

Activity Report Jan 2017

GGMarathon pre Run

Date - 1st January 2017

Venue - University Campus

Attendees-80

Expenses - 4000 rs.

Details-

- Always before marathon, We conduct pre Run marathon practice sessions.

Marathon is always a big event of year.

These practice sessions are conducted by all core members, at different places of the city.

- January prerun was taken at University premises.

Where introductory lecture was delivered by Marathon runners Dr Atul Soni and Dr vikas Deshmukh.

It was very useful for runners who are doing marathon for first-time. - Warm up techniques, diet, post marathon cool down exercise, in case of injury how to deal everything was very well explained.

After that stretches and warn up exercises taken by experts.

Five km .Marathon completed by all the participants.

Cool down exercise and session was over.

Followed by healthy and delicious refreshment and tea coffee.