

# Activity Report Jan 2018

**Activity:** prerun for GGM 2018

**Date:** 7th January 2018

**Route:**

-from kalagram to API corner to the flyover and back.

**Project heads:** Charu, Neeti

**Venue:** Kalagram, MTDC.

**Time:** 6:00 am

**Attendees:** 350

**Expenses:** 4,250/-

**Breakfast:** upma, chutney

**Details:**

- Getgoing had arranged a pre run on 7th January to motivate the runners both males n females.
- Arrangement was done for 5k , starting from Kalagram to The flyover and back.
- Water stations were arranged at prozone.
- enerzal stations were provided at start and mid point.

Warm up : was taken by Dr Shanti Shenoy.

Flag off was done at 6.30am by Dr Mahesh siddheshwar