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2,500 run to take part in 21km race; you don't lag

TIMES NEWS NETWORK

Come January 4, and thousands of runners defying the winter chill and all odds -rubbing their hands to keep themselves warm -will gather at the AES ground, Bodakdev, to participate in the B Safal half-marathon, in association with TOI and NGS.

This event will indeed prove to be a challenge for most and promises to be physically rewarding and mentally invigorating! This 21-km race -a competition that professionals (both men and women) can finish in around an hour -is the fastest growing discipline in the world of running.

``We have already crossed 2,500 registrations," said Lihas Trivedi, director of LS Sports Management Pvt Ltd, who are organizing this event.

``There will also be a 10-km run like the half marathon, being introduced for the first time, during this edition of the race. We have prizes in different age groups (10-17 yrs), (18-45 yrs), (46-59 yrs), 60 and above for this 10-km event. Those who have run 7km in past competitions should focus on the 10km this time which will make them enter the competitive environment of running," he added.

First-time runner

A rjun Handa of Claris Lifesciences is training for his first 10-km run. He believes that running is the simplest form of exercise which can be done regularly. He says, ``Running or jogging is part of daily routine for many. Running for a good cause is healthy for the heart in many ways."

Seasoned runner

Vaishali Joshi, a designer, who is absolutely new to running, has started enjoying it so much that there is not a single day when she doesn't jog or run. ``I am participating in the 10g km run and have already motivated 40 new y participants to take part in the 5-km run for this event," she says.

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