKS  
 MODEL: Hyperion Tempo  
 Reason for preference:  
 Lightweight and responsive shoe with a rocker geometry that makes it feel fast and efficient.



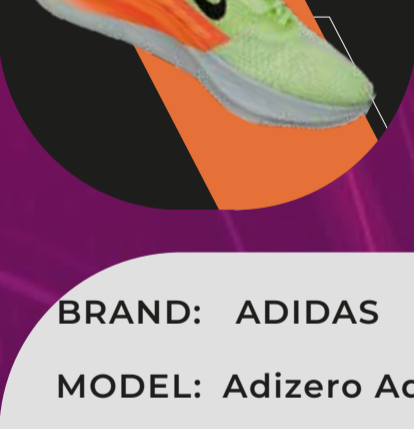
RANK  
**02**

BRAND: SAUCONY  
 MODEL: Endorphin Speed 3  
 Reason for preference:  
 Another lightweight and responsive shoe with a soft and bouncy midsole.



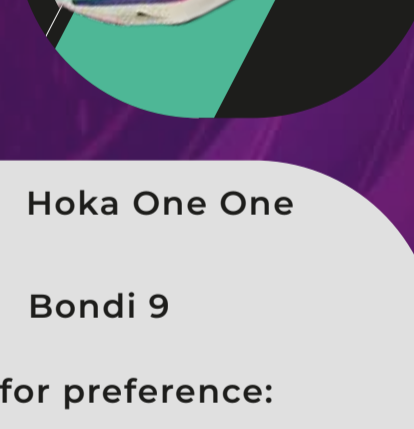
RANK  
**03**

BRAND: NIKE  
 MODEL: Zoom Fly 4  
 Reason for preference:  
 A versatile shoe that can be used for speedwork, long runs, or racing. It has a carbon-plated midsole that helps to propel you forward, but it is also comfortable enough to be used for long runs. The Zoom Air cushioning provides a responsive and bouncy ride. The Flyknit upper is lightweight and breathable, so your feet will stay cool and comfortable.



RANK  
**04**

BRAND: ADIDAS  
 MODEL: Adizero Adios Pro 3  
 Reason for preference:  
 A high-performance carbon-plated shoe that is designed for racing. It is the lightest and most responsive shoe on this list, making it ideal for runners who want to run their fastest. The Lightstrike Pro midsole is incredibly light and responsive, while the Energy Rods provide additional propulsion. The Primeknit upper is lightweight and breathable, so your feet will stay cool and comfortable.



RANK  
**05**

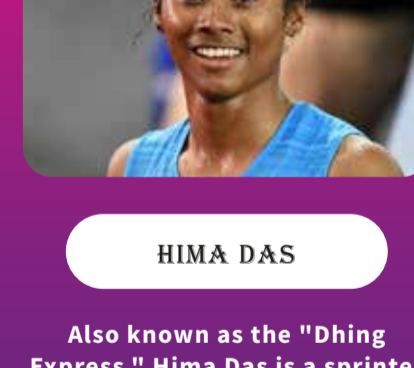
BRAND: Hoka One One  
 MODEL: Bondi 9  
 Reason for preference:  
 A cushioned and comfortable shoe that is ideal for long runs. It has a thick midsole that absorbs impact, making it a good choice for runners who suffer from foot pain. The oversized midsole provides a soft and comfortable ride. The upper is made of a breathable mesh that will keep your feet cool and dry.

## Indian Runners and Achievers



**P.T. USHA**

Known as the "Payoli Express," P.T. Usha is considered one of India's greatest athletes. She specialized in sprint and hurdles events and represented India in multiple Olympics and Asian Games.



**HIMA DAS**

Also known as the "Dhing Express," Hima Das is a sprinter who gained fame for winning multiple gold medals in international events, including the Asian Games and World Junior Championships.



**DUTEE CHAND**

A prominent Indian sprinter, Dutee Chand specializes in the 100m and 200m events. She has represented India in various international competitions and has been an advocate for gender equality in sports.



**NEERAJ CHOPRA**

While Neeraj Chopra is a javelin thrower rather than a runner, he deserves mention for his outstanding achievements. He won India's first-ever gold medal in track and field at the 2018 Asian Games and has broken several national and international records.



**ANJU BOBBY GEORGE**

Anju Bobby George is a long jumper who won India's first-ever medal in athletics at the World Championships. She has been a prominent figure in Indian track and field.

## Upcoming Events

**HYDERABAD**  
 23<sup>rd</sup> SEPTEMBER 2023  
 GACHIBOWLI STADIUM  
 @ 05:00 AM

## Cellula Pink Half-Marathon

Come join us in your city.  
 REGISTRATIONS OPEN NOW

**HRX PINK**  
 HALF MARATHON  
 POWERED BY  
 Cellula  
 2.0  
 3K | 5K | 10K | 21K  
 FOR MEN & WOMEN

HYDERABAD  
23<sup>rd</sup> Sept 2023

AHMEDABAD  
18<sup>th</sup> Feb 2024

NOIDA  
01<sup>st</sup> Oct 2023

DELHI  
18<sup>th</sup> Mar 2024

BANGALORE  
26<sup>th</sup> Nov 2023

PUNE  
21<sup>st</sup> April 2024

MUMBAI  
02<sup>nd</sup> Dec 2023

KOLKATA  
19<sup>th</sup> May 2024

CHANDIGARH  
27<sup>th</sup> Jan 2024

JAIPUR  
07<sup>th</sup> Jun 2024

CHENNAI  
28<sup>th</sup> Jul 2024

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