

Activity Report Jan 2019

Pre-Run for GGM

Date: 13th January 2019

Run Route :-

From Kalagram passing through Prozone till mid of flyover and back to Kalagram.

Distance :- 5 kms

Attended by :- 160 Runners

Warm up and cool down session :- Famous trainer Vaishali Bassi

Flag of by :- Dr. Prafful Jatale, famous doctor who ran many full marathon, triathlon and participated in many cycling races too. Mr. Jatale started his athletic career with Get Going group only.

Expense :- 3,700/-

Flow of activity :-

- At 5:45 am assembled at Kalagram,
- 6:00-6.15 Warm up session by Vaishali bassi
- flag off by Mr. Jatale
- water and enerzal stations provided on route near API corner and at 2.5 k distance at U turn.
- Talk by Dr. Prafful on importance of fitness and running as way of life. He also helped in clearing doubts regarding running. and diet habits.
- followed by breakfast.
- session concluded.